

To Make a Proper Ballet Bun:

What do I need?

- hair brush with nylon or natural bristles (close bristles) or a comb
- large hair elastic (preferably the color of one's hair)
- nylon hair net (matching hair color-available at most supermarkets and drug stores)
- thick hair pins and bobby pins. Hair pins (U shape) are thicker and will grip more hair. Bobby pins may slide out of your bun. Bobby pins can be used to secure hair net and any loose pieces of hair that do not fit into the ponytail (for shorter hair).
- hair spray
- hair gel

How do I make the bun?

- Brush hair smooth and free of tangles.
- Pull hair back neatly into a ponytail at the back of the head or higher, using a brush to avoid "lumps and bumps". A tidy pony tail with hair drawn snugly back is the key to making a good ballet bun. Placement of your ponytail determines placement of your bun. Ballet buns should be at the upper-middle of the head and follow the line of the cheek-bone.
- Secure ponytail tightly with hair elastic.
- Use hair spray to eliminate any "whisps" around the head, smoothing any remaining bumps of hair on the head.
- Twist the ponytail as you gradually wrap it around the hair elastic, creating a tight, coiled circle, inserting hair pins as you wrap. Be sure that your hair pins contain hair from both the head and the ponytail. This will hold your bun close to your head. Be sure to use plenty of hair pins (12-16 on average).
- For thick hair, divide the ponytail in half. Coil one half tightly around the hair elastic, as stated above. Coil the other half around the outside of the first coil. This will allow the bun to be flatter against the head and avoid the "doorknob bun" look.
- The idea is to have your bun tightly coiled around your elastic and secured closely to your head.
- Once you have created your bun, wrap your hair net around it as many times as it will allow for a snug fit.
- Hold the hair net in place with a few extra bobby pins, and hair spray or gel any whisps that are remaining.

Short Hair

- Short hair must be secured to the head in the same manner with a small bun if possible.
- No hair may be hanging in the face.
- Please use bobby pins to secure any dangling strands of hair.

Courtesy of Pioneer Valley Ballet, www.pioneervalleyballet.org/balletbun.php