



## Stage Make-up Guidelines 2011

Stage make-up is necessary in calisthenics to highlight facial features under lights on a stage.

However, make-up applied inappropriately on children's faces can de-grade the sport, make the children look ugly on the stage and be off putting to parents. Parents today do not like to see their children being made up as dolls and generally prefer their children to look natural. Therefore we need to be careful when applying make-up to achieve both objectives.

Samantha Ince, professional make-up artist and Calisthenic coach has applied make-up in a more modern format to participants of various age groups. The look is soft yet defining.

The attached guidelines present easy practical tips on applying stage make-up and CVI recommends their use by all clubs and coaches.

The guidelines have been endorsed by the Australian Society of Calisthenic Adjudicators (Vic) and The Victorian Calisthenic Coaches Association.

### Make-up and the public image

In addition, it is highly recommended that make-up should:

- not be applied in a public venue such as McDonalds
- be removed if the team goes out after a competition and appears in public.

### Contact details for suppliers

- **Kryolan Cosmetics**  
147 Little Collins Street  
Melbourne Vic 3000  
Tel (03) 9654 4147  
Fax (03) 9654 7696

[sales@kryolancosmetics.com.au](mailto:sales@kryolancosmetics.com.au)

[www.kryolancosmetics.com.au](http://www.kryolancosmetics.com.au)

Kryolan lists distributors on their website under 'Retail Stockists'

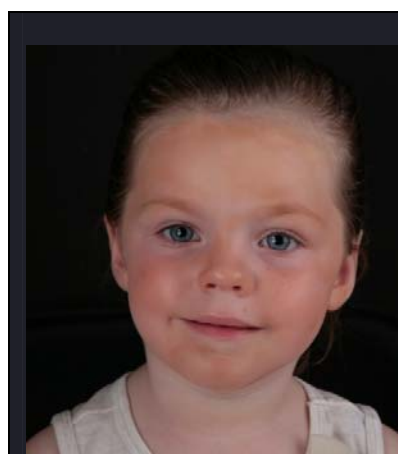
- **John Wurzel and co P/L**  
1368 North Road  
Oakleigh South 3167  
Tel (03) 9562 6662  
Fax (03) 9548 9449  
[www.johnwurzel.com.a](http://www.johnwurzel.com.au)  
[u](#)  
Mon – Fri 9-5.00  
Sat 9-3.00

Also at:  
312 Bay Road  
Cheltenham 3192  
Tel (03) 9584 5522  
Fax (03) 9548  
5222  
Mon – Fri 9-5.00

## Contents

Age group	Page Number
Tinies (aged 3-4)	3
Tinies (aged 5-6)	6
Sub Juniors	11
Juniors	17
Intermediates	21
Seniors	26
Masters	30
Boys	34

<b>Age group</b>	<b>Tinies (Aged 3-4)</b>	
<b>Model</b>	Molly, aged 3	
<b>Materials recommended</b>	<b>Base</b>	She Earth (3) – Liquid foundation Priceline
	<b>Blush</b>	Kryolan TC2
	<b>Eyes</b>	Kryolan Highlight Mascara – Bloom Black – Full and Flirty Shadow - Kryolan 665 G – Sunlit/Schott Pot
	<b>Lipstick</b>	Kryolan Nat 1. Also known as AS-N1
	<b>False eye lashes</b>	No
<b>Special notes</b>	Keep the make-up light.	



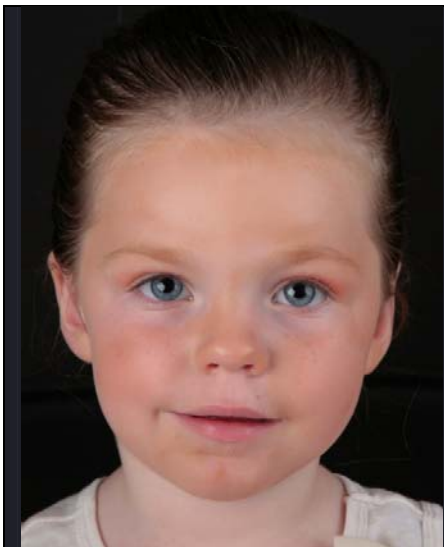
### **Base**

Apply a subtle base such as 'She' from Priceline. It does not have many preservatives such as parabens which can cause damage and allergies.

TV Paintstick is too heavy for little faces.

Choose a colour 1 – 1½ shades darker than the skin colour.

Apply and blend in with a sponge.

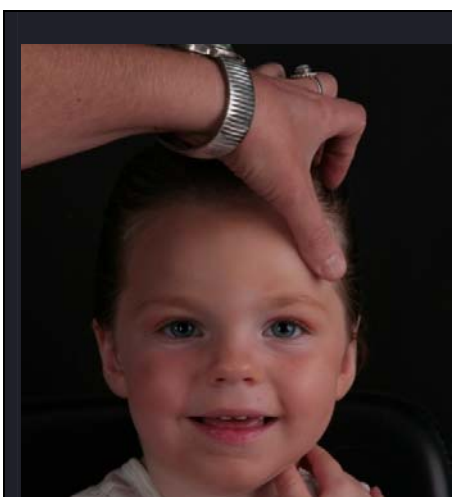


### **Eye highlight**

Apply the highlight through a gentle dusting all over the eye up to the brow and extending to the end of the brow.

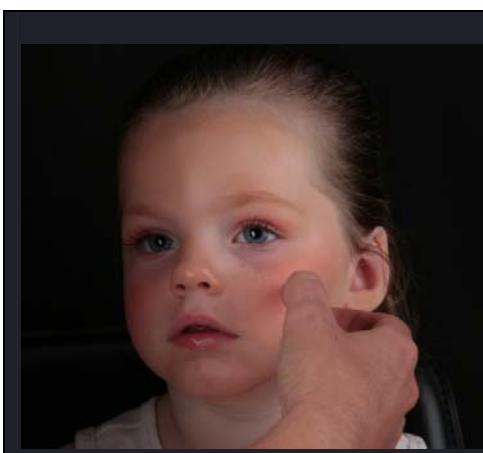
### **Eye Shadow**

Use an apricot colour. Follow the eye socket line and then colour in the lid. Use only a fine dusting.



