

## GROOMING

All levels and all styles require hair to be neatly tied back off the face and secured in a bun during classes. Long hair left out can cause injury and students will not be permitted into class until it is correctly secured.

Uniform items must be well fitted so that teachers are able to observe correct technique.

It is NOT necessary for students doing multiple styles in follow-on classes to change their entire uniform between classes. Changing into the correct footwear is often all that is needed.

NO jewellery or watches are permitted in class  
Please note: Tights take the place of undergarments

## CREATING THE PERFECT BUN

Have the correct tools at hand - a fine tooth comb, hairbrush, gel, hair spray (strong), strong hair elastic, medium to long THICK hair pins, bobby pins that match hair colour and a large fine or slumber net to match hair colour. All available at your local chemist or Target. We have found the correct length thick hairpins at the Burnt Bridge and Heathmont Pharmacies and at Target.

Brush hair back until smooth and secure on the crown of the head. Comb any bumps and uneven areas toward the elastic. Use Gel to hold all wisps.

Twist or plait the pony tail, then start to wind it around the elastic securing each circle with a couple of *hair pins* (NOT bobby pins), until all hair is wrapped neatly and evenly in place. Check that the bun is centred and as close to head as possible.

Cover bun with hairnet (fine nets should be twisted and pulled over twice). Tuck any excess net in neatly under the bun. Secure with evenly spaced *hairpins* (not bobby pins) around edge of bun. Ideally we should not see the hairpins. Bobby pins may be needed to restrain recalcitrant wisps close to the bun!

Finally comb more gel if needed through the hair - always comb toward the bun from all sides, then spray all hair with a strong setting hairspray.

(Please note that for class we do not expect hair you to use Gel but we do expect the bun to be neat and secure!)

PLEASE NOTE: WINDING THE HAIR UP AND POPPING A SCRUNCHIE AROUND IT DOES NOT CONSTITUTE A BUN! THE VERY FIRST MOVEMENT YOUR CHILD MAKES IT WILL FALL OUT AND THIS IS DISTRESSING FOR YOUR CHILD.