



*2011 Product Catalog*







## *Gel Products*

### CLASSIC COLLECTION

Ouch Pouch  
Ouch Pouch Jr.  
Original Ouch Pouch  
Pro Pad  
Jelly Tips  
The Big Tip  
ClearStretch Tips  
Pinky Pad  
Cushy Cuts  
Jelly Toes  
Blister Dots  
Bunion Buster  
Jelly Tube  
Spacers  
Demi Spacers  
Super Spacers  
Spacemakers  
Space Pack

### CAROUSEL COLLECTION

Ouch Pouch  
Ouch Pouch Jr.

### DANCERS' ANSWERS

Knee Pads  
Heel Grips  
Gel Strips  
Gel Spots  
Metatarsal Pads  
Gel Insoles

## *Accessories*

Rainbow Lamb's Wool  
Spun Silver Lamb's Wool  
Rehearsal Ribbon  
Performance Ribbon  
Flexers  
Bolt Elastic  
Stitch Kit  
Foot Wipes  
Foot Balm  
Toe Tape  
Anti-Inflammatory Gel  
Footsie Roller  
Exercise Bands  
Rock Rosin  
Smoothies  
Performance Lashes  
Makeup Wipes

Jet Glue  
Knot Keepers  
Sticky Strips  
Bobby Pins  
Snap Clips  
Hair Nets  
Hairpins  
Hair Elastics  
All-in-One Display  
Posters

# Bunheads® Toe Pad Fitting Guide



The guide below is a general recommendation of what size and style pad to begin with when fitting Bunheads products. Our pads should always be tried on at the time of the pointe shoe fitting to ensure the proper fit of the shoe.

When fitting our pads, please take into consideration that there will be a crossover in recommended sizing due to the size, width, shape of the foot and the length of the toes.

The **Ouch Pouch®** offers padding under the ball of the foot and takes up slightly more room in the box of the shoe than our other pads. This pad may be better suited for a narrow to medium or tapered foot, or for the dancer who prefers more padding.

**Ouch Pouch® Small      Sizes 1-5**

**Ouch Pouch® Large      Sizes 6-10**

The **Ouch Pouch Jr.®** may be better suited for a wider foot or for the dancer who prefers a little less padding than the Ouch Pouch.® This pad has the most versatility.

**Ouch Pouch Jr.® Small      Sizes 1-6**

**Ouch Pouch Jr.® Large      Sizes 7-10**

The **Pro Pad®** takes up the least amount of space in the shoe. This pad is most suitable for the pre-professional/professional dancer who prefers minimal padding or for the dancer who has a wide foot.

**Pro Pad® Small      Sizes 1-5**

**Pro Pad® Large      Sizes 6-10**

**Toe Pad Care Instructions:** Hand wash with mild detergent. Allow to air dry completely. Remember to remove pads from pointe shoes and allow to air dry between wearings. **Toe Pads can be cut to size.**

# Classic Collection



## **OUCH POUCH®** (Maximum Padding)

*Ouch Pouch* toe pads are made of a thin layer of gel material inside a fabric pouch. Cushioning covers the ball of the foot, as well as the toes and bunion areas. Deep cut vamp matches the line of the pointe shoe. Sleek shape hugs the foot and keeps pads from sliding or bunching. Soft seams flatten on pointe.

Two sizes/2 per package

**BH1054** Small

**BH1055** Large

## **OUCH POUCH JR.®** (Most Versatile Pad)

This crescent-shaped pad is made of a thin layer of gel material inside a fabric pouch. Cushioning covers toe and bunion areas. Deep cut vamp matches the line of the pointe shoe. Sleek shape hugs the foot and keeps pads from sliding or bunching. Soft seams flatten on pointe.

Two sizes/2 per package

**BH1094** Small

**BH1095** Large



## **ORIGINAL OUCH POUCH®** (Maximum Padding)

This is our *Original* design that dancers have known and loved for years! *Ouch Pouch* toe pads are made of a thin layer of gel material inside a fabric pouch. Cushioning covers the ball of the foot, as well as the toes. Soft seams flatten on pointe.