### **Mascara**

Pull up the brow in the middle and lightly feather the mascara wand over the lashes. Do not apply mascara to the lower lashes.

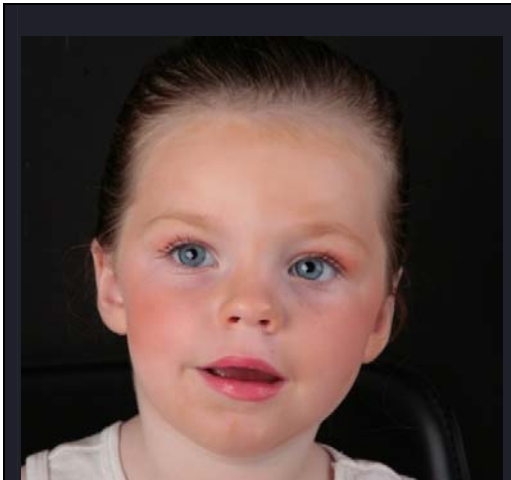


### **Blush**

Use a soft pink/apricot blush for little faces.

Apply the blush lightly to the upper part of the cheek angling up towards the top of the ear.

Start on the 'apple' of the cheek.



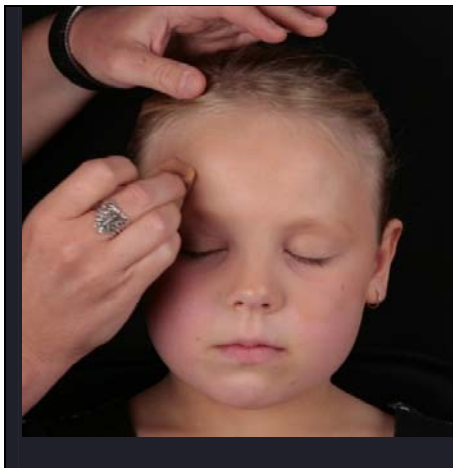
### **Lipstick**

Use a soft pink/apricot lipstick for little faces.

Apply the lipstick with a brush. Outline the lips first and then colour in.

**Result:** Soft pretty face with delicately enhanced features.

Age group	Tinies (Aged 5-6)	
Model	Mia, aged 6	
Materials recommended	Base	She Earth (3)(Priceline) – Liquid Foundation
	Blush	Kryolan TC2
	Eyes	Kryolan Highlight Mascara – Bloom black Full and Flirty Shadow - Kryolan – Sunlit/Schattrot Brow- Kryolan brown if needed
	Lipstick	Kryolan Nat 1. Also known as – N1
	False eye lashes	No
Special notes		



### Base

Apply a subtle base such as 'She' from Priceline. It does not have many preservatives such as parabens which can cause damage and allergies.

TV Paintstick is too heavy for little faces.

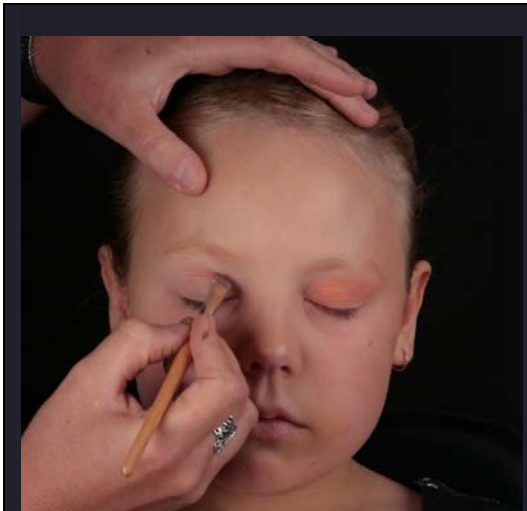
Choose a colour 1 – 1½ shades darker than the skin colour.

Apply and blend in with a sponge.



### Eye highlight

Apply the highlight through a gentle dusting all over the eye up to the brow and extending to the end of the brow.



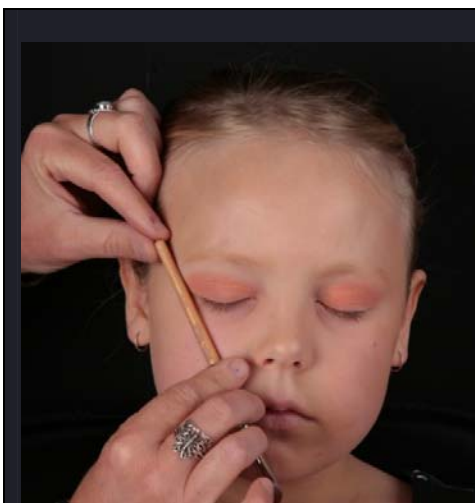
### Eye shadow

Put some of the shadow on the top of your hand and dab off excess onto your brush. This stops the colour from being too intense.

Go from the corner of the eye and follow the eye socket. Work the top part first to get curve.

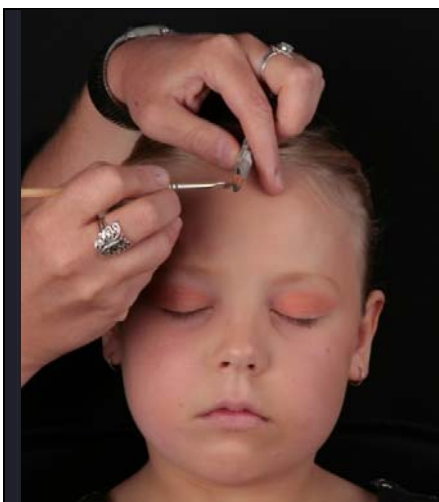
Finish the curve as if in a line going between the edge of the eye and the extended eye brow.

Colour in.



### Eye shadow (cont)

Stay within the boundary line reaching from the eye brow and nose.



### Eye brows

Slightly darken the eye brows if they are light. Wipe the brush over an eye brow pencil and with the brush, feather the brow. Don't be too heavy.



