

STAGE (RECITAL) MAKEUP

(dancers 13 years and over)

Dancers ask me these questions ALL THE TIME. And really, they are asking two separate questions: Why does a young competitive or recital dancer need to wear ANY makeup on stage? Why does a competitive or recital dancer need to wear “professional” stage makeup?

5 Reasons to wear professional Stage Makeup for Dance Performances

1. **Distance between the performer and the audience** – When I am sitting in the audience, I am too far away from you to see the emotions on your face unless you enhance your features with makeup. Your makeup actually needs to be dark enough for your features to be visible to the first 8 – 12 rows of the theater. Many street makeup brand colors cannot get dark enough even when layered. They stay one color no matter how much you put on. Professional stage makeup is versatile because it is highly-pigmented so that you can wear a little or a lot, depending on how much you apply – the less you apply, the lighter it is – the more you apply, the darker it is.
2. **Intense stage lighting** – Stage lighting can really “flatten” your features and take away all of the dimensions that help the audience see your facial expressions clearly. Most street makeup brands are limited in their amount of pigment and just cannot get dark enough to be seen under stage lighting. Great professional stage makeup will be highly-pigmented so that it can be seen under colorful, intense stage lighting – it won’t disappear when the lights hit you.
3. **Decorative costuming** – Your performance makeup is part of your costume. Professional stage makeup is primarily neutral, earth-toned colors to coordinate well with every costume change, every lighting situation and every skin tone. Sometimes, we will do “special” makeup to enhance a costume or character, but we still always need that base.
4. **Sweat-factor** – When you are performing on stage, under intense stage lighting, you will sweat (and as I used to tell my dancers – if you are not sweating then you are not working hard enough!). There is nothing more uncomfortable than having a bead of sweat roll down into your eye while you are dancing onstage and having your eye sting like crazy because all of your eye makeup is now IN your eye! Many street makeup brands are either NOT sweat-resistant or long-lasting. You are eating chemicals (in lipsticks) and absorbing them into your skin. High quality, professional stage makeup will be naturally sweat-resistant, hypo-allergenic and will not irritate sensitive eyes or skin.
5. **Protect the skin** – Professional stage makeup should be highly-pigmented, hypo-allergenic (no known allergens used), non-comedogenic (non-clogging to the pores, so no break outs), and as NATURALLY sweat-resistant as possible.



PROFESSIONAL MAKEUP SUPPLIER- www.stagemakeuponline.com

FALSE EYELASH SUPPLIER – www.elegantlashes.com

#501 Black Under Lash, pack of 3 \$8.31

#148 Black 3d Upper Lash, pack of 3 \$16.76

I highly recommend that you store your special stage makeup in its own case. This is my best pick, but you can choose your own.

SHANY Mini Makeup Train Case with Mirror - \$30.00-\$32.00

www.Amazon.com



- **Moisterizer:** Always apply moisterizer to face before putting on stage makeup. Your choice of moisterizer is fine.
- **Foundation:** Apply a thin application of a water-resistant foundation (a half to one shade darker than her actual skin tone) with a foundation brush or a makeup sponge to even out skin tone and keep makeup looking fresh longer. It also creates a clean, matte surface to apply your colors to.
Mehron CreamBlend Stick (\$9.50) 1 shade darker than natural skin. Blend into neck.
- **Eyebrows:** Apply a thin line of an earthy, medium-dark brown eyeshadow through center of brow and brush out with a brow brush (or disposable mascara wand you can get at Sally's Beauty Supply). This step is very important for blonds and those without brows. Use a color that is a shade darker than actual brows.
Ben Nye Eye Brow Pencil to match your hair (\$6.00)



Eyeshadow

- **Eyelid:** a medium-toned, earthy, neutral tone eye shadow – a pale pink, beige, or golden color. Ben Nye Pressed Eye Shadow "Mocha" (\$12.00) for lid.
- **Crease:** a dark, earthy, neutral tone eye shadow – a chocolate brown, eye shadow in a sideways "V" shape at the outer edge of the eye Ben Nye Pressed Eye Shadow "Coco Brown" (\$12.00) for crease
- **Brow bone/inner corner of the eye:** a light, highlighter eye shadow color – white matte or shimmer eye shadow – applied to the brow bone and inner corner of the eye for brightness. Ben Nye Shimmer Crayon "Opal" (\$12.00)
- **Upper Lash Line:** Black eye liner across top lash line. Ben Nye Liquid Eye Liner "Ebony" (\$8.00) or Ben Nye Cake Eye Liner "Black" (\$10.00)
- **Lower Lash Line:** Black liner under lower lash line from middle of eye out past the outer corner of the eye. Do not connect upper lash liner and lower lash liner at the outer corner of the eye. Leave an open space and fill in with white highlighter eye pencil.
- **Inside Water Line:** White eye liner along the inside water line of the eye makes the eyes look bigger and brighter. Ben Nye Liquid Eye Liner "White" (\$8.00)
- **Lashes:** Apply False Lashes and 2 coats of water-resistant, black mascara to upper and Lower lash line.
- **Blush:** Find cheekbone with fingers. Place blush brush at hairline just below cheekbone and sweep pink/peach blush color UNDER cheekbone and the sweep UP over apples of the cheeks. Make sure to use a small enough blush brush on cheeks so that blush line does not go lower than the lip line. Otherwise, your dancer will look like they've got a sunburn! Blend. Blend. Blend. CHEEKS: Ben Nye Powder Blush "Raspberry" (\$12.00)
- **Lipstick:** Fill lips in with lipstick color. Older dancers use a crimson red lipstick on stage. Ben Nye Lustrous Lipstick "Ruby Red" (\$14.00)
- **Loose Powder:** Dab a makeup sponge in translucent loose powder then brush powder over the face. Ben Nye Colorless Powder (Dome .92 oz \$13.50)