### Girls Basic Stage Make-up

**Babes** (under 8s) – May use a coloured powder instead of foundation. Just one shade of eyeshadow, a touch of blusher & lipstick. Mascara is good but don’t panic if they don’t like it.

**Older A1 Dancers will need**

1. Moisturizer & make-up remover & cotton wool (I use astral for both).

#### Foundation or Base approximately 2 shades darker than your skin tone. (I use Max Factor Pan Stik)

#### Translucent powder

1. Med. & light eye shadow (traditionally blue or green).

#### White highlighter, frosted if possible

#### Black eyeliner (White eyeliner optional)

#### Black mascara (at least 2 coats)

#### Deep clear red lipstick

#### Blusher to suit

#### Brushes, applicators etc. (Eyebrow pencil)

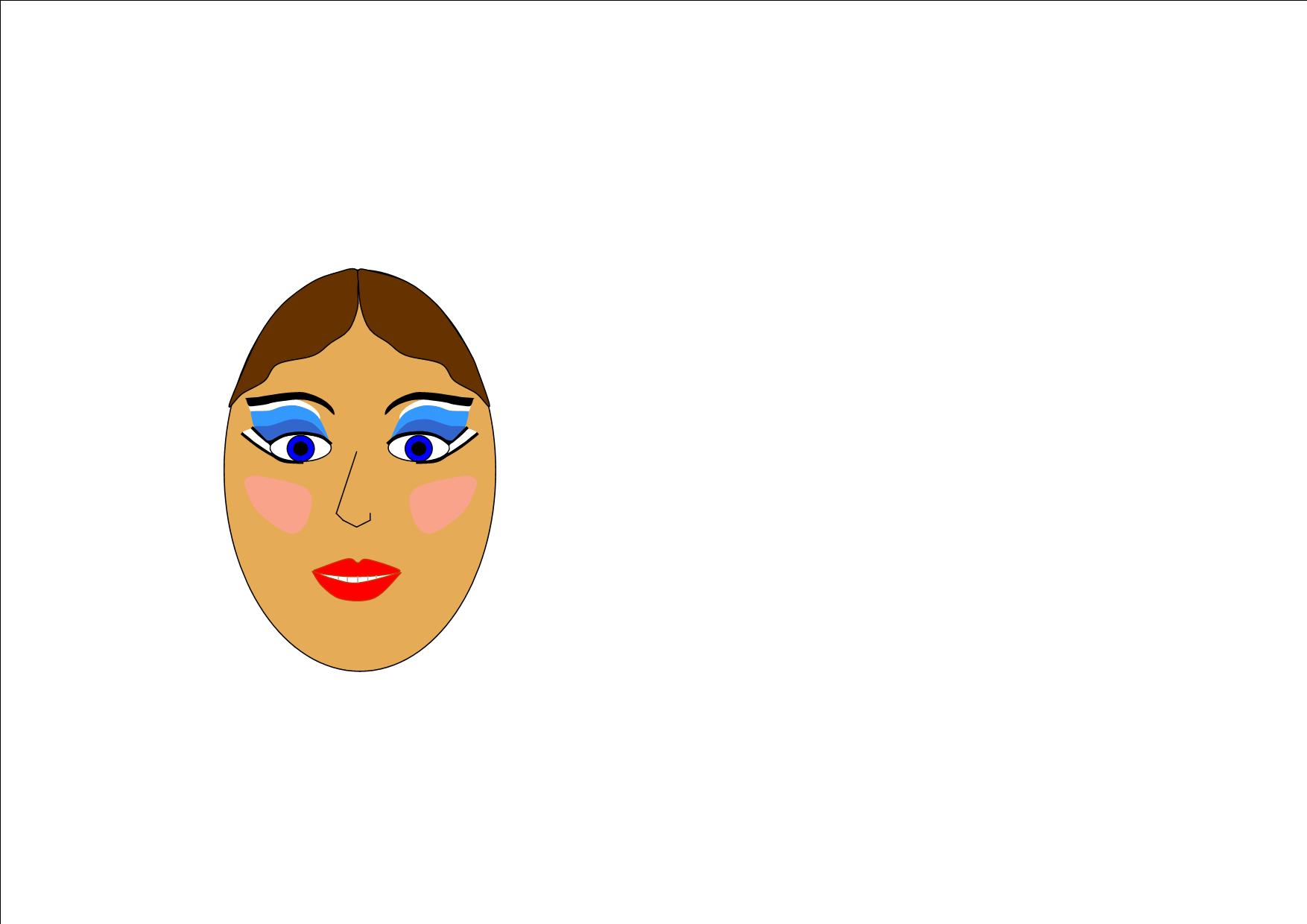
**Things to Remember**

* Stage Make-up needs to be seen from a distance
* Bright stage lighting bleaches out your features.
* Eyes & Lips need to stand out.
* Apply make-up to a clean face.
* Using a little moisturizer first helps you remove the make-up later & acts as a barrier between your skin & the make-up, especially important if you have sensitive skin.
* Always remove all your make-up before you go to bed to avoid spots.

Be gentle, don’t pull your skin about especially around your eyes.  
  
***Basic Make-up Diagram***

**Remember - Blend - Blend - BLEND!**

* Foundation shouldn’t have any obvious edges, blend away to nothing at the hairline, ears, neck etc.
* All the different shades of eye shadow need to be blended into each other. Follow the shape of your eyes for the best effect.
* No harsh lines around the blusher, blend from the ‘apples’ of the cheeks out towards the temples.

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***See the 'How To' video on the A1 Dance***

***YouTube Channel***

[*https://www.youtube.com/watch?v=7jMY04qkmRM*](https://www.youtube.com/watch?v=7jMY04qkmRM)

N.B. These instructions have been used safely many times. A1 Dance cannot be held responsible for any loss or damage incurred while following these instructions.

**Remember - Clean crisp lines for Eyeliner & Lipstick**

* Basic stage lines in eyeliner will go from just above & just below the edge of the eye.
