

The Importance of a Classical Ballet a Bun!

Please note that a secure ballet bun is very important in the functioning of a dancer within a ballet class. This is all apart of traditional ballet etiquette and for hundreds of years dancers all over the world have been continuing this important tradition. Not only is it safer for the dancer and other fellow class mates, as it prevents hair from flicking into own or other students eyes and faces, but it also looks aesthetically pleasing, creating clean, pure and uninterrupted lines which is the epitome of ballet dancing. When hair is in a bun, the dancer can then focus on what they are doing physically and concentrate on achieving the fine details of all hand and arm movements without constantly flicking hair out of their face or shaking their head, which in turn ruins the flow and final picture of all movements. It is also unfair for all those students who go to the effort to ensure they are appropriately groomed each week, when there are others who continuously do not make the effort to ensure they are correctly groomed. (For further assistance after reading this, please come and see me, as I am happy to demonstrate for you!)

How To Do A Proper Classical Ballet Bun!

1. If hair is of many lengths, has bangs, or is very fine and slippery, using some water spray, moisten the hair well. It is wet enough when comb marks stay after combing. Comb in hair gel or hairspray thoroughly. The crucial part is to comb it from the roots to the ends completely and evenly. Use a generous amount of gel, (particularly for shorter hair), but not enough to make the hair look 'dirty' or permanently wet! The objective is to glue bangs and layered hair into place once the gel is dry. Use gel that dries clear and not with white flakes!
2. Using a hair brush or comb, smooth hair into a ponytail at the fullest point of the crown of the head. Use a sturdy, covered elastic band. A loose band will slip down during movement of the head. Uncovered elastic band will rip the hair. Elastics without the metal joins are preferable. (See diagram A).
3. Twist the hair tightly into a rope shape. (See diagram B).
4. Coil the hair around the elastic band in the same direction the "rope" is twisted into a bun. (See diagram C).
5. Holding the bun in shape, insert a few bun pins all around to hold in place while covering with the hairnet. Cover the bun with the hair net going from top to bottom, so that the elastic pulls underneath. If excess netting, twist over at bottom, making a figure of eight shape and cover again. Wrap the extra net around and underneath the bun.
6. Allow the covered bun to slightly relax so that the bun lies flat against the head. If it looks like a doorknob, it is coiled too tightly. Just unwind the bun slightly (just a quarter of a turn) and smooth the bun to the crown.
7. Pin the bun in place securely. A few larger bobby pins or traditional hair pins will do the work that twenty or so smaller pins will never do and are less likely of coming out during rigorous movement. Tubs of 'ripple' pins from the Hairhouse warehouse are very good!
8. If necessary, spray with hairspray and smooth down the "fuzzies" before the spray has dried completely.