One size/2 per package

**BH005**

**Toe Pad Care Instructions:** Hand wash with mild detergent. Allow to air dry completely. Remember to remove pads from pointe shoes and allow to air dry between wearings. **Toe Pads can be cut to size.**



## **PRO PAD®** (Minimal Padding)

The *Pro Pad* is designed with no gel under the foot so the dancer has only thin fabric under her toes. A layer of gel inside a fabric covered pouch cushions the tops and the tips of the toes. Deep cut vamp matches the line of the pointe shoe. Sleek shape hugs the foot and keeps pads from sliding or bunching.

Two sizes/2 per package

**BH1205** Small

**BH1215** Large

# Classic Collection



## JELLY TIPS® & THE BIG TIP®

Our unique elasticized fabric tubes are knitted to create perfectly seamless toe socks. The inside is coated with gel to help alleviate the pressure that can cause bruised toenails. Especially effective on longer toes but can also be used to “build up” a toe so that weight is more evenly distributed across the toes.

Two sizes/2 per package

**BH1050** Jelly Tips

**BH1051** The Big Tip



## BUNION BUSTER®

Great for bunion relief! Cut along the length of our gel lined tube and place over the big toe and bunion area to reduce friction and relieve pressure.

One size/2 per package

**BH1125**



## JELLY TOES®

Our elasticized fabric tube is lined with a gel strip on one side. The 3” *Jelly Toe* should be cut to size and placed over any of the toes to help reduce pressure that causes blisters and corns.

One size/2 per package

**BH1025**



## JELLY TUBE®

A smaller version of the *Bunion Buster* to protect the small toe and bunionette area on the side of the foot. Cut along the length of the tube and place over the pinky toe so that the bunionette area is covered.

One size/2 per package

**BH1115**



## CUSHY CUTS™

Our 2.5 x 3 inch self-adhesive gel square is covered with four way stretch fabric on one side allowing the gel to mold to any spot on the foot or toes. Cut to the size and shape needed to cover corns, blisters, calluses or bunions. Reusable! Adhesive quality returns after washing.

One size/2 per package

**BH1026**



## BLISTER DOTS™

Our self-adhesive gel dots have a four-way stretch fabric on one side which allows these pre-cut dots to mold comfortably to your foot or toes. Each dot is only 2mm thick so they won't add bulk but will still effectively relieve pressure in sensitive areas. Reusable! Adhesive quality returns after hand washing.

One size/6 per package

**BH1027**

# Classic Collection



## CLEARSTRETCH™ TIPS

Our all gel tips offer superior cushioning, protection and relief for corns, calluses, nails, hammer toes and other problem spots. They are thin, yet provide a durable shield for sensitive toes. The unique comfort vent makes them less “sweaty” than other gel toe caps. Washable, reusable and can be trimmed to size.

Three sizes/2 per package

**BH1450** ClearStretch Tips S/M

**BH1451** ClearStretch Tips M/L

**BH1452** ClearStretch Tips L/XL



## PINKY PAD™

Our conical pad was designed for the fifth digit, but can be comfortably worn on any of the small toes. Made of a supple polymer gel, this pad will help to provide relief from corns or blisters.

One size/6 per package

**BH1040**



## SPACERS™

Made of a soft, supple polymer gel, our toe separators can be comfortably worn on pointe. Place between any two toes to help prevent nails from cutting into adjacent toes. Also takes pressure off soft corns.

One size/6 per package

**BH1043**

## DEMI SPACERS™

Lower in profile and smaller in size than the *Super Spacer*, our *Demi Spacer* is great for shorter toes or smaller feet.

One size/4 per package

**BH1047**

## SUPER SPACERS™

A larger version of the *Spacer* made with a firmer silicone gel. Place a *Super Spacer* between the first two toes to align the big toe with the big toe joint to aid in the treatment and prevention of bunions. Designed for longer toes.

One size/4 per package

**BH1044**

## SPACEMAKERS™

A *Spacemaker* placed between the first two toes aligns the big toe with the big toe joint to aid in the treatment and prevention of bunions. This helps to alleviate pressure and reduce inflammation of the bursa.

