

WELCOME!

Hello Beautiful! We are so excited to help you plan your boudoir session. Please read all the way through this style guide so you know how to prepare and what to expect for your special day.

WARDROBE

Please, don't stress out over wardrobe. Don't feel the need to run out and buy all new things. We can do a completely fun and awesome shoot with a sheet, or a sweater, an oversized shirt, or just you in your birthday suit and a pair of underwear. We do love that this photoshoot can be an excuse to go buy something you feel really sexy in, though. Here's some wardrobe tips that hopefully help calm your nerves and help you decide what to bring:

- **Do not bring outfits that you don't love!**

I can't tell you how many women show up with outfits that prompt them to say, "I really don't like the way I look in this one, but I'll leave it up to you!". If you don't like the outfit, it's likely that you won't like photos of you in the outfit. Leave it at home.

- **Lingerie is not a must for boudoir: Don't be afraid to get creative!**

For a boudoir style shoot, a garter belt and thigh high fish nets would go great with a cropped sweater, graphic tee, or your favorite leather jacket. A gorgeous bra can be paired with no pants. A sheet can be used for everything. This is about you and your authentic personality, not about being someone you aren't.

- **Structured Pieces & Solids look great on camera as well as items with texture, and those that are form fitting to show your figure.**

We want you to look and feel like yourself your best day. Solid colors tend to be the most photogenic option if your general shoot. Lingerie that hugs your body will feel the most comfortable as you're posing through the session. If you are going to invest

- **Have several outfits picked out.**

If you're unsure what will photograph well, or what would be best, feel free to bring anything you'd like as an option and we'll help you edit and filter for your best options.

- **Try to incorporate a variety of pieces into your wardrobe selections.**

Having 5 different bra and panty sets won't allow for a whole lot of variety in your photos. Rather, have something formal, something casual, something super textured and fun, something more modest, to something black and sleek...you get the idea. It doesn't have to be complicated...in fact, we welcome simplicity! We love to work with pretty scarves, sheets, white button down shirts, jackets and coats, or anything you love.

- **Pressed and Pretty.**
Make sure your wardrobe selections aren't wrinkled, and cut all the tags off of your sheer items before arriving.

GET YOUR BEAUTY SLEEP

- **PLAN AHEAD.**
Nothing puts a damper on a fun and relaxing photo shoot like feeling rushed or late! You should plan for traffic and arrive about 5 minutes before your scheduled start time.
- **PAMPER YOURSELF.**
Use this an opportunity to pamper yourself. Before your shoot, get a manicure and pedicure! This will give you a finished, polished look. Chipped polish can be distracting.
- **BRUSH YOUR LIPS.**
Sounds weird, right? Dry lips are very hard to fix in post processing. In the days leading up to your photoshoot, use your toothbrush while brushing your teeth to also make a few passes over that pucker of yours. This will help shed dead skin. After that, apply a moisturizing lip balm...repeat, repeat, repeat.
- **LATHER ON THE LOTION.**
Supple is key for beautiful skin! Be sure to moisturize twice a day for the week leading up to your shoot. On the day of your shoot, use a non-bronzer illuminizing lotion. Don't use tinted lotions or anything with color.
- **MAKE A PLAYLIST!**
Music will really help you get into the super model zone! Try to select music that matches the concept of your shoot. We have a bluetooth speaker at the studio to stream your tunes if you bring them!
- **TRUST US and TRUST YOURSELF.**
By the time we get to your shoot, we'll have had a consultation and a questionnaire for you. We want you to feel secure in your experience of the photoshoot, and in your inherent natural sensuality. Practicing being in love with yourself is always a good place to start!
- **MAKEUP.**
- Please bring along your favorite lipstick and makeup for touch ups. We have our own makeup kit here, but we find using your own makeup in your session helps make the session feel more personal.

DON'T...

- **SPRAY TAN BEFORE YOUR SHOOT.**

I know you think that you look better with a tan...but I assure you, even if you don't see the streaks and unevenness with your naked eye, the camera will pick them up. You will photograph a lot more tan than you think you look (especially given that my specialty is low-key lighting and black and white imagery), and spray tans will photograph orange in color images.

- **PARTY THE NIGHT BEFORE YOUR SHOOT.**

If you're nervous, try a bubble bath and a yoga class.

- **DRINK RED WINE TO CALM YOUR NERVES.**

- **FORGET TO STRETCH.**

Take a few minutes on the morning of your shoot to stretch your arms, legs, hips, and especially your back. People are surprised to see how sore their muscles get after something as silly as a photo shoot, so any extra flexibility you can add by a quick yoga flow will only benefit you.

- **GET A NEW HAIRCUT / COLOR IMMEDIATELY BEFORE YOUR SHOOT.**

Now isn't the time to experiment with a whole new look.

- **TALK SMACK ON YOURSELF.**

Instead of "how you hate your hips" "how about how you LOVE your legs". A great attitude will go a long way in having a fabulous and upbeat experience! HOWEVER...if you really have to let me know try "I love my ____, but my biggest insecurity is my ____". We will give more camera time to what you love.

YOU ARE AMAZING TODAY!

- **A COUPLE OF DAYS BEFORE YOU SHOOT,**

you can expect to get a confirmation from us, just making sure we are on the same page about your makeup start time, shoot start and end time, and location...and I'll also ask if you have any last minute questions!

YOU ARE EXACTLY WHO YOU NEED TO BE AND WE CAN'T WAIT TO SHOW YOU!