### Eye liner

Dot black or charcoal powder on the rim of the eye lashes. The blend the dots together.

Do not extend anything past the end of the eye.



### Mascara

Pull up the brow and apply with a feathering motion.

Do not apply to the lower lashes.



### Eyes (cont)



### Blush

Do not apply blush lower than an imaginary line drawn from the corner of the mouth to the top of the ear.

Start on the 'apple' of the cheek.



### Blush

Apply the blush in a 'C' motion.



### Lipstick

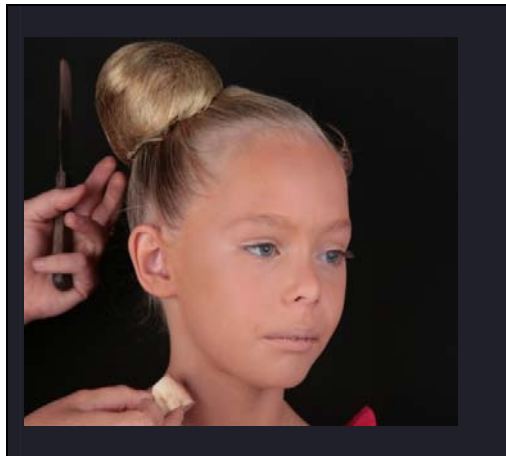
With a brush, start at the middle of the lip and follow the natural lip line without the child smiling.

Open the mouth and then colour in.



**The result:** A pretty face with softly defined features.

Age group	Sub Juniors	
Model	Tilly, aged 8	
Materials recommended	Base	Kryolan TV Paint Stick stick NB2
	Blush	Kryolan TC2
	Eyes	Brow Highlight - Kryolan Highlight Brow- Kryolan brown/dark brown Eye lids - Kryolan sunlit or schattrot Eye liner - Kryolan cake eyeliner Mascara – Bloom black Full and Flirty
	Lipstick	Kryolan LC008 (rose/cherry colour)
	False eye lashes	No
Special notes		

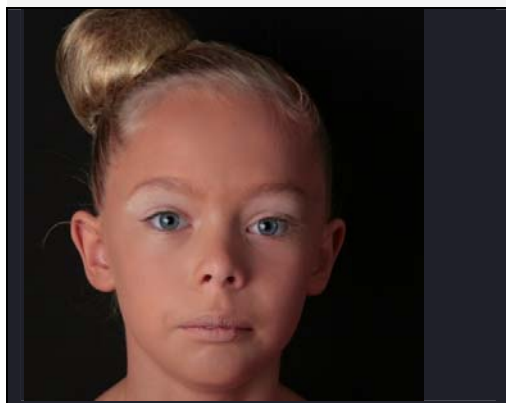


### Base

Blend a small amount of the base all over the face using a moist latex sponge.

Keep it light.

Blend from the top down including the neck and ears, over the jaw line, over the lips and through to the clavical.



### Highlight

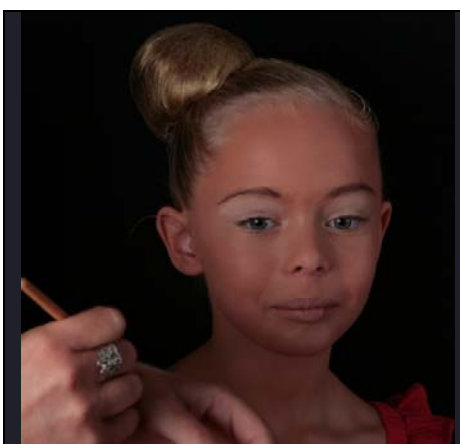
Apply the highlight through a gentle dusting all over the eye up to the brow and extending to the end of the brow.



### **Brow**

Use a light feathering action, apply the pencil to the brow and slightly extend the outside edge of the brow.

Use an angle brush to blend it.



### **Eye shadow**

Put some of the shadow on the top of your hand and dab off excess onto your brush. This stops the colour from being too intense.



### **Eye shadow (cont)**

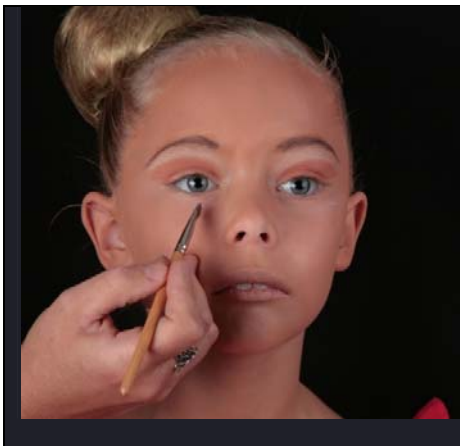
Go from the corner of the eye and follow the eye socket. Work the top part first to get curve.

Finish the curve as if in a line going between the edge of the eye and the extended eye brow.

Colour in.



## Eye shadow (cont)



## Under eye highlight

This opens the eye up without being too stark.

Using a brush, feather under the eye between the lower eye lid and the cheek bone. Extend past the eye.



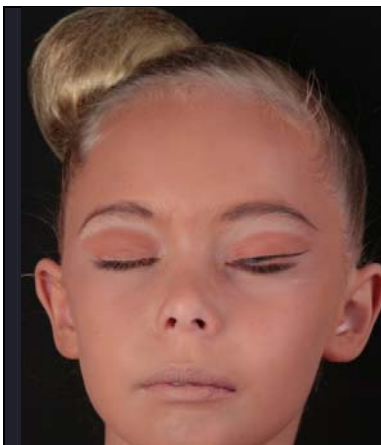
## Under eye line

Ask the child to look up and feather the pencil creating a line extending just past the eye.

The child can look straight ahead if needed. Let them blink so their eyes don't water.



