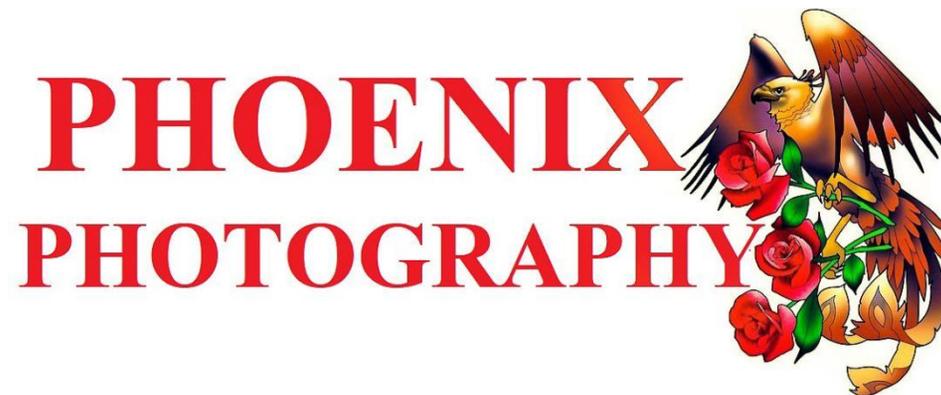


# ADVICE FOR PHOTOSHOOTS



COMPLEMENTS OF:



## General Advice for Photoshoots

**Glasses:** If you wear glasses and do not want to have photos without them, to avoid glare in photos you can remove the lens temporarily from the frames, buy a cheap pair and have the lens removed, or may be able to borrow frames from your eye doctor.

**Red Eyes:** Visine works great to remove the redness from your eyes. Avoiding alcohol the night before also helps.

**Lips:** Use lip balm for a few days in advance to help your lips look their best.

**Teeth:** If you plan on whitening your teeth, start treatments at least two weeks in advance.

**Moisturizer:** Dry skin is not only uncomfortable, but can be distracting in photos. Using a moisturizer nightly starting a week before your photo shoot can really help. Focus on any areas that will be exposed during your shoot (arms, shoulders, neck, hands, legs, back, etc.).

For dry skin on your face, like around your nose, use a sugar scrub.

### Sugar Scrub

1 cup Sugar

¼ cup olive oil

(or enough to look like wet sand)

Wet face with warm water

Scrub face gently with sugar scrub.

Rinse off with warm water (soap if needed)

**ALWAYS** follow with a facial moisturizer.

**Foods:** Avoid foods high in salt and fat for about three days before your photoshoot to help avoid bloating and discomfort. I want to look and feel your best during our time together.

**Sun:** Avoid too much sun for at least a week beforehand, You do not want to have a sunburn (or peeling skin) for your photos. Be mindful of tan lines (sleeves, shorts, watches, sunglasses, hat, etc.)

**Clothing:** Iron and hang clothes out the night before to avoid wrinkles. DO NOT wear your photoshoot outfit in the car, it is better to change at the location to avoid wrinkles and creases.

**Organization:** The day before your shoot, make sure you have everything you need and want for your shoot, all in one place, like a tote.

**Waxing:** If you are getting any areas waxed, do it five to seven days beforehand, to give any irritation time to diminish.

## MEN

**Facial Hair:** Shave day of using a new razor and after-shave lotion to avoid razor burn, bumps, and redness. Trim any facial hair that you plan on keeping. Watch for wayward hairs. Pluck/Trim eyebrows.

**Nails:** make sure your nails AND cuticles are clean.

**Shoes:** Dress shoes are the best. Make sure they are clean and scuff-free.

## WOMEN

**Make-up:** Subtle is always best to soften your skin and accent your features. Be sure to match to your skin tones to avoid appearing orange in the photos.

**Breakouts:** If you have a breakout, DO NOT try to cover up using a lot of make-up. I would rather remove them using Photoshop than not being able to clean up heavy make-up.

**Lips:** Bring lip gloss or your lipstick to do any touchups as needed.

**Facial Hair:** Remember to pluck/trim your eyebrows, or get them waxed.

**Nails:** If you cannot go to the salon, make sure your nails AND cuticles are clean. A fresh clear coat or neutral color works best and is not too distracting. Do yourself a favor, if you are doing your own nails, and wait. Make sure they are thoroughly dry to prevent any disasters and frustration.

**Undergarments:** Be sure to choose the right bra for your outfit, to make sure your straps are out of sight.

Keep in mind, bras, and some underwear, leave noticeable indents in your skin, so wear loose-fitting clothing for at least 24 hours beforehand. Undergarments can always be added after those shoots during a photoshoot..

**Shoes:** You cannot go wrong with heels or wedges. Make sure they are clean and scuff-free

**Jewelry:** Keep it simple and keep in mind how it will look if it gets twisted as you move.

## Advice for Maternity Photoshoots

Moisturize that belly daily for a week before the photoshoot.

Bring along any props that you would like to use. Ultrasound pictures, alphabet blocks to spell out baby's name or family last name, colored balloons, special toys or blankets, etc.

