

Welcome to our upgraded site! We have changed the look of some pages, but all of your credits and purchases have been transferred over and are available to you!

#### BALLET BEAUTIFUL NEWSLETTER

Join our mailing list for inside info on the latest news & videos from Mary Helen & Ballet Beautiful!



LOG IN   CREATE ACCOUNT  
STORE   **MY CART (0)**

ABOUT   MHB   TAKE LIVE CLASS   STORE   PRIVATE TRAINING   BLOG   PRESS

## The Perfect Art of the Perfectly (Un)Attainable Bun

Follow us:

#### BALLET BEAUTIFUL NEWSLETTER

Join our mailing list for inside info on the latest news & videos from Mary Helen & Ballet Beautiful!



#### LATEST ON TWITTER

"Woohoo! [@JmeSewell](#): Getting my [@balletbeautiful](#) on! 15 minute blast! [#itsburning](#)"  
12 hours ago

"New post by Beauty Eliza on Minding the Daily Details! <https://t.co/27VMdKUv4F>"  
20 hours ago

"Our amazing 2hr bootcamp is back on [@giltcity](#) & space is limited!! Reserve your today for a killer workout!  
<http://t.co/e4Wt6NkHJj>"  
yesterday



This being my first blog posting for Ballet Beautiful, I felt it most fitting to write about Mary Helen's beautiful buns – and by that, I mean the wonderful hairdos (although her other attributes are just as beautiful) she sports that I so admire.

"How do you do it?" I asked her on Skype the other day.

How does she make such perfect buns? Is she professionally styled everyday?

"Oh no," she said. "I do them myself." Herself? Herself!

Although I have tried hard for the better part of four decades, I have never been able to style my hair into the perfect Audrey bun. I'm incapable of making even a simple chignon without it looking like a bird's nest. I'm a fervent admirer of anyone who can "updo" their hair, and my mother is my Bun Queen. Throughout the 1970s and 1980s, her hair was always made up into a perfect bun. Her favorite was with a middle part, side-swept and halfway-up (pictured below).

She was also perfectly adept at the side parted, low-on-the-nape-of-the-neck bun and the all scooped back, hair-high-on-the-head bun. Her buns held up all day and in any climate, despite the fact that her hair (like mine) is made up of tight, rather rebellious curls, which tend to go this way and that for no rhyme or reason and have a mind of their own.

For years, I sat on her bed, watching her wet her hair, comb it, then style it and secure it into perfection,

all in matter of minutes.

“It’s easy,” she said. “Just watch and you’ll learn.”

And so I watched, tried to learn and simply tried and tried and tried. But I never got it. And so I gave up.

My mother, too, has given up. Now 70, she’s unable, she says, to lift her arms and hold them up for the time it takes to fashion a bun. Some years ago, she cut her hair and will probably never again wear it long. But seeing Mary Helen, I feel a new burst of inspiration and I want to try again. I turned to an expert — my friend Rod Anker, owner/director of Rod Anker Salon in New Delhi, India, and a winner of Vogue India’s 2012 Hair Colorist of the Year Award, for some tips on how to easily fashion my hair into a bun. Here’s what Rod says:

- Do it on dirty hair. Not oily but certainly not clean! If it is freshly washed, make sure it is dry. Some hair spray throughout will add some grip to the hair.

- If you are after a messy more natural bun, then DO NOT brush it out. Use your fingers to pull it back and leave the tangles in.

- If you are after neat, then comb it out gently and only on the top layers.

- If you want to secure it with a band do not comb the ends out. Place the ends gently around the base of the band and secure with pins.

- If you want to secure it with pins only, pull it back in place and gently turn the hair one way. Secure with pins as you are turning.

“Va Va Voom – you’re done.” “Yes, it’s easy,” Mary Helen insists. “You can do it.”

So although I had planned to wash my hair today, I’m going to leave it be, and try once again to join the ranks of my mother, and all the other Great Bun Ladies I’ve had the good fortune of knowing in my life!

Love! xoSavita Iyer



09.13.12

Tweet 0 Like 0

---

« Oprah Magazine

Fit Minute »

---

Comments are closed.

© 2013 Ballet Beauty, LLC, All Rights Reserved.

[Contact Us](#) [Privacy Policy](#) [Return Policy](#) [Terms & Conditions](#) Located in Soho, New York, NY

FOLLOW US: