

CSD - How To Make a Proper Ballet Bun!

Supplies needed to make a proper ballet bun include:

- thick bristled brush
- strong hair gel and hairspray
- good elastic/ponytail holders
- hairnet with elastic edge and small holes (to match dancers' haircolour)
- at least 10 hair pins (shaped like a "U", not straight bobby pins!)



CSD Bun Kits (hair elastic, hair pins and hair net) are available for purchase in the studio office for \$3.00.

To make a proper bun:

1. Gather hair snugly into a ponytail:

Ponytail may be made at eye level for a mid-level bun or towards nape of neck for a low bun. Use a thick bristled brush to get hair close to head. Hair should be pulled smoothly back to the ponytail (no lumps or bumps!) Use gel and hairspray if needed to secure loose or fine hair. Wrap a good ponytail holder around hair as many times as possible. If the ponytail is a bit loose, use a second ponytail holder to make it tighter and more secure.

2. Make the bun:

Gently twist ponytail (not too tight) and loosely spiral around the base of the ponytail, keeping hair close to head. Before putting the hairnet on, place one or two hairpins in the spiral bun shape (at top and side) and let go of hair

completely while you get the hairnet (hair will fall a little - this is okay!) Stretch out the hairnet and place over hair, starting at top of spiral shape, follow the direction of the spiral and "pick up" any loose, dangling hair with the hairnet. Continue to wind hairnet loosely around to the top of bun. Once all hair is inside the hairnet, twist the hairnet and repeat placement of the hairnet over the bun and following the direction of the spiral shape. This step can be repeated until there is just a little bit of hairnet left, which can be tucked under the bun. Do not pull hairnet too tightly when placing over the bun. Remove the two pins you put in the bun earlier, and 'shape' the bun into a round flat bun against the dancers' head. Note: If you avoid making the bun small and tight, it will be more malleable. Try to avoid the 'doorknob' look - it should look more like a flat danish! Securing the bun with hairpins in the next step will make the bun solid.

3. Secure the bun:

For the next section, think of the bun as a clock. Use hairpins to secure the bun as follows: Start at the '3' and point the hairpin towards the outside of the bun (not into the centre of the bun!). Pick up outside edge of bun and hairnet with the ends of the hairpin slightly squeezed together, then, keeping the ends of the hairpin in contact with the head, change the angle of the hairpin and push ends towards the centre of the bun (close to head) so that just the rounded head of the hairpin is visible at the edge of the bun close to head. Continue with pins at the "9", "12" and "6", then add pins around the bun filling in the gaps between previous pins at all the numbers of the clock. Be sure that the bun stays round and flat to the head throughout pinning. Sometimes it helps to push on the bun and have the dancer push back against your hand to flatten it! You can remove pins and re-pin where necessary.

Great Job! You're done! ...and you should have a fabulous, flat sturdy bun that won't fall out during the performance! 😊