



# How to Make a PERFECT Ballet Bun!

## Supplies Needed:

- Thick bristled brush
- Good hair elastic/ponytail holder
- Hairnet with elastic edges
- At least 10 hair pins (NOT BOBBY PINS)
- Hairspray/gel or water bottle

## Step One: Gather hair in a clean ponytail

The ponytail should be at eye level for a mid level bun OR at the nape of the neck for a low bun – DO NOT put the ponytail on the top of the head. Use a thick bristled brush to gather the hair and flatten close to the head (no bumps or lumps please!). Use gel and/or hairspray to secure loose and fine hair. If the ponytail is loose, use a second elastic to make it more secure.

## Step Two: Make the bun

Gently twist the ponytail (not too tight) and spiral the hair around the base of the ponytail keeping hair close to the head. Affix two hair pins in the spiral bun BEFORE putting on the hair net, one at the top and one at the bottom. Stretch the hairnet and place over the spiral, pick up and tuck in any hair that may have fallen out of the spiral shape. Once all of the hair is inside the net, twist the hairnet and fold over the bun again. This step can be repeated until there is just a little hair net remaining. Do not pull the hairnet too tightly, it will rip. Remove the two hair pins and “shape” the bun into a round FLAT bun against the dancer’s head. **The bun should resemble a flat “Danish” and NOT a round “Door Knob”.**

## Step Three: Secure the bun

For this section, imagine that the bun is a clock. Using hair pins, place the first one at 3 o’clock with the pin pointing towards the outside of the bun (not towards the centre). Pick up the outside edge of the bun AND hair net, squeeze the hair pin together keeping in contact with the head and change the direction of the pin to point towards the centre of the bun. Push the pin into the hair until you can only see the rounded part of the pin against the ballet bun. Continue with pins at 6, 9, and 12 o’clock. Once you have covered the quarters, use more pins to fill in the gaps. Make sure the bun remains flat throughout the pinning process, push down on the bun while you pin. Remove and re-pin any spots that do not feel secure.

**CONGRATULATIONS – you did it!**