

## Hair Tips for Angels and Party Girls

*(These tips have been shared by other parents and have helped those trying curlers for the first time!)*

Curler Types: Really any curler type will work as long as it will give the ringlets. Here are some examples:

- 1) [Pink foam sponge](#): These have been used the longest and are the most common
- 2) [Soft Sleep hair roller](#): One mother told me about these and her girls had some pretty good ringlets and they were easy to sleep on.

Hair nets: to wear at night over the curlers and to school.

- 1) [Mesh Hair net](#)
- 2) [Snood Hat Crocheted Hair Net](#)
- 3) [Satin Sleeping Cap](#): **THIS IS A BIG FAT, NO!!!** Their hair doesn't dry and we end up with wet ringlets!

Hair Gel: Any hair gel will work and I've tried several. The only one that has been brought to my attention several times is this [Olive Oil Foaming Wrap Lotion](#). Parents said it's lightweight, doesn't make it hard or sticky, holds the hair, and made it possible for them to just brush out the hair from one performance and re-roll it for the next without having to wash it!

### Technique Tips:

-Use perm tissue paper. It helps so the hair isn't pulled out when the curler is taken out

-HAIR MUST BE COMPLETELY DRY BEFORE GELING AND ROLLING!!!!!! If it's even a little damp it will be limp and without curl at the end of performance or even before.

-Clean hair will always work but, some parents have gone multiple days without washing the hair and just re-rolling after a good brushing. One mother told me two days was too many for her daughter and her hair wouldn't hold the curl. So, know your child's hair!!!

-Start from the bottom of the hair shaft and then roll up to the scalp. If you start in the middle and then wind it from the top and the bottom, they're going to have a lot of hair pulled out from the gel!

Saturday Performance: This is the day where I have the most dancers come in with damp/ lifeless curls. Please remember Friday night, you must roll their completely dried hair so that by Saturday morning they are good to go.

-Can wear a hair net in between performances to protect the hair.

