

How to do makeup for FVAD performances

Makeup at FVAD is very basic and optional.

Here are a few examples of our students in various grades:



The next page provides instructions for each of our students' levels.

- If makeup is used, please consider using certified organic or natural makeup and body products to reduce exposure to unnecessary toxins, especially for children. Many shops offer natural and organic product options.
- **Never** wear makeup in class. Students need clear and clean skin when exercising.
- **Remember....** Hair first, Makeup second, Costume third.

Instructions for Pre-School, Ballet Prep, Ballet 1 Fnd, Ballet 1 & Ballet 2 performers

- No makeup necessary.

Instructions for Ballet 3-6 performances [JUNIOR MAKEUP]

- Makeup is optional
- Optionally apply a light dusting of face powder (so the skin is not shiny).
- If desired, apply a small amount of eye shadow and lipstick.
- No mascara or eyeliner needed.
- NO FALSE EYELASHES

Instructions for Ballet 7-11 performers [SENIOR MAKEUP]

Foundation

Optional: With a damp sponge, apply pancake or cream foundation over entire face including under the jawbone until skin tone and coloring are even.

Loose Powder

- With a puff, face powder is applied over the face to set the foundation and keep face from being shiny.

Eye Shadow

- White or Cream (highlight color) is applied to the eyelids and the area below the brow.
- Pink, Rose or Wine (accent color) is applied to the space between the highlight color and eyelashes.
- Brown (contour color) is applied to the crease, or the narrow space between the top of the eyelash and the bone above, to give the eyes more depth.
- Use colors in the brown and wine tones for the most natural look.
- Avoid strong blues or greens.
- All colors should then be blended slightly upward and out to soften the look.

Eyeliner

- The liner may be applied on the eyelid above the lashes close to the lash line.
- Repeat for the lower lashes (optional). Lines need not extend outward past the eye.

Eyelashes

- Black mascara may be applied to both the top and the bottom of the lashes.
- NO FALSE EYELASHES

Blush

- Apply lightly on the cheekbone (from the apple of the cheek to the hairline)

Lipstick

- Use plum shades of lipstick rather than reds for better effect under theatre lighting.
- Generally, the color should be a shade darker than your natural lip color.
- Once the lip color is applied, blot well with tissues to remove excess and avoid smearing.