



BALLET STAGE MAKEUP



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Why do dancers need to wear makeup on stage?

The effects of stage lighting can mean facial features are lost during a performance – when you're trying to emote as part of a dance, this can be a major problem. Stage makeup helps solve this problem, allowing the audience or judges to see your beautiful face, and emotions, clearly.



Thank you to the Thrivers that helped collect information to ensure that this document is more inclusive to all members of our community!

Ballet Stage Makeup **For Lighter and Darker Skin Tones** **(to be worn for Dress Rehearsals + Performances)**

Supplies:

- Base –foundation in skin color
- Concealer (if needed)
- Blush
- Bronzer (if lighter skin tone)
- Eyeshadow palette with nude shades, brown, and a highlight/white shade
- White eyeliner pencil (optional)
- Black eyeliner pencil (or liquid if preferred)
- Eyebrow pencil
- Black mascara
- Lipstick (red)
- Lip liner in the same shade as your lipstick
- Sponge/beauty blender for application, an eyeshadow brush, blusher brush, and eyebrow brush



For our video tutorial, go to: <https://www.youtube.com/watch?v=uiJf3g8Ku2w> or search “Thrive Dance Studio’s STAGE MAKEUP HOW-TO” on YouTube.

Step 1: Apply your base and concealer

First things first – your base. You can choose to begin with a makeup primer, although many people find moisturizer is enough of a base.

When you’re ready to start applying your ballet stage makeup, go in with your foundation that matches your skin color all over face **and neck**. If you’re applying makeup on a younger child, you may opt to use a tinted moisturizer or a lighter option instead – younger skin rarely needs much coverage!

If you do need additional coverage, choose a concealer in a shade slightly lighter than your skin tone. Concealer should be applied underneath the eyes, to brighten them, as well as on any blemishes or areas that need brightening.



Step 2: Apply bronzer and blush

If you have a darker skin tone skip the bronzer and go straight for the blush

Next, go in with your bronzer. This is a darker brown color to give lighter skin tones some color. Start at the top of the forehead near the hair line moving in circular motions. Travel towards the ear, down the cheekbone, and under the chin line. You will be creating a '3' with the bronzer. Be sure to do this on the other side. *As you're applying ballet makeup for the stage, you can add a little more than you would normally – but don't be too heavy-handed! You want makeup that will show up under stage lights but will still look natural to the audience.*

Blush time. Apply a little pink or light rose blush to cheeks. If you have a darker skin tone, apply farther onto cheekbones as well.

Step 3: Shape the brows

Brows are great for expression when dancing, so make sure yours are visible. If you have fairer brows, you can fill them in with a brow pencil in a brown or black shade. You should be aiming to highlight the natural arch of the brow, but again, don't go too hard – small strokes are best to create a natural brow look. Once you've filled in the brows with pencil, you can use a brow brush to comb them through and create an even, realistic finish.

If you have naturally thick and defined brows, a slick of clear eyebrow gel can help create a perfect finish ready for the stage.

Step 4: Apply an eyeshadow

The next stage of your classical ballet stage makeup look is the eyes. The eyes are the windows to the soul, and that's as true as ever when you're performing!

Deeper skin tones usually requires stronger pigment colors

- a) Apply a **neutral beige eyeshadow** all over the eyelid, as a base.
- b) Next, apply a **darker brown shade** to the outer part of lid.
- c) Use this same color in the crease, and extend slightly past the eye in an upwards motion to create a "cat-eye" look. Blend well to soften the line. This will help define the eyes, while opening them up and making them appear wider.
- d) Finally, you'll want to use a lighter, white highlight in the corner of the eyes and on the brow bones, to make your eyes really pop.

Step 5: Define the eyes

Heavy stage lighting can wash out the face and mean your features become undefined during your ballet performance – eyeliner is a must to counteract this. A long-lasting liquid eyeliner is ideal, as there is less smudging or running under the hot lighting, or if you sweat. **However if you are working with wiggly littles a pencil is just fine.*

With black eyeliner, trace the top edge of the eye starting from the inner corner and create a cat eye effect by drawing a wing flicking upwards at the outer corner of eye. Under the eye start your line about mid way. Then extend both lines out past the end of the eye in a slightly upward motion.