Wear something comfortable. Solid colors are usually best, either a flowing dress or a tube dress to show your shape. Bring a long pair of non-maternity jeans (great for showing your belly, especially when paired with a button-up shirt (maybe dad's)).

Keep in mind, if you are doing semi-nude or implied nude photos, bras, and some underwear, leave noticeable indents in your skin, so wear loose-fitting clothing for at least 24 hours beforehand. Undergarments can always be added after those shoots during a photoshoot.

Daddy is ALWAYS welcome during a maternity photoshoot. Having your partner there greatly increases the number of poses that can be shoot.

Try to coordinate outfits to be complimentary, or a dark long sleeve shirt and nice, dark pants. Other children are welcome as well.

## Advice for Newborn Photoshoots

Moisturize any dry, flaky skin for several days for the photoshoot.

Have babywipes handy to clean up any eye boogers, drool, or other incidents.

Trim fingernails and toenails. Be careful.

Book the shoot around your baby's feeding and napping schedule.. Nap time is the perfect time for a photoshoot.. Wait to feed your baby until at the shoot.

Solid colored diaper covers are great accessories to hide diapers.

Most newborn clothing does not fit right, so think about accessories instead, like hats, headbands, special items like a favorite toy or blanket, especially if it is sentimental.

Bring pacifiers, if your baby uses them, as well as an extra bottle. And some favorite items, that help calm them and fall asleep.

## Advice for Children Photoshoots

Ready for a challenge – try to keep them clean. Clean nails, clean hair, no eye crusties, clean feet, clean noses, clean teeth.

Allow some time before the photoshoot to do finishing touches. Photographers allow time for that, and prefer it so the photos turn out better.

For children, the perfect time for a photoshoot is right after a nap.

If your child is still in diapers, cover them up and hide them.

Snacks are perfectly fine. Cereal, candy, and drinks (make sure it does not stain their teeth, face, or color their tongue)

Dark colors and monotone palettes help draw attention to their bright, hopefully smiling, faces. You can always choose colors that compliment eye color, it helps the eye color pop.

For Girls: Dresses, rompers, hats and headbands are always cute.

For Boys: jeans, polos, button-up shirts, even a T-shirt with a button-up shirt over it works well.

For Siblings: their outfits do not need to match, just as long as they coordinate and compliment each other well.

## Advice for Family Photoshoots

Outfits do not need to be perfectly matched. They just need to compliment and coordinate with each other.

### DAD(S)

On top of advice listed Under MEN heading in the **GENERAL SECTION** on page 1, wear nice jeans/pants.

Dressed Up: A tucked in polo shirt or a nice dress shirt and a belt.

Causal: Nice T-shirt or untucked polo, button-up short sleeved shirt, no belt.

### MOM(S)

On top of advice listed Under WOMEN heading in the **GENERAL SECTION** on page 1, you may want to keep your upper arms covered with either a long sleeve or  $\frac{3}{4}$  sleeved top or dress. They tend to be the most flattering.

### KID(S)

On top of advice listed on page 2, if mom and/or dad is dressed up, so much be the children.

If mom and/or dad are wearing T-shirts, having the kids dressed up in fancy dresses and shirts, does not work. Pick a style (formal/causal, etc.) and make sure everyone sticks to it.

Nothing says you can not do both during a photoshoot, just bring the extra change of clothes. If you choose to do multiple outfits, start with the fanciest first.

## Advice for High School Senior Photoshoots

On top of advice listed in the **GENERAL SECTION** on page 1, such as avoid sunburns, clean (painted nails), and moisturize...

Bring several outfits like cap and gown, sport uniforms, a causal outfit, a stylish outfit, a formal look to impress (and make the parents happy and maybe throw them off). Wear our favorite outfits but also be willing to try something outside your normal looks.

Bring any props that symbolize high school to you, like instruments if you were the band, sports gear like balls, bats, pompoms, etc., your first car, leather jacket, etc.

## Advice for Boudoir Photoshoots

Be excited! You will be nervous, but whether you are doing this as something fun, checking off a bucket list item, surprising someone you love, or celebrating – do it because YOU want to do it. It will show in your pictures!

If you have questions – ASK! Nothing is off-limits and I would rather you be informed and comfortable for your shoot.

Bring along any props and outfits that you might want to try. Model your outfits beforehand. If you like what you see at home, you will like what you see in the photos. Button-up shirts can be quite sexy.

Do not buy a size smaller – it will not look good, and it will make you uncomfortable.

Do not think that wearing a bra and panty set is mandatory. If you are not comfortable with your midsections, then they might not work for you. It is okay to wear a dress, a long coat, corsets, nightgowns, one piece lingerie, etc..

Check shoes for any stickers on the soles. If tags might be visible through any material, remove them.

**DO NOT** get a spray tan! Likewise, do not use tanning lotions for at least five days before your shoot.

If you are getting any areas waxed, do it five to seven days beforehand, to give any irritation time to diminish.