### **Under eye line (cont)**

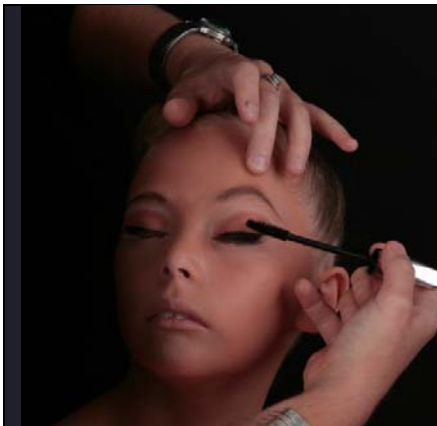


### **Top eye liner**

Create a line from the inside of the eye above the lash line ending in a thin line at the end of the shadow. Be wary not to create a heavy line.

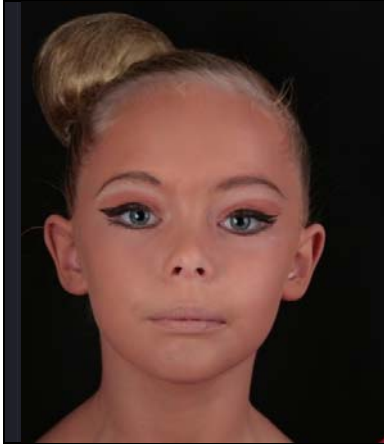
Fill in the gap.

Keep the eyes shut. Cake eyeliner dries quickly.

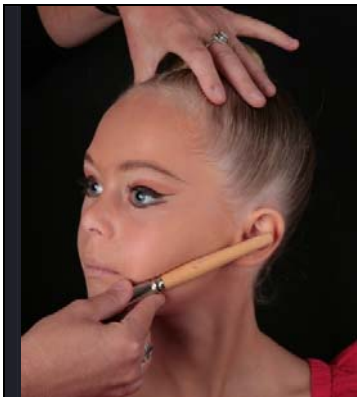


### **Mascara**

Pull the brow up from the middle of the brow to raise the lashes. You could also do the bottom lashes at this stage as they peep up.

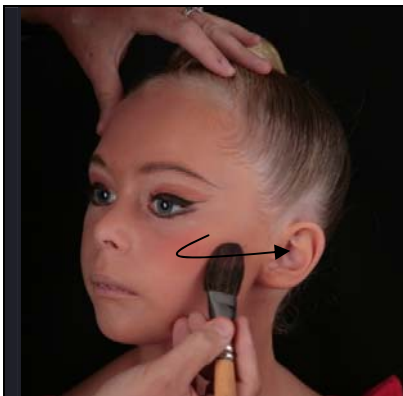


### Mascara (cont)



### Blush

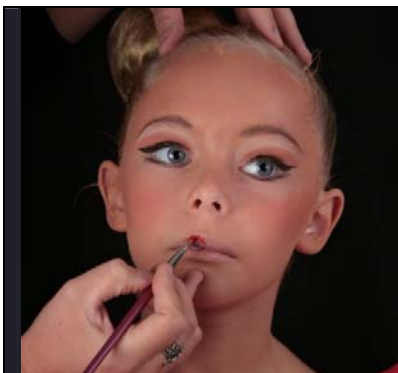
Blush should go no lower than the imaginary line extending from the corner of the mouth to the middle of the ear.



### Blush (cont)

Apply blush in a 'C' motion and extend up the cheek to the top of the ear.

Start on the 'apple' of the cheek.

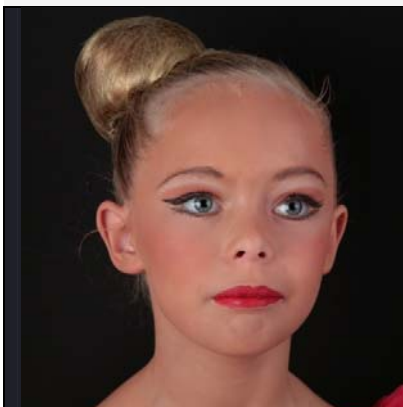


### Lipstick

With a brush, start at the middle of the lip and follow the natural lip line without the child smiling.



Open the mouth and colour in.



**The result:** Subtle make up .

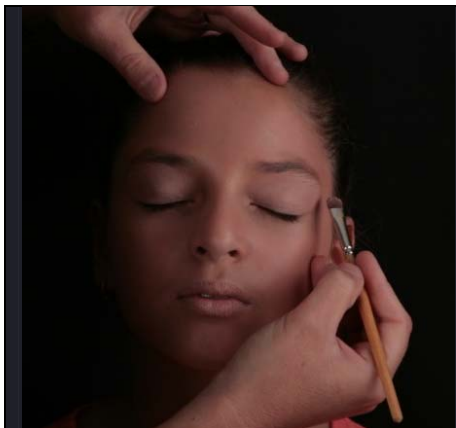
<b>Age group</b>	<b>Juniors</b>	
<b>Model</b>	<b>Brittany</b>	
<b>Materials recommended</b>	<b>Base</b>	Kryolan TV Paint stick NB2
	<b>Blush</b>	Kryolan Redwood
	<b>Eyes</b>	Kryolan Highlight Brow - Kryolan brown/dark brown Lids - Kryolan Hazel Kryolan cake eyeliner Mascara – Bloom black Full and Flirty
	<b>Lipstick</b>	Kryolan –LC008/LC212
	<b>False eye lashes</b>	No
<b>Special notes</b>		



### **Base**

Blend a small amount of the base all over the face using a moist latex sponge. Keep it light.

Blend from the top down including the neck and ears, over the jaw line, over the lips and through to the clavical.



### **Highlight**

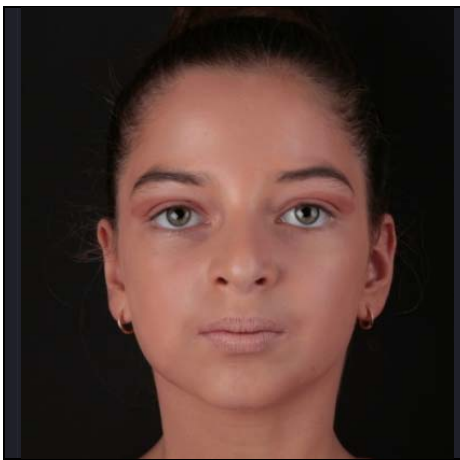
Apply the highlight through a gentle dusting all over the eye up to the brow and extending to the end of the brow.