Step 6: Add mascara or (optional for older students) false lashes

Defined eyelashes open up the eyes and help make facial expressions clear, ideal for ballet. We'd then recommend applying a couple of coats of waterproof mascara to reduce the chance of smudging.

*If you're applying false lashes, always remember to trim them down to fit the eyes, so you achieve a natural finish. Once they're applied, you can use a coat of mascara to blend the false and natural lashes.

If you're adding false lashes as part of your ballet stage makeup look, you may want to go back and touch up your eyeliner once they're applied, to help hide the band.

Step 7: Finish with lipstick

And finally, the finishing touch to your classical ballerina makeup look – lipstick! You should check what color lipstick is required, although red is often the most common option.

Before applying lipstick, outline and color in the lips with a lip liner. This helps define the lips while also creating a solid base, helping the lipstick stay put for longer. When applying lipstick, you can apply it directly from the stick. If you're looking for a more precise finish, you can apply with a lip brush.

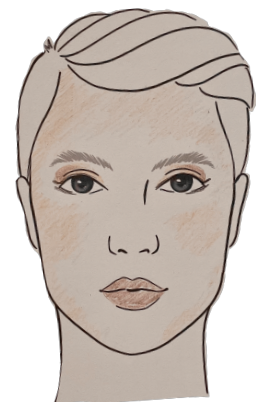
Step 8: Hit the stage!

And voila! There you have a stunning, classical ballet makeup look that will ensure you look (and feel!) your best on stage. All that's left to do is get out there and nail your performance.

BOYS:

**All make up the same as above for female except for the following:*

- a) Eyeliner lines are not curved up nearly as much. Think more outward extensions
- b) Lipstick color is more of a neutral subdued brown color
- c) No mascara or fake eyelashes necessary





Ballet Stage Makeup **For Hooded/Monolid (Asian eyes)**

(to be worn for Dress Rehearsals + Performances)

Supplies:

- Base –foundation
- Concealer (if needed)
- Blush
- Bronzer
- Eyeshadow palette with nude shades, brown, and a highlight/white shade
- White eyeliner pencil (optional)
- Black eyeliner pencil (or liquid if preferred)
- Eyebrow pencil
- Black or brown mascara
- Lipstick (red)
- Lip liner in the same shade as your lipstick
- Sponge/beauty blender for application, an eyeshadow brush, blusher brush, and eyebrow brush

Step 1: Apply your base and concealer

First things first – your base. You can choose to begin with a makeup primer, although many people find moisturizer is enough of a base.

When you're ready to start applying your ballet stage makeup, go in with your foundation that matches your skin color all over your face **and neck**. If you're applying makeup on a younger child, you may opt to use a tinted moisturizer or a lighter option instead – younger skin rarely needs much coverage!

Step 2: Apply blush

Blush time. Apply pink or light rose blush to cheeks/cheek bones. Enough that it is visible.

Step 3: Shape the brows

Brows are great for expression when dancing, so make sure yours are visible. Fill in your brows with brown or black eyeshadow or a brown or black pencil. Add a 'tail' to your brows at the end if needed.

Step 4: Apply an eyeshadow

- a) Use an eyeshadow primer to prevent creasing and smudging. *This is an important step for hooded/monolid eyes.*
- b) Create a new crease by applying a medium brown eyeshadow a little above your crease. Apply the same medium brown eyeshadow on your crease as well. This is an important step in order to add more definition to your eyes.



- c) Blend upwards when applying the medium brown eyeshadow to your outer corner. Push the colour upwards towards the tail of your eyebrow. This will give a lift to your eyes.
- d) Highlight the brow bone with an almost white eyeshadow and softly blend it with the medium brown eyeshadow. Do not blend too much or you will lose the crease you have created.