* In a large theatre you can take it all the way across on the top lid & until in line with the centre of your pupil on the lower one, or if preferred all the way across the bottom as well.

**Lashings of Mascara!** (not shown)

The best way to find out what suits you is to practise!!!

**Method – Juniors & Up** (Babes & Under 8s - Just miss out the steps that don't apply.

If you use oil based / cream make-up throughout you will perform point 3 last. I use Pan Stik (so oil based foundation) then the rest of the make-up is powder for ease of use performing the following steps

1. Gently rub in moisturizer.
2. Dot base on head, nose, chin & cheeks, blend in, using fingers or make-up wedges.
3. Pat or brush translucent powder all over face. This needs to be repeated until you have  
    a matt finish (no shiny bits). Keep touching up especially if you’re hot.
4. Eye shadow, use darker shade on lower part of lid, blend lighter shade up & out from  
    eye socket towards brow bone, taking both, out & up at the corner.
5. White highlighter on brow bone.
6. Black mascara, at least 2 coats.
7. Black eyeliner, make 2 thin lines going out from corner of eye & up towards end of  
    eyebrow.

Make sure they do go up, not down!

(See face for more professional lines)

1. Put white highlighter or white eyeliner between black eyeliner lines.
2. Blusher, blend from ‘apples of cheeks’, in line with centre of eye, out & up towards  
    temples.
3. Lipstick, apply, blot & 2nd coat. (lipstick can be left until you have your first costume on).

### Boys Basic Stage Make-up

Boys follow make-up steps as for girls but use brown eyeshadow and a more subtle shade of blusher. Use a Browny red lipstick.

Make-up should be seen but be far more subtle than the girls.

Have a look on YouTube for some ideas, don't go mad!

**Shading**

You can make parts of your face look thinner by using a darker shade.

If you want to make part of your face look broader use a lighter shade e.g. down the centre of your nose & out from the sides.

***Top Tip***

When you need to pull costumes on & off over your head use an old pair of clean knickers / underpants with the back over your face to avoid messing up your hair & make-up & avoid getting make-up on your costume!