### **Brow**

Use a light feathering action, apply the pencil to the brow and slightly extend the outside edge of the brow.

Use an angle brush to blend it.



### **Eye shadow**

Put some of the shadow on the top of your hand and dab off excess onto your brush. This stops the colour from being too intense.

Go from the corner of the eye and follow the eye socket. Work the top part first to get curve.

Finish the curve as if in a line going between the edge of the eye and the extended eye brow. Colour in.



### **Under highlight**

This opens the eye up without being too stark. Using a brush, feather under the eye between the lower eye lid and the cheek bone. Extend past the eye.

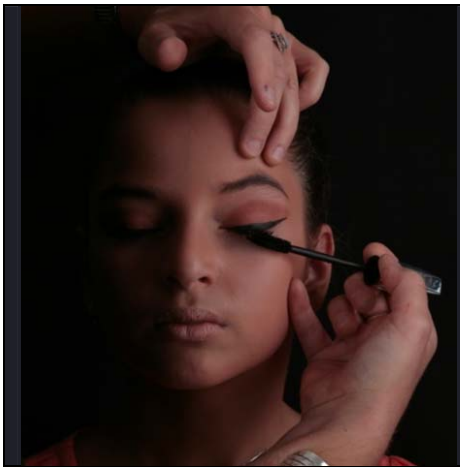


### **Top eye liner**

Create a line from the inside of the eye above the lash line ending in a thin line at the end of the shadow. Be wary not to create a heavy line. Try feathering with the brush.

Fill in the gap.

Keep the eyes shut. Cake eyeliner dries quickly.



### **Mascara**

Pull the brow up from the middle of the eye brow to raise the lashes.



### **Blush**

Blush should go no lower than the imaginary line extending from the corner of the mouth to the middle of the ear.

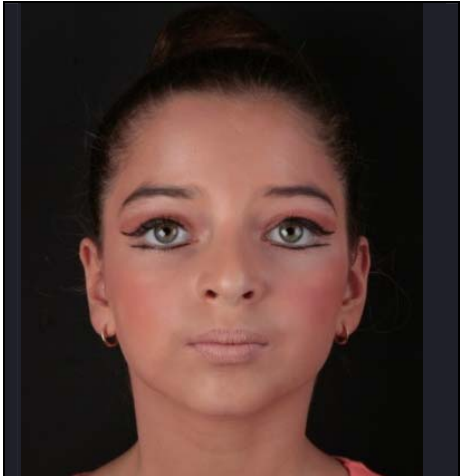
Apply blush in a 'C' motion and extend up the cheek to the top of the ear.

Start on the 'apple' of the cheek.



### Blush (cont)

Extending the sweeping motion to the top part of the ear.



### Eye Underlines

Paint a fine line just under the lashes, but not touching the lashes. It should not be a wide gap.

Take your time and feather small strokes. Try resting your little finger on the child's cheek for stability.

Separate the line from tracking just under the lashes when the eye starts to curve up.

Extend slightly past the end of the eye but not as far as the extended line on the upper lid.



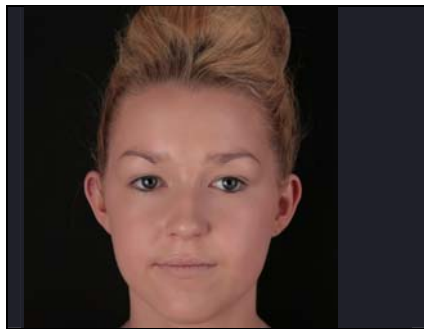
### Lipstick

With a brush, start at the middle of the lip and follow the natural lip line without the child smiling.

Open the mouth and colour in.

**The result:** soft pretty faces

Age group	Intermediates	
Model	Amelia	
Materials recommended	Base	Kryolan TV Paint Stick NB2
	Blush	Kryolan Redwood
	Eyes	Kryolan Supracolour – 1W Brow - Kryolan brown/dark brown Eye lids - Kryolan Hazel Kryolan cake eyeliner Mascara – Bloom black Full and Flirty
	Lipstick	Kryolan –L210
	False eye lashes	Yes - Beauty case lashes: BC 360G
Special notes		



### Base

Blend the base all over the face using a moist sponge. Using a moist angle latex sponge can get in under the eye.

Blend from the top down including the neck and ears, over the jaw line, over the lips and through to the clavical.

Add a translucent powder for oily skin.



### Highlight

A cream is used as the highlight to give more distinction.

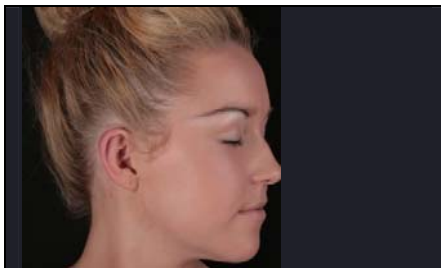
Apply the cream blending from the corner of the eye upwards and under the brow. Do not apply to the lids. Extend it past the end of the brow with the finger.



### **Brow**

Using a light feathering action, apply the pencil to the brow and extend the outside edge of the brow to match the extension of the cream.

Use an angle brush to blend it.



### **Brow (cont)**



### **Eye shadow**

Hazel colour suits everyone.

Go from the corner of the eye and follow the eye socket. Work the top part first to get curve.

Finish the curve as if in a line going between the edge of the eye and the extended eye brow. Colour in.



### **Under eye highlight**

This opens the eye up without being too stark.

Using a brush, feather under the eye between the lower eye lid and the cheek bone. Extend past the eye and blend. Do not leave lines.



### Top eye liner

Create a line from the inside of the eye above the lash line, angle upwards ending in a thin line extending slightly out from the corner of the eye. Be wary not to create a heavy line. Try feathering with the brush.

Fill in the gap.

Keep the eyes shut. Cake eyeliner dries quickly.