One size/4 per package

**BH1046**



## SPACE PACK®

One size/2 Spacers and

2 Spacemakers per package

**BH1045**

**Care Instructions:** All gel can be cut to size and is washable and reusable.

# CAROUSEL COLLECTION™



Faye Arthurs, New York City Ballet

© Kyle Froman

## REVERSIBLE TOE PADS— SAME GREAT DESIGN IN FUN, BRIGHT COLORS

### OUCH POUCH®

Our *Carousel Collection* Toe Pads are made of a thin layer of gel material inside two pieces of fabric, creating a comfortable pouch for those hard working toes. A deep-cut vamp follows the line of the pointe shoe and the sleek shape hugs the foot for maximum comfort. Our toe pads are washable, reusable and can be cut to size.

One size/2 per package

**BH1055AL** Aqua/Lime

**BH1055PM** Pink/Melon

**BH1055VF** Violet/Fuchsia



### OUCH POUCH JR.®

Two sizes/2 per package

**BH1094AL** Aqua/Lime Small

**BH1094PM** Pink/Melon Small

**BH1094VF** Violet/Fuchsia Small

**BH1095AL** Aqua/Lime Large

**BH1095PM** Pink/Melon Large

**BH1095VF** Violet/Fuchsia Large





# *Dancers' Answers*™

FOR MODERN, BALLROOM, JAZZ, TAP, IRISH, BALLET AND MORE!



# Dancers' Answers™

FOR MODERN, BALLROOM, JAZZ, TAP, IRISH, BALLET AND MORE!



## GEL KNEE PADS

The first gel kneepad designed specifically for dancers! Constructed of a soft but sturdy bamboo knit fabric, our contoured silicone kneepads provide maximum pressure relief without the bulk of common kneepads. Nude fabric and low profile make them less visible on stage.

**BH1650** Small  
**BH1651** Large



Inside view of construction



## GEL SPOTS

Our supple, self-adhesive gel ovals can be placed on the shoe or foot to relieve pressure on sensitive areas. Peel from backing and place where needed.

One size/6 per package  
**BH1422**



## GEL HEEL GRIPS

Our clear, self-adhesive heel grips adhere firmly to shoe and help prevent heels from slipping. Comfortable gel gently cushions the heel. Peel from backing and place on the shoes.

One size/2 per package  
**BH1421**

## ¾ ULTRA THIN GEL INSOLES

Our ¾ length ladies' insoles are made of a thin, flexible silicone and provide amazing comfort! Wear in dress shoes or dance footwear. Antimicrobial top cover fights odor.

Two sizes/2 per package  
**BH1424** Small  
**BH1425** Medium



## GEL STRIPS

Our clear self-adhesive gel strips provide relief from those strangling straps! Soft, supple gel provides full range of motion and won't flatten out like foam. Peel from backing and place under strap of shoe.

One size/4 per package  
**BH1423**

## ULTRA THIN GEL INSOLES

Our ultra thin, all-gel men's insoles cushion and absorb shock. Great for street shoes or dance footwear! Medical grade silicone heel and arch provide added support and comfort without adding bulk. Antimicrobial top-cover reduces odor.

Two sizes/2 per package  
**BH1426** Medium  
**BH1427** Large



## GEL METATARSAL PADS

These sleek pads slip into any style of dance shoe to give the dancer essential metatarsal cushioning. Patterned gel creates a surface that grips the shoe without adhesive, so pads can be easily switched between all your dance shoes (and street shoes!). Anti-microbial top cover absorbs and reduces odor.

One size/2 per package  
**BH1420**



A full-page photograph of a ballerina in a white tutu and pointe shoes, holding a long, flowing purple fabric that cascades around her. The background is black, and the lighting highlights the fabric and the dancer. The word "Accessories" is written in a cursive font in the upper right quadrant.

*Accessories*



Megan Fairchild and Kathryn Morgan, New York City Ballet

©Castle Photography, Inc.

*A modern twist on a classic product...*

**RAINBOW LAMB'S WOOL**

Our beautiful top wool is colorfast and supersoft! Gently pull wool apart and wrap around toes to lightly cushion. 3 colors per package

**BH401**—Color: Sorbet (1 oz.)

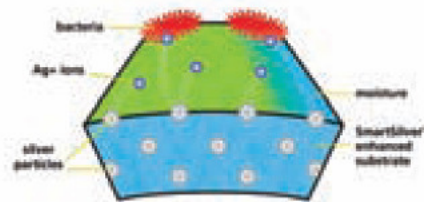
**SPUN SILVER™ LAMB'S WOOL**

Our super soft top wool is treated with SmartSilver,® a natural antimicrobial that guards against odor. Gently pull wool apart and wrap around toes to lightly cushion.

