

## **COSTUME AND APPEARANCE**

### **COSTUMES**

All costumes, headpieces, armbands and accessories must be worn the same on each student as directed by your teacher. Cut all tags out of costumes. Shorten pants by cutting – **Do Not** sew a hem. Label your garment bags with your name; all the costumes look the same.

### **COSTUME ACCESSORIES**

Make sure to have a list of what accessories you need for each costume and how they are worn. Accessories can be tricky if you have multiple costumes. Keep everything together in a zip lock bag with your name on it.

### **COSTUME RULES:**

- NO colored nail polish – clear only
- NO jewelry (unless it's for a costume)– no belly button rings
- NO tattoos (Cover With Make-Up)
- NO Body glitter
- **DO NOT** wear underwear under your costume
- Older girls should wear proper camisole or dance bra with clear straps
- Eye glasses are not good under stage lights, but are optional to each student

### **SHOES**

Shoes all need to be the same color and style as agreed by the studio for each dance. Take time to clean your shoes for pictures and for stage. If they are looking bad please order a new pair, and make sure to wear them before the stage to ensure proper fit.

### **TIGHTS**

It's extremely important that all tights be the same brand and color. Dancing involves your legs, so make sure you get the proper tights from our studio. Our new brand is only \$10 a pair.

### **HAIR**

We will determine a hairstyle to fit your dance and also look at how much time there is to change the style for multiple costumes. Please do not use colored ponytail holders or colored barrettes of any kind.

Classical Ballet Classes (1 hour classes & up) must wear their hair in a bun. No hair on the face or neck.

### **MAKE UP:**

Stage make-up must be applied, the goal is to combat the bright stage lights and not look washed out. See our supply list to the right >>

**Please go to our website for videos and information on how to apply stage make-up and do a proper bun.**

[www.nardistudios.com](http://www.nardistudios.com)

Click on [Recital Info](#) and then [Helpful Info](#)

### **MAKEUP SUPPLIES**

- Base / Foundation
- Bronzer / Blush
- Makeup Brushes
- Eye Colors (Creams as well as Powders)
- Eye Liners
- Lip Liners
- Lipsticks or Lip Stain
- Eyelash Brush
- Waterproof Mascara or 3-D Fiber Mascara
- False Eyelashes (JR & SR)
- Eyelash Glue

### **FACE PRIMER**

Start with a primer to prep your skin for makeup coverage that will last through recital.

### **FOUNDATION**

Typically, foundation that is one or two shades darker than your skin tone works best. This helps you to not appear pale onstage. Spread it evenly all over the face, neck, and into the hairline.

### **BRONZER**

This will give you the golden glow and shimmer, great under stage lighting.

### **BLUSH**

Choose a bold color. To apply the blush, smile and apply the blush to the apples of your cheeks. Then gently sweep the color upwards.

### **EYE SHADOW**

Use natural tones. Start with a light tone and gently cover the area of skin below your brow. Then, put a medium shade of brown on the eyelid and sweep it up and out. Next, line your crease with a darker brown and your tear duct with a white color.

### **EYELINER**

Line the top of the eyelid along the lash line and make an extended wing with the liner. Start the bottom lash in the middle of the lash line out to the corner. The line should be even but not too thick. Black eyeliner is used more often for more dramatic effect. Use white eyeliner on the tear duct to make the eye appear bigger.

### **LIPSTICK**

Pick a bold color like red or burgundy. Try to use a matching lip liner or the lipstick will bleed. Lip stains are awesome for the stage and do not smudge off or get on your costume.

### **BLACK MASCARA or FIBER 3-D**

While applying the mascara, try not to let the lashes clump together. Apply several coats if possible.

### **FALSE EYELASHES (Junior & Senior)**

False eyelashes make your eyes pop. Or use 3-D fiber mascara to make it look like you're wearing false eyelashes and your eyes will still pop.

### **CHECK YOURSELF**

It's a common mistake with stage makeup to go too light with your application. You're meant to emphasize your features to be seen from far away, not up close. The goal is to combat the bright stage lights and look terrific from the back of the theater. It should look overdone and exaggerated. Get a friend or fellow dance mom to help you gauge your efforts and achieve the right balance.