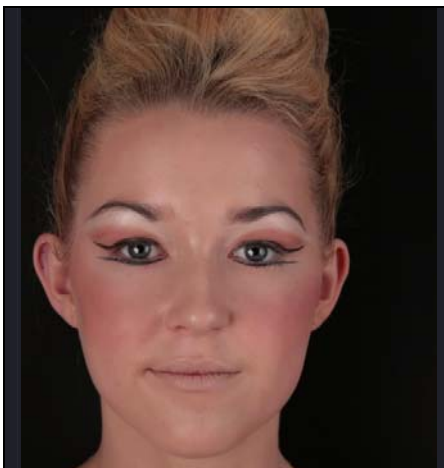


### Blush

Blush should go no lower than the imaginary line extending from the corner of the mouth to the middle of the ear.

Apply blush in a 'C' motion and extend up the cheek to the top of the ear.

Start on the 'apple' of the cheek.



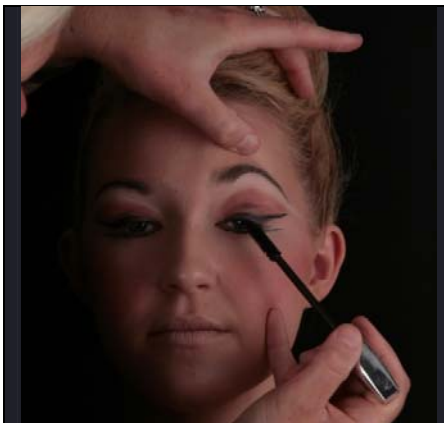
### Liquid liner under eyes

Paint a fine line just under the lashes, but not touching the lashes. It should not be a wide gap.

Take your time and feather small strokes. Try resting your little finger on the cheek for stability.

Separate the line from tracking just under the lashes when the eye starts to curve up.

Extend slightly passed the end of the eye but not as far as the extended line on the upper lid.



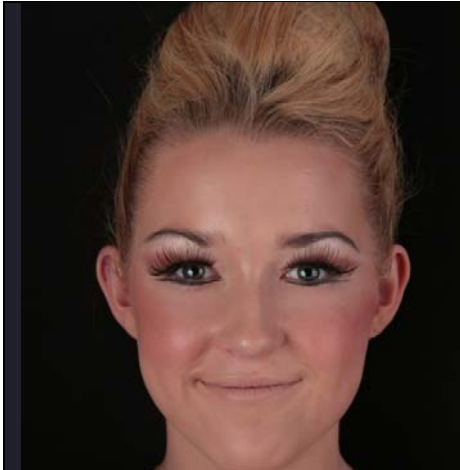
### Mascara

Lift the brow and apply mascara to the natural lashes.



### False eye lashes

Put glue on the hand and wipe the lashes through it. This gives an even application of glue without creating lumps.



### False eye lashes (cont)

Apply lashes.



### Lipstick

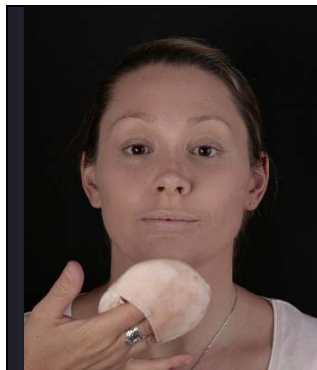
Use a red/raspberry colour and avoid browns.

With a brush, start at the middle of the lip and follow the natural lip line without the lady smiling.

Open the mouth and colour in.

**The result:** Defining and flattering make up.

<b>Age group</b>	<b>Seniors</b>	
<b>Model</b>	Jussahra	
<b>Materials recommended</b>	<b>Base</b>	Kryolan TV stick Paintstick NB2
	<b>Blush</b>	Kryolan Redwood
	<b>Eyes</b>	Kryolan Supracolour – 1W Brow - Kryolan brown/dark brown Eye lids - Kryolan Hazel Kryolan cake eyeliner Mascara – Bloom black Full and Flirty
	<b>Lipstick</b>	Kryolan –L210
	<b>False eye lashes</b>	Yes - Beauty case lashes: BC 360G
<b>Special notes</b>		

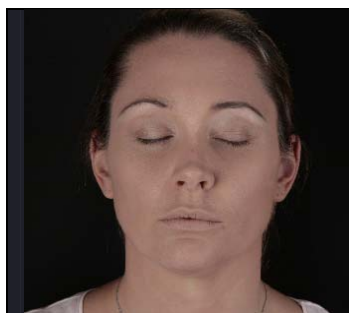


### Base

Blend the base all over the face using a moist sponge. Using a moist angle latex sponge can get in under the eye.

Blend from the top down including the neck and ears, over the jaw line, over the lips and through to the clavical.

Add a translucent powder for oily skin.



### Highlight

A cream is used as the highlight to give more distinction.

Apply the cream blending from the corner of the eye upwards and under the brow. Do not apply to the lids. Extend it to the end of the brow. Use finger to blend.



### **Brow**

Use a light feathering action, apply the pencil to the brow and slightly extend the outside edge of the brow.

Use an angle brush to blend it.

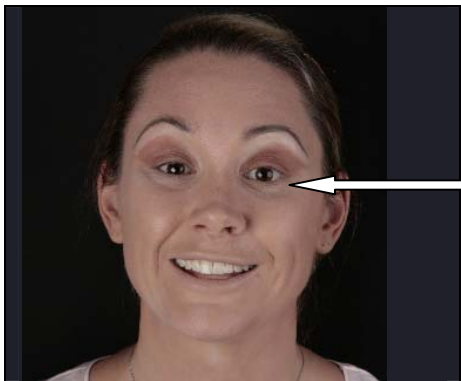


### **Eye shadow**

Hazel colour suits everyone.

Go from the corner of the eye and follow the eye socket. Work the top part first to get curve.

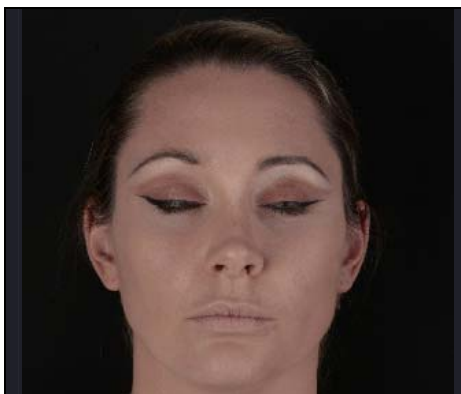
Finish the curve as if in a line going between the edge of the eye and the extended eye brow. Colour in.



