

ONLINE JAM session Study Guide

This study guide will help you use the JAM cosmetics website efficiently.

- Go to www.JAMcosmetics.net
- Look for the "HOW-TO VIDEOS" category on left navigation bar
- Find your style of dance _____
- Click on the facechart and download the PDF to print
- Choose & purchase the coordinating JAM cosmetics Dance Makeup Kit
- When your makeup arrives, watch the video while following along with the printed instructions. Pause after each section and practice, practice, practice! Give yourself about a month to practice your performance look for your first event.

Study and Practice Schedule:

Date:	Video Section:	Minimum Practice Time:	Notes:
Week #1	Skin & Eyebrows	20 minutes	Play & Pause video as you follow instructions
Week #2	Eyes	20 minutes	Play & Pause video as you follow instructions
Week #3	Cheeks & Lips	20 minutes	Play & Pause video as you follow instructions
Week #4	Complete Look	20 minutes	Play & Pause video as you follow instructions
Finale _____	Makeup Dress Rehearsal	Showcase your skills for your director at rehearsal	Congratulations on your professional look!

Questions?

Email our JAM cosmetics Dance Makeup Experts directly at info@JAMcosmetics.net