

BOUDOIR PREP

Everything you need to know!

Preparing for your shoot...

First things first!

Start by visualizing the sexy goddess you are!

Flip through your favorite fashion magazines to discover ways to pair colors, fabrics and styles for easy runway glamour.

Shop your closet for the items you instinctively select when you want to feel (and look) your very best. Let your imagination roam!

Grab a style-savvy and fun-loving friend and hit women's fashion boutiques to hunt down an ensemble that not only flatters your figure, but also makes you feel comfortable, unquestionably beautiful and relaxed.

Pick out lingerie that highlights your every lovely curve, but please remember sometimes a tight T-shirt, soft sweater or over-sized button-down shirt can be even sexier. Let your own personality shine through.

Bring something meaningful to you or your significant other; this serves as a great way to personalize your shoot. It may be lingerie your husband gave you on your first anniversary, or a team jersey. Feel free to bring multiple options and we will help you decide what will work best once you get there.

Five Days Before Your Shoot...

If you wax, do so a few days before your shoot to avoid any bumpiness or redness.

Make sure your eyebrows are nicely shaped and groomed.

If you're planning to visit the salon for a haircut or color, then give yourself a few days to make sure you are happy with it.

Be sure to get a salon manicure and pedicure for a flawless finish.

Stay out of the sun - while a base tan will be nice in photos, red, blotchy skin will not.

PLEASE - DO NOT SPRAY TAN.

Drink plenty of water for luminous skin.

Lower your salt intake and avoid alcohol if you're worried about retaining water.

Try on your outfits and lingerie to make sure they fit properly; remove all tags and labels. Steam or iron your ensembles and hang them properly so they keep their shape as you travel to the studio.





The Day Before Your Shoot...

Bathe, shave and moisturize.

Remove ALL price tags, size & care labels, etc. from clothing, especially from lingerie and panties. They can ruin otherwise great photographs.

Double-check everything is properly packed and ready for the shoot: heels, jewelry, accessories, props. Allow yourself plenty of time to get to the studio without stressing. Check weather and traffic reports to ensure you have allotted enough time for unexpected delays.

Enjoy a relaxed, quiet evening.

Plan for a good night's sleep – eight hours is ideal.

The Day of Your Shoot...

Use clear deodorant please.

Wear loose-fitting clothing to your session to avoid red marks on your skin (no jeans, tight socks or tight clothing, for instance).

Eat something light but filling before you leave the house.

Arrive with a clean and moisturized face and CLEAN DRY HAIR (important!).

Have your payment ready (check, credit card, or cash).

Most important:

Take a deep breath and RELAX. Let your hair down, have fun, and be yourself. It's completely normal to be a wee bit nervous before your shoot, but please don't worry because you will be in very good hands.

We will show you exactly how to pose and work with you to get the perfect shot.

I ALWAYS keep champagne on hand which may help the pre-shoot jitters.

We are going to listen to music, joke around, and get some beautiful images!

If you have any questions at all please let me know.

