



# BOUDOIR

## PREPARATION GUIDE

"As long as you show up, it's going to be  
AMAZING! That's it. That's all you have to do.  
I've got the rest. Can't wait to see you!"

— Kara Marie

## HELLO, BEAUTIFUL!

I am so excited to be photographing you! I tend to over-communicate with my clients so they know exactly how to prepare and exactly what to expect throughout the whole process. Hope you don't mind.

**FEEL FREE TO RE-VISIT THIS  
PREP GUIDE AS OFTEN AS YOU'D LIKE.**



## WARDROBE TIPS

Honestly, and I'm not even close to exaggerating here, wardrobe is really not that crazy important for the way that I shoot. Please, please, please don't stress out over wardrobe. Don't feel the need to run out and buy all new things. I can do a completely versatile and awesome shoot with a single scarf, or the sheets, or a sweater. Truly. Don't stress about it.

Here's some wardrobe tips to calm your nerves and help you decide what to bring:

### The number one wardrobe rule is:

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 or graphic tee. A gorgeous bra can be paired with no pants. A sheet can be used for every thing,

thing. Your old favorite tee shirt paired with cheeky bottoms will get the job done just perfectly. This is about you and your authentic personality, not about being someone you aren't.

### For beauty or portrait:

Structured and/or statement pieces work amazing. Your favorite blazer or jacket, a cocktail dress with an interesting neckline, or just a bodysuit and jeans...We want you to look and feel like yourself (just on your best day).

When in doubt, just bring in some of your favorite wardrobe items and let me style them for you. It's part of the service and I'm happy to do it.

### Structured Pieces & Solids

Look great on camera as well as items with texture, and those that are form fitting to show your figure.

### Avoid tiny busy patterns & neon colors.

They are often harsh on-camera and a bit unflattering so try to avoid them.



### If wearing thigh-highs, buy them 1-2 sizes too big according to the size chart on the back.

Buying them in a size that supposedly "fits" according to the package size chart will likely result in the stockings giving a bit of thigh muffin top :) We can get them to stay up for each "pose", or you can wear a garter belt to keep them from slipping.

### Have several outfits picked out.

We can go through them together before your shoot to determine what will photograph best.

### Avoid Props

Unless it's your second shoot with us, or unless you're super crazy confident and comfortable! Props and uncertainty go together like...like...awkward school portraits.

### 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.

### Consider Artistic Nudes

For a super easy, low maintenance, and FREE wardrobe option.





## FLATTERING ALL FIGURES

### **CURVY BODIES**

BRING ON THE FORM-FITTING ITEMS! I adore bodysuits, tight dresses, and nothing at all...especially for voluptuous bombshells. We often see curvy women trying to cover up more, but often that has the opposite effect they think it will. Allowing me to pose you so that we can see your figure and celebrate it is the way to go!

### **FLAT-BUTTS**

Thongs tend to make a butt look fuller than full-coverage bottoms or g-strings. Play around in the mirror with different styles to see what you like best. And don't worry, I'm a PRO at creating curves in posing where there aren't any otherwise! I can get a killer booty shot with any level of curve (or lack thereof).

### **SHORTER LEGS**

High heels with a THIN heel rather than chunky! Avoid shoes with thick ankle straps or a square toe. Nude shoes naturally elongate the legs.

### **THIN/NO CURVE**

That's all in the posing-girl! Form fitting options and nothing at all work great as I pose the heck out of you to make you look and feel bodacious.

### **SMALL CHEST**

Underwires and balconettes are lovely, as well as NO BRA AT ALL (my personal favorite for small chested women!) And also, small boobs rock. So please don't feel the NEED to create extra "oomph" unless it's something that really concerns you.

### **MOM BOOBS**

If your breasts are a bit lower or "floppier" than you'd like them to be, just be sure to snag a bra with some support, or form fitting bodysuits that will keep them at bay. Posing will play a huge role here, and I'm really good at that. So...bring your mom boobs my way and we'll embrace the hell out of them!

### **SURGERY SCARS & STRETCH MARK**

My personal belief is that scars tell a story. Sometimes clients wish they didn't have to be permanently reminded of that story, and other times, clients embrace their scars and say they're a part of them. For this reason, I will never edit out a scar or stretch mark unless a client specifically requests it...and if they do, in fact, request that retouching, I will happily do that at no additional charge. This is a VERY personal topic and it's not my decision to make. I welcome scars and stretch marks, but I also support a woman's



# GET YOUR BEAUTY SLEEP

## SERIOUSLY! PHOTOSHOP CAN'T FIX TIRED

### 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. Go a few days before your shoot and get a manicure and pedicure! This will give you a finished, polished look. Chipped polish can be distracting.

### HAVE EXTRA WARDROBE OPTIONS

Bring at least 4-5 different outfits, a couple pair of shoes if you're a shoe girl, and accessories only if you usually wear them. We may not use it all, but it never hurts to have options. Often clients will bring a smattering of wardrobe options and I'll just style up some different looks that they maybe weren't thinking and they end up loving them.

### 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. If you're having a hard time finding an illuminizing lotion without color, you can absolutely just go with an oil based lotion like Argan Oil Moisturizer or Coconut Oil Moisturizer. Don't use tinted lotions or anything with color.