### **Under eye highlight**

This opens the eye up without being too stark.

Using a brush, feather under the eye between the lower eye lid and the cheek bone. Extend past the eye and blend.



### **Top eyeliner**

Create a line from the inside of the eye above the lash line, angle upwards ending in a thin line extending slightly out from the corner of the eye. Be wary not to create a heavy line. Try feathering with the brush.

Fill in the gap.

Keep the eyes shut. Cake eyeliner dries quickly.



### Blush

Blush should go no lower than the imaginary line extending from the corner of the mouth to the middle of the ear.

Apply blush in a 'C' motion and extend up the cheek to the top of the ear.

Start on the 'apple' of the cheek.



### False eye lashes

Put glue on the hand and wipe the lashes through it. This gives an even application of glue without creating lumps.



### False eye lashes (cont)



### Liquid liner under eyes

Paint a fine line just under the lashes, but not touching the lashes. It should not be a wide gap.

Take your time and feather small strokes. Try resting your little finger on the cheek for stability.

Separate the line from tracking just under the lashes when the eye starts to curve up.

Extend slightly past the end of the eye but not as far as the extended line on the upper lid.



### **Highlight**

Using a little brush and cream colour shadow, paint about the extension of the underline to open up the eye.



### **Lipstick**

Use a red/raspberry colour and avoid browns.

With a brush, start at the middle of the lip and follow the natural lip line without the lady smiling.

Open the mouth and colour in.

**The result:** Defining and flattering make up.

Age group	Masters	
Model	Priscilla	
Materials recommended	Base	Kryolan TV Paintstick NB2
	Blush	Kryolan Redwood
	Eyes	Kryolan Highlight Brow - Kryolan brown/dark brown Eye lids - Kryolan Hazel Kryolan cake eyeliner Kryolan supracolour – 1W Mascara – Bloom black Full and Flirty
	Lipstick	Kryolan –L210/LF306
	False eye lashes	Yes –Beauty case lashes BC 360G/smaller 360B
Special notes	It is important to stay away from heavy colours. Hazel colour suits everyone. Everything is toned down and more subtle for Masters.	



### Base

Blend the base all over the face using a moist sponge. Using a moist angle latex sponge can get in under the eye easily.

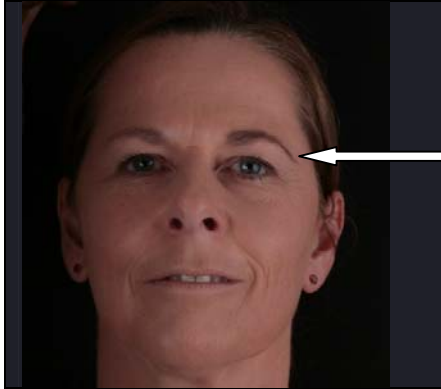
Blend from the top down including the neck and ears, over the jaw line, over the lips and through to the clavical.

Add a translucent powder for oily skin.



### Highlight

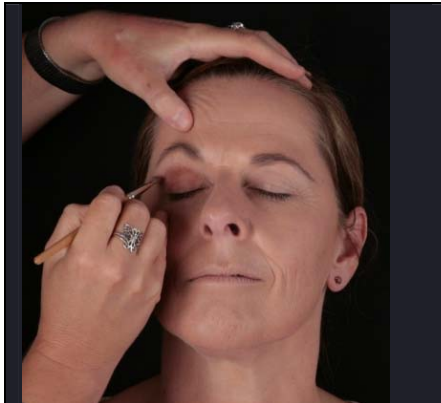
Apply the highlight through a gentle dusting all over the eye up to the brow and extending to the end of the brow.



### **Brow**

Use a light feathering action, apply the pencil to the brow and slightly extend the outside edge of the brow.

Use an angle brush to blend it.

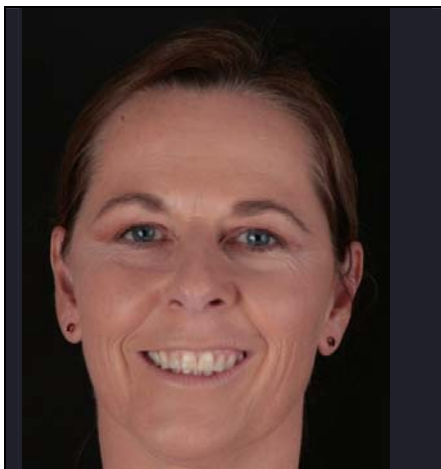


### **Eye shadow**

Put some of the shadow on the top of your hand and dab off excess onto your brush. This stops the colour from being too intense.

Go from the corner of the eye and follow the eye socket. Work the top part first to get curve.

Finish the curve as if in a line going between the edge of the eye and the extended eye brow. Colour in.



### **Eye shadow (cont)**

Use matt shadows and avoid shimmers as they enhance creases.

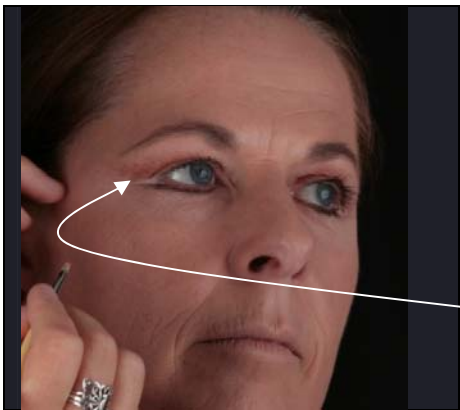
Avoid dark colours. Hazel colour suits everyone. Everything is toned down for Masters.



### **Under eye highlight**

This opens the eye up without being too stark.

Using a brush, feather under the eye between the lower eye lid and the cheek bone. Extend past the eye.

