

# 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 to be 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, take time to clean your shoes for pictures and for stage. If they are looking bad please order a new pair as soon as possible to avoid recital time backorders, and make sure to wear them before the stage to ensure proper fit.

## TIGHTS

All costumes come with one pair of required tights, since all tights need to be the same brand and color. Dancing involves your legs, so make sure not to forget your tights. If you want extra tights they are \$12 a pair, go to the office.

## HAIR

We will determine a hair style 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, please use a hair net.

## 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
- 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.

## 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

We want big beautiful eyes that will pop out. While applying the mascara, try not to let the lashes clump together. Apply several coats if possible. Use what works for you.

## 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.