

Recital 2023- Shows A and C

Video tutorial Link: <https://youtu.be/vRiBFkAjeZI>

Hair – Low Ponytail with a Middle Part

- For slippery, thick or difficult hair, spritz hair with water or hairspray or use gel before smoothing into the ponytail.
  - A clear elastic is also recommended alongside a regular ponytail holder to help hold
1. Brush hair thoroughly to ensure no tangles
  2. Use comb or brush to create a middle part
  3. Apply any necessary product and brush hair down into hand where ponytail will be
    - Should be about an inch above nape of neck to allow head movement
  4. Wrap elastics while keeping a tight hold on the hair
  5. Smooth any wisps back with hairspray or gel
  6. Pin bangs or large wisps back with bobby pins if too thick

Example of low ponytail



## Hair – Low Bun with a Middle Part

1. Keep hair in low ponytail and begin to twist and wrap into bun
  - Smush the hair into the head as it twists to create a flatter bun
2. Wrap hair tie around bun while keeping a strong hold on the hair
3. Use a hair net to capture loose pieces, smooth the bun and condense it
  - Use in a hair tie like fashion. Wrap and twist it until tight
  - Use a hair net that is the same color as your hair
4. Use bobby pins to secure bun
  - Hook into bun, then into hair on scalp, then press in
5. Slick any wisps down with hairspray or gel
6. To return to a low ponytail, remove bobby pins, unloop hairnet, and pull hair through the hair tie holding the bun
  - Trying to remove the hair tie may cause the entire ponytail to come out

## Examples of low bun