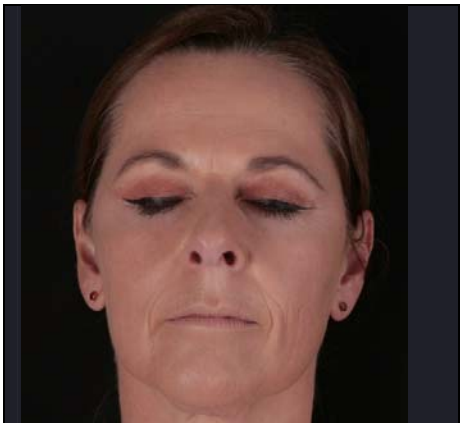


### **Eye Underlines**

Ask the lady to look up and feather the pencil creating a line extending just past the eye.

Do not use a liquid eyeliner.

Using a little brush and cream colour shadow, paint about the extension of the underline to open up the eye.



### **Top eyeliner**

Create a line from the inside of the eye above the lash line ending in a thin line at the end of the shadow. Be wary not to create a heavy line. Try feathering with the brush.

Fill in the gap.

Keep the eyes shut. Cake eyeliner dries quickly.



### **False eye lashes**

Keep the lashes fine.

Put glue on the hand and wipe the lashes through it. This gives an even application of glue without creating lumps.



### False eye lashes (cont)



### Blush

Blush should go no lower than the imaginary line extending from the corner of the mouth to the middle of the ear.

Apply blush in a 'C' motion and extend up the cheek to the top of the ear.

Start on the 'apple' of the cheek.



### Lipstick

Use a red colour and avoid browns.

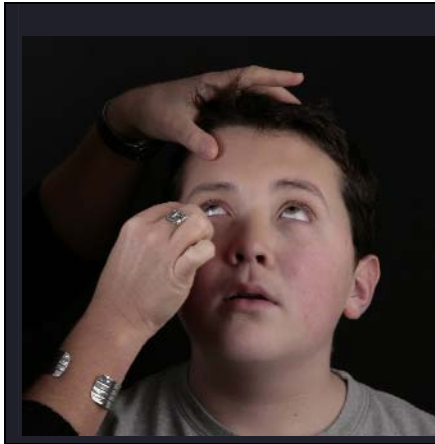
With a brush, start at the middle of the lip and follow the natural lip line without the lady smiling.

Open the mouth and colour in.

**The result:** Subtle flattering make up.

Gender	Males	
Model	Nicholas	
Materials recommended	Base	Kryolan TV Paintstick NB2
	Contours	Kryolan – TV Brown or Shading brown
	Eyes	Kryolan Highlight Brow - Kryolan brown/dark brown Eye Liner - Kryolan Dark Brown Pencil Mascara - Kryolan cake mascara or Bloom

		Shadow - Kryolan – TV Brown Brow- Kryolan brown if needed
	<b>Lipstick</b>	Kryolan – N4 or lip balm
	<b>False eye lashes</b>	No
<b>Special notes</b>		

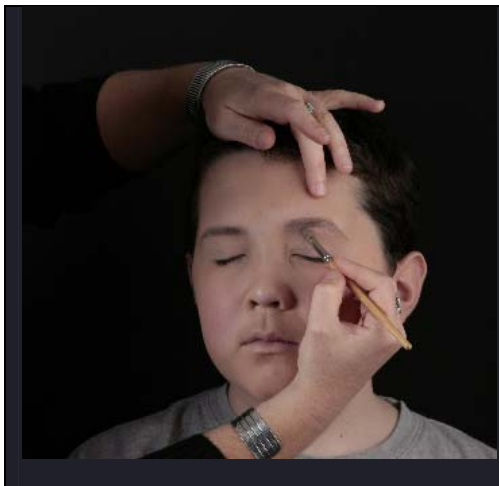


### Base

Apply the base in a light feathering action.

Include coverage over the lips, under the eyes and right down the neck.

Apply and blend with a moist sponge.



### Eye highlight

Apply the highlight through a gentle dusting all over the eye up to the brow and extending to the end of the brow.



### Eye brows

Slightly darken the eye brows if they are light.

Wipe the brush over an eye brow pencil and with the brush, feather the brow.

Follow the natural line of the eye brow and lightly fill in gaps. Don't be too heavy.

Keep it light.



### Eye brows (cont)



### Eyes – under

Feather a pencil eye line underneath the eye.



### Eye - top

This is a more masculine colour and stops sweat.

Put some of the shadow on the top of your hand and dab off excess onto your brush. This stops the colour from being too intense

Hold the brow up and put a fine line feathered across the top of the eye.

This should be applied below the eye socket line.



### Eye – top (cont)



### Shaping of cheeks

Apply the rouge just below the apple of the cheek.

Feather with a finger. Try to create a look of chisel to the cheek bone for the older boys and a light dusting for the younger boys.



### Shaping of cheeks (cont)

Creating a chisel look



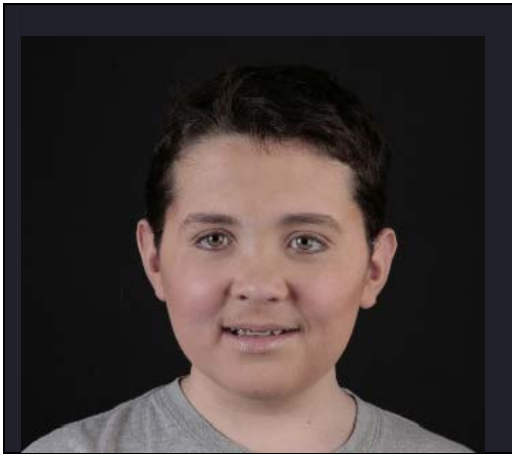
### Shaping of cheeks (cont)



### Mascara

For men and boys wipe mascara on a fine brush and feather it over the lashes. The lashes become darker without a feminine look.

Do not apply to the lower lashes.



### Lips

We only want to enhance the features of males. Lipstick can be gloss for younger boys or a lipstick similar to the cheek colour for the older boys.

**The result:** A masculine face with defined features.