

Getting the perfect bun or pony tail

For exams and competitions presentation is very important, here is a useful guide to get a lovely neat pony tail or bun. You may want to practice this before the event, the more you practice the quicker you will become.

What you will need for a pony tail

- Strong hair band – to match hair colour or clear
- Hair brush
- Fine tooth tail comb/nit comb
- Water spray
- Gel
- Hair Spray

What you will need for a bun

- All of the above
- Pins
- Grips
- Doughnut if using one

To get an exam/competition ready pony tail...

Freshly washed hair can sometimes be difficult to manage due to it being too soft.

Step 1: Brush the hair so there are no knots.

Step 2: Spray water onto the hair (you only need to spray the roots not the ends) then comb the hair back with a fine tooth/tail comb or nit comb. If you have a fringe spray this and comb back with the hair.

Step 3: Smooth gel onto the hair (you do not need to do the hair that will be hanging from the pony tail). *Once the gel dries you won't be able to make corrections!*

Step 4: Comb the gel back into the hair to give a smooth finish then secure with a strong hair band at the height you want the pony tail. You may need to keep combing until you get all the bumps, be sure to check the underneath of the ponytail that there are no bumps here.

Step 5: Spray well with hair spray, use your finger or the end of a tail comb to smooth any flyaway hairs. If you have followed these steps you should not need to use any clips etc.

To get an exam/competition ready bun...

Step 1: Follow the above section regarding a smooth pony tail, if you want a side or centre parting ensure you have this in place before adding the gel. It is best to secure the hair with a hair band of match hair colour or clear elastic.

Step 2: Once you have a neat smooth pony tail you can choose what type of bun you want...

Twisting or plaiting the hair into a bun shape

Step 1: Twist or plait the hair tightly and then curl around the pony tail hair band to create a bun shape. If plaiting be sure to plait as far down as possible and secure with a clear elastic.

Step 2: Holding the bun secure the end of the twist/plait with 1 or 2 grips, tucking any ends/hair band under the bun.

Step 3: Still holding the bun secure, use pins to secure the rest of the bun into place. (If you have layered hair you may find you need to use a fine hair net of the same colour of their hair.)

Step 4: Shake the head well to check for movement and add any more pins if needed. Then spray well with hair spray, using a tail comb/finger to help flatten any flyaways.

Using a doughnut to create a bun There are lots of different sizes so be sure to choose one of suitable size. If you have particularly thick/heavy hair you may find that this method does not work as well.

Method 1

Step 1: Place the doughnut over the pony tail, tip head forward and evenly spread hair over the doughnut so the mesh can not be seen.

Step 2: Place a thin hair band over the doughnut to secure the hair in place.

Step 3: adjust the hair if any gaps have appeared, and spray well with hair spray. You may want to use a few pins (not grips) to help secure it

Step 4: Carefully twist the ends of the hair around the base of the doughnut and secure with pins as you go.

Step 5: Shake the head well to check if secure and use additional pins if needed. Then spray well with hair spray. Carefully using a tail comb or finger to help hold secure any flyaway hairs.

Method 2

Step 1: Place the doughnut over the pony tail, place all the hair to one side of the doughnut.

Step 2: check the hair is smooth then gradually smooth and tuck the hair into the doughnut, keep doing this and the hair will eventually spread around the doughnut and covering it completely and you have used all the hair.

Step 3: check all ends are tucked firmly into the doughnut and add pins around the doughnut to secure.

Step 4: Shake the head well to check if secure and use additional pins if needed. Then spray well with hair spray. Carefully using a tail comb or finger to secure any flyaway hairs.