

HAIR FOR BALLET CLASSES:

Why Neu Wixom requires a secure bun

When entering your ballet classes, you enter a world of long-standing tradition and exact rules, which include the way you dress and the way you do your hair.

The most basic reason for having a secure bun is for your safety. Only a secure bun will keep your hair from whipping you (or your fellow dancers) in the face and eyes when executing turns. Other reasons for this hairdo include:

- creating a clean line of your neck and back to make yourself look like a true ballerina (and help with balance)
- securing hair that would otherwise fall in front of your eyes and become distracting
- avoiding having to fix hair that falls out of place and, therefore, holding up or distracting the rest of the class

Please do not wear the loose "ballet bun" that you see in fashion magazines. Instead, follow these steps:

1. Brush hair into a sleek pony tail or braid (for thicker hair, wetting hair and slicking it with hair gel works best) and secure w/ an elastic.
2. Twist pony tail (or braid) and coil it around the elastic into a bun shape. Secure the bun with an additional (or more) elastic.
3. Bobby pin any loose hair on the bun with at least 5 pins. Also pin back bangs or "whispies" around the face.
- 4. Wrap hair net of any style around the bun.**
5. Optional - use hairspray and a ribbon or flower on the bun to complete the look.

** For short hair that won't go into a bun: Secure your bangs with a headband and 2 bobby pins or hairclips. **

Neu Wixom ballerinas are expected to have their hair in a secure bun **before** they enter class. Doing your hair after class has begun is unacceptable. Please see your Ballet teacher if you have any questions or need help with your hair. Thank you, Ballerinas! ☺