**BH400**—Color: Natural (1 oz.)



**SMART SILVER™**



**How it works**

- Bacteria are carried onto surface by moisture
- Moisture activates the silver particles—releasing antimicrobial silver ions
- Silver ions bind to bacteria proteins, deactivating odor-causing bacteria and fungus



## STITCH KIT™

Our *Stitch Kit* is a must for every dancer's bag! It contains 75 yards of super-strong, bonded nylon thread, two large-eye needles for easy threading and detailed sewing instructions for first-time pointe shoe sewers. The accompanying pictures help the user to visualize the proper preparation and placement of ribbons and elastic.

**BH350** Professional Pink

**BH351** Black

**BH352** White



Professional Pink



Black



White

## FOOT BALM

Just what every dancer needs before and after a long day in the studio! Our all-natural, hypoallergenic Foot Balm dries the feet and eliminates odor on contact, while creating a comfortable, durable film that is not slippery inside a shoe. The seven essential oils revive, replenish and restore tired, aching feet. Several natural antibiotics present in the beeswax keep nourishing, protecting and cleansing the feet all day long. 4oz.



**BH550**

## REFRESHING FOOT WIPES

We all know dancer's feet can be very sweaty (and smelly!) after a long day in the studio. Our wipes have ingredients to kill bacteria and refresh tired feet. They are antimicrobial, antibacterial and antifungal.

25 count

Flip-Top Package

**BH549**



## ANTI-INFLAMMATORY GEL

In a pure base of Hawaiian seaweeds and Willowbark extract, the minerals and essential oils used in this penetrating gel are specifically targeted to relieve the muscle and joint pain dancers endure every day. Arnica, used for centuries as an anti-inflammatory for aches and sprains, is combined with basil and Melissa to provide a therapeutic treatment that works wonders! Not just for dancers! Spread liberally on sore muscles or joints and massage into affected area until dry. 4oz.

**BH552**



## TOE TAPE

Our crepe tape, used by professionals, reduces friction and prevents the chafing that causes blisters. 60 yards per roll.

**BH370**



## FOOTSIE ROLLER

A massage to go! This handy foot massager relieves tension under the arches, helps to smooth out knots and soothes tired feet to ready them for another day of dancing. Sold singly.

**BH500**



## EXERCISE BANDS

Our latex resistance bands are used by dancers of all levels to condition specific areas of the body that need strengthening. Great for young dancers to use in preparation for pointe work. Instructions for basic exercises included.

3 weights/1 band per package

**BH511** Medium Weight (Violet)

**BH512** Heavy Weight (Royal Blue)

**BH513** Super Heavy Weight (Cranberry)





### SMOOTHIES™

Our all gel nipple concealers offer a smooth look under leotards, costumes and everyday clothing. Peel away the thin protective backing, center *Smoothies* on your breasts and press into place. Use the compact case for storage and travel. Washable, reusable and incredibly comfortable (you'll forget you're wearing them!). One Pair.

**BH367**



### KNOT KEEPERS™

Our invisible adhesive strips help keep ribbons securely tucked in place. Offers a clean, professional look for the stage. 24 per package.

**BH360**



### PROFESSIONAL MAKEUP WIPES

A convenient pack of wipes for dancers on-the-go. Large cotton sheets remove makeup and refresh the face. Soft herbal scent for dancers of all ages.

25 count  
Flip-Top Package

**BH603**

### ROCK ROSIN

Bunheads *Rock Rosin* is available in two convenient sizes – 12oz to fill a rosin box, and a portable 4oz for personal use. Bags zip closed for clean and easy storage.

**BH408** 4oz.  
**BH409** 12oz.



### JET GLUE

Bunheads has partnered with the originator of *Instant Jet™ Glue* – the best pointe shoe hardener on the market! Available in a 1 oz. container, this smaller bottle minimizes the risk of the glue drying out prematurely, which means less wasted product. Maximize the life of pointe shoes by applying a thin layer of fast drying Jet Glue to the inside of the toe box and/or the shank of the shoe.