Step 5: Define the eyes

A long-lasting liquid eyeliner is ideal, as there is less smudging or running under the hot lighting, or if you sweat. *However if you are working with wiggly littles a pencil is just fine.

Apply a *very thin top liner* with a black eye pencil to your upper lash line. Start from the inner corner and create a cat eye effect by drawing a long wing flicking upwards at the outer corner of your eye. This will help elongate your eyes.

With black eyeliner, trace the edge of the eye on the top and bottom, all the way across the top and halfway across the bottom. Then extend both lines out past the end of the eye in a slightly upward motion.

Step 6: Add mascara or (optional for older students) false lashes

Defined eyelashes open up the eyes and help make facial expressions clear, ideal for ballet. We'd then recommend applying a couple of coats of waterproof mascara to reduce the chance of smudging.

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If you're adding false lashes as part of your ballet stage makeup look, you may want to go back and touch up your eyeliner once they're applied, to help hide the band.

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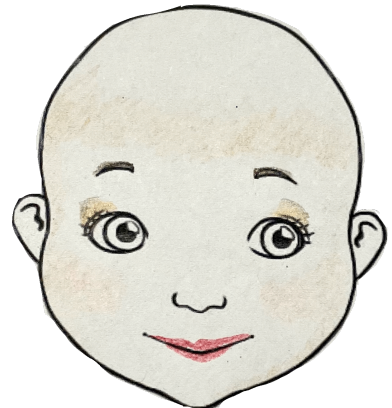
Ballet Stage Makeup **For Toddlers**

(to be worn for Dress Rehearsals + Performances)

*****Stage make up for toddlers is much simpler than the usual full stage make up for older children/adults. Try your best and have wipes and q-tips handy!***

Supplies:

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applying ballet makeup for the stage, you can add a little more than you would normally – but don't be too heavy-handed! You want makeup that will show up under stage lights but will still look natural to the audience.

Blush time. Apply a little pink or light rose blush to cheeks. If you have a darker skin tone, apply farther onto cheekbones as well.

Step 3: Shape the brows

Brows are great for expression when dancing, so make sure yours are visible. If you have fairer brows, you can fill them in with a brow pencil in a brown or black shade. You may also use eyeshadow that matches the hair color and brush in. You should be aiming to highlight the natural arch of the brow, but again, don't go too hard – small strokes are best to create a natural brow look.

If you have naturally thick and defined brows, a slick of clear eyebrow gel can help create a perfect finish ready for the stage.

Step 4: Apply an eyeshadow

The next stage of your classical ballet stage makeup look is the eyes. The eyes are the windows to the soul, and that's as true as ever when you're performing!

Deeper skin tones usually requires stronger pigment colors

Make sure your eyes are accentuated by first applying a **neutral beige eyeshadow** all over the eyelid, as a base. Next, apply a **darker brown shade** to the outer part of lid. Use this same color in the crease, and extend slightly past the eye in an upwards motion to create a "cat-eye" look. Blend well to soften the line. This will help define the eyes, while opening them up and making them appear wider.

Finally, you'll want to use a lighter, white highlight in the corner of the eyes and on the brow bones, to make your eyes really pop.

Step 5: Add mascara (attempt)

Defined

eyelashes open up the eyes and help make facial expressions clear, ideal for ballet. We'd then recommend applying a couple of coats of waterproof mascara to reduce the chance of smudging. If you are able to

**If you're applying false lashes, always remember to trim them down to fit the eyes, so you achieve a natural finish. Once they're applied, you can use a coat of mascara to blend the false and natural lashes.*

If you're adding false lashes as part of your ballet stage makeup look, you may want to go back and touch up your eyeliner once they're applied, to help hide the band.

Step 7: Finish with lipstick

Save this one for the last possible minute! Little's like to lick and smudge!

And finally, the finishing touch to your classical ballerina makeup look – lipstick! You should check what color lipstick is required, although red is often the most common option.

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