

# GLITTER BEARD INSTRUCTIONS

Here are our top tips to create the most spectacular glitter beard!

## PREPARE

Step 1: Set up your sponsorship page for **Alzheimer's Research UK** in advance so people can support your brave style choice with a donation.

Step 2: Buy lots of glitter, sequins and coloured hair spray to beardjazzle with! You'll also need sticky hair wax or thick gel and normal hair spray.

Step 3: Lay down a sheet to cover the floor and put a towel round your shoulders – glitter can get everywhere.

## APPLICATION

Step 4: Apply a sticky hair wax (or gel) all over your beard. This gives the glitter something to stick to. Dabbing beard oil over the beard can also work well too.

Step 5. Spray coloured hair spray to ends of the beard to get the ombré effect!

Step 6: Pat glitter on all over the beard. Do this quickly before the spray completely dries.

Step 7: Blob some wax or gel on the back of each sequin and stick it to the beard firmly. Stick to smaller sequins as big ones can be too heavy and drop off!

## SET THE STYLE

Step 8: Lock in the beardjazzle by spraying the beard all over with normal hairspray.

Step 9: Use water and a cotton pad to wipe away any excess glitter from your face.

## AT THE END OF THE DAY

Step 10: When you're all glittered out, wash your beard with warm water and shampoo – you shouldn't need anything special to un-jazzle!

Step 11: We'd love to see how your beard jazzle turned out! Tweet us at @ARUKNews and #TeamARUK. You can also email us at [fundraising@alzheimersresearchuk.org](mailto:fundraising@alzheimersresearchuk.org).



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