Not available



### PERFORMANCE LASHES

Classic eye lashes are worn to enhance the dancer's features on stage. Great for pre-professional and professional dancers. Can be cut to size. Instructions and adhesive included.

**BH600** Light Weight  
**BH601** Heavy Weight



### STICKY STRIPS™

Bunheads versatile, easy-to-use doubled-sided tape strips hold leotards and costumes in place, help hide bra straps and keep heels of pointe shoes on. Also perfect for holding Irish Dancer's poodle socks in place. 36 per package.

**BH365**



## BOBBY PINS & SNAP CLIPS

Achieve the perfect bun with our double coated *Bobby Pins* and secure fly away hair with strong *Snap Clips*! Perfect complements to Bunheads *Hair Nets* and *Hair Elastics*. Our comparably priced hair products meet or exceed the quality of drugstore brands. Offer one-stop shopping for essential dance accessories in your store!



- BOBBY PINS  
25 pins per card
- BH446** Blonde
  - BH447** Light Brown
  - BH448** Dark Brown
  - BH449** Black



- SNAP CLIPS  
6 clips per card
- BH460** Blonde
  - BH461** Light Brown
  - BH462** Dark Brown
  - BH463** Black

## HAIRPINS

Our super heavyweight hairpins were specifically designed for dancers! They have a wave and a slight bend to keep them in place. One pin can do the job of several "ordinary" hairpins. 12 per package.



- BH434** 2" Blonde
- BH435** 2" Brown
- BH436** 2" Black
- BH437** 2½" Blonde
- BH438** 2½" Brown
- BH439** 2½" Black
- BH440** 3" Blonde
- BH441** 3" Brown
- BH442** 3" Black

## HAIR NETS

Bunheads *Invisible Hair Nets* come in packages of three, available in six colors: Blonde, Light Brown, Medium Brown, Dark Brown, Black and Auburn, to keep the hair looking neat and tidy.

- BH420** Blonde
- BH421** Light Brown
- BH422** Medium Brown
- BH423** Dark Brown
- BH424** Black
- BH425** Auburn



## HAIR ELASTICS

What dancer doesn't use thousands of these in her lifetime? Ours are comparably priced and meet or exceed the quality of drugstore brands. Metal-free. *Hair Elastics* are available in four colors.

6 per package.

- BH416** Blonde
- BH417** Light Brown
- BH418** Dark Brown
- BH419** Black

*Ribbon & Elastic*  
*Displays & Posters*



Emilie Gerrity and Brittany Pollack, New York City Ballet  
© Lois Greenfield



## REHEARSAL RIBBON

This is the ribbon we have offered to dancers of all levels for many years. It is a durable, quality 7/8" single-faced satin. Offered at a more affordable price, this ribbon is perfect for rehearsal shoes or for beginning dancers.



Light Professional Pink



Professional Pink

## PACKAGED RIBBON

Our 7/8" wide single-faced satin ribbon is sold in 2½ yard lengths, plenty of ribbon for one pair of shoes. Available in 2 colors.

6 per package

**BH311PP** Professional Pink

**BH311LPP** Light Professional Pink



## RIBBON & ELASTIC PACK

We offer this convenient pre-packaged ribbon and elastic cut to the length dancers need for each pair of pointe shoes. 2½ yards of 7/8" ribbon and 18" of 3/4" elastic per set. Available in 2 colors.

**BH315PP** Professional Pink

**BH315LPP** Light Professional Pink



## ROLLED RIBBON

Our 7/8" wide, single-faced satin ribbon on the roll is available for store owners who don't mind cutting their own ribbon and would like to save on cost. 100 yards per roll. Available in 2 colors.

**BH312PP** Professional Pink

**BH312LPP** Light Professional Pink



## BOLT ELASTIC

Bunheads elastic is 3/4" wide and contains 72 yards per bolt. Available in Light Professional Pink to coordinate with our ribbons.

