

## How to do a ballet Bun

1. Brush hair into a ponytail either high on the crown of your/child's head or just above the nape of the neck. Be careful not to have the bun too low as it will rub as you/your child moves your/their head.



2. Secure the ponytail with an elastic hairband



3. Twist the ponytail around a few times until the hair form a long twist.



4. place a finger from your free hand above the ponytail band and move the long twist around in a circle



5. Remove your free finger once you have the bun started, and use this hand to hold the bun together as you finish making the circles. Just keep going in circles until all the hair is in the bun shape.
6. Keep one hand on the bun at all times to keep its shape.
7. Still holding the bun, tuck the end of the hair under the whole bun near the hairband and pin down using a Kirby grip



8. We recommend the use of a hairnet to hold the ballet bun tight and all the hair contained. Place the hairnet over the bun and pull down, cross it over and place over the bun moving upwards., the net and the hair should now be tight.



9. Still Holding the bun its now time for the pins. Place a pin at the top of the bun. To do this use XXXX pins Firstly stick one end of the pin into the bun and then move the other end to go underneath the bun and push it all the way in.



10. Now Repeat and add a pin at the bottom, and both sides of the bun, by this point you should be able to let go of the bun itself and if you've done it right it'll stay there.



11. For Really long hair you will need to add a few more pins between the 4 your already put in.

12. Check for looseness. Its important now you completed your bun to check that it is totally secure, to do this give your head/child's head a good wobble, turning your head snarly from left to right quickly several times. If you feel the bun move then add more pins.



13. CONGRATULATIONS YOU DID IT. The professional ballet bun. With practice and over time you will get quicker at it and even do it without looking.