72 Yard Bolt Elastic

**BH320LPP** Light Professional Pink

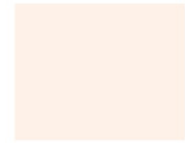
18" Pre-cut Elastic/6 pieces per package

**BH316LPP** Light Professional Pink



## PERFORMANCE RIBBON

Bunheads Performance Ribbon is a supple, high quality 7/8" matte satin. It is sure to please any dancer who chooses to wear a premium ribbon.



Light Professional Pink

## PACKAGED RIBBON

Our Premium 7/8" wide, matte satin ribbon is sold in 2½ yard lengths, plenty of ribbon for one pair of shoes.

6 per package

**BH331LPP** Light Professional Pink



## ROLLED RIBBON

Our Premium 7/8" wide, matte satin ribbon on the roll is available for store owners who don't mind cutting their own ribbon and would like to save on cost. 55 yards per roll.

**BH332LPP** Light Professional Pink



## FLEXERS®

(Tendonitis Ribbons)

Many female dancers develop Achilles' Tendonitis due to the nature of pointe work. Too often, ribbons that are tied too tightly restrict the ankles and create excessive pressure on the Achilles' tendon. *Flexers* are designed to help alleviate the pressure that causes this irritation. They are snug and secure, yet stretch with the movement of the ankle. They enable the dancer to rise from plié, through demi-pointe and onto pointe with minimal constriction and no bagginess. Recommended by physical therapists, used by professionals. 4 Flexer ribbons per set.

Rehearsal

**BH310PP** Professional Pink

**BH310LPP** Light Professional Pink

Performance

**BH330LPP** Light Professional Pink



## ALL-IN-ONE DISPLAY

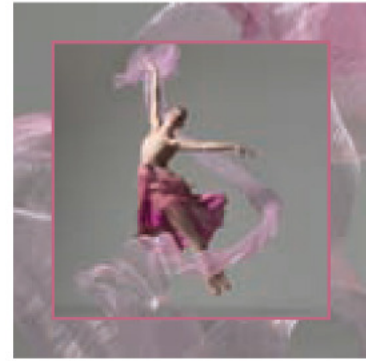
The *All-in-One Display* from Bunheads is a free-standing, rotating, pegboard display unit that includes Lucite trays and hooks, a custom high quality header and set up directions. Display measures 5 feet high and is mounted on a 16 inch rotating stand so it won't take up valuable floor space. Certain to increase your sales!

All-in-One Display Stand

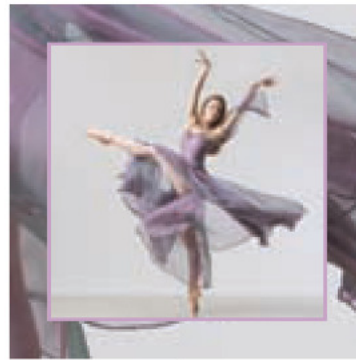
**BHDS**



Style #328



Style #208



Style #45



Style #253

## POSTERS

24 x 24 inch individually wrapped posters. Choose from four unique photos by renowned dance photographer Lois Greenfield featuring *Faye Arthurs*, *Tiler Peck* and *Megan Fairchild*, of New York City Ballet. Your customers will swoon over the beauty of this artwork! Sold singly.

**BH2050**

Style #45

Style #208

Style #253

Style #328



## *We're Dancers!*

We know all about tireless dedication, rigorous training and unwavering passion for performance. Founded by a former soloist with New York City Ballet and staffed by dancers of all kinds, Bunheads is dedicated to creating innovative, quality accessories for the serious dancer.

## *We Know What Works!*

Our accessories are designed and tested by dancers to ensure that they will work for your customers. The gel used in our products is made of either a patented, soft, supple, non-silicone polymer formulated with medical grade mineral oils, or comfortable 100% medical grade silicone. Both are hypoallergenic, non-toxic and dermatologist tested. The gel doesn't migrate, so it won't bottom out, and it virtually eliminates pressure and shear forces. Our convenient packaging, practical instructions and functional products are all designed to make the dancer's life a little easier!

## *We're Here For You!*

### CORPORATE OFFICE:

Capezio Ballet Makers Europe Ltd  
95 Whiffler Road, Norwich NR3 2AW

### CUSTOMER SERVICE

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### WEBSITES

[www.bunheads.com](http://www.bunheads.com)

[www.capezio.com](http://www.capezio.com)