### TRUST ME

I won't make you do anything that is going to make you look bad. I'm a pro. I've been doing this for a long time and I know how to make a woman look good with killer poses, strategic lighting, and appropriate camera angles. I've photographed over 1000 women in the last decade and have quite literally worked with EVERY body type and insecurity. I've got you covered. Don't stress. (Easier said than done, I understand.)



*"You are more powerful than you know; you are beautiful just as you are."*

*Melissa Etheridge*



# DON'T YOU DARE!

## **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, and spray tans will photograph orange in color images. Trust me on this!! On that same note, no tinted lotions or bronzers on your body. Even after this warning I get a lot of women who message me to say that they've been spray tanning for years and they cannot fathom not doing so before a photo shoot. Of course I will still photograph you, but unfortunately our standard retouch will not account for spray tan correction, so just keep that in mind.

## **BRING A CONSTRUCTION HAT (or other props)**

If you have jewelry that has sentimental value, absolutely bring it! But avoid jerseys, military apparel, weapons (yes, really), sports equipment, masks, etc etc etc.

## **PARTY THE NIGHT BEFORE YOUR SHOOT**

If you're nervous, try a bubble bath and a yoga class. Hangovers aren't sexy. Lawwwwd do I know it.

## **DRINK RED WINE TO CALM YOUR NERVES**

Don't drink a bottle of red wine right before you show up in efforts to calm your nerves! #1-It will stain your teeth and lips. #2-Drunk doesn't photograph pretty either. HOWEVER, I'm admittedly an advocate of a little bit of booze to soothe anxiety if you are super nervous. SO, I

set a firm 1 drink maximum limit for my clients on the day of their shoot. Champagne or white wine is a good option because it won't stain your mouth and will still calm you down a little. You're welcome to bring a small bottle with you to the studio. We have non-alcoholic refreshments to offer you.

## **FORGET TO STRETCH**

Many of these poses, while they look effortless, are quite unnatural feeling. 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**

I don't want to hear about how you hate your hips. I want to hear 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 feel the need to discuss the thing that bothers you the most about your body, just let me know by saying "I love my \_\_\_ , but my biggest insecurity is my \_\_\_". I will be extra careful to play down your "flaws"...but I will ALSO make it my challenge to take the best damn image featuring your \_\_\_ so you have a new-found appreciation for it ;)



## WHAT ARE YOU WORRIED ABOUT?

It happens all the time...a client's photo shoot is a few days away and she begins to panic. I get a terrified e-mail in the middle of the night begging for me to talk them off the ledge. They want to cancel, they just haven't had the time to prepare, you name the excuse, I've heard it. So let me be proactive here and tackle the most common trepidations I hear, so that maybe you won't be hyperventilating in the middle of the night on the day before your session.

## STRESS ACNE

Yeah, it happens. Pimples suck. If you think for one second that every woman you see pictured on my website was magically pimple-free on the day of their session, you're taking crazy pills. We retouch blemishes and bruises with ease on every photo you see. No problem. No stress. Let that pimple try it's hardest to ruin your day, but your photos will not be a permanent reminder of it.

## MY PERIOD

Yep, it's the worst. No, it will not affect your finished product. We run an all-female studio and we ALL understand the plight of menstruation on photo shoot day. We keep extra strength Advil and feminine hygiene products on hand, and we have zero qualms with 30 bathroom breaks. Start your morning with some fresh fruit and a heating pad and we'll take it from there. No worries about bloat or blemishes.

## POSE ANXIETY

This one's easy. You don't have to know how to pose...not even a little bit. I will walk you through every step of the way. I will get into the poses myself and have you mirror me. If we didn't get it right on the first try, I'll gently redirect you. It's not YOUR job to take amazing photos, it's mine. And I'm pretty competitive about taking amazing photos.

## I'M NOT PHOTOGENIC

If you're thinking that all of the women featured on the pages of my website and social media are models, you're sorely mistaken. I have NEVER...EVER had a client who didn't love their photos. You don't have to love EVERY SINGLE ONE of them, but you will love most of them. And you will be shocked that you could love photos of yourself this much. I WILL rock out your photo session and I WILL get a whole bunch of killer images of you. I always do. But if you come into the shoot with an open mind and with trust in me, we'll get EXTRA. And extra is always good. I've never met a woman who I couldn't capture beautifully. That includes you.

## BODY ISSUES

I long for the day that women are comfortable in their skin at all stages, for the day that women embrace their wobbly bits and beautiful side creases. That said, I know women well enough to be realistic and understand that many women struggle with self love and no matter how much I tell them they are beautiful, they wish they would have lost just a few more pounds before their session. If that is you, I can assure you, that this ain't my first rodeo. The majority of the women that come in to see me are working on loving themselves, but struggle. They don't approve of the size of their thighs, their belly pooch, their dimples. I take women's feelings very seriously and never want to make anyone uncomfortable. While this is a body positive studio, I will also light and pose you in the most flattering possible way while I shoot you from the best possible angles.

I've spent the last decade photographing all kinds of women, all extraordinary in their own way. I've learned all the tricks to ensure that I am featuring the attributes that women most love about themselves, while paying special care to downplay areas of concern. While I'm going to make it my very best effort to change your mind on what you consider to be your "flaws", I don't expect every woman to be ready for that yet.

**SO, ONE MORE TIME, LOUDER  
FOR THOSE IN THE BACK!**

**YOU ARE AMAZING TODAY  
NOT 15 LBS FROM NOW,  
NOT POST-PLASTIC SURGERY.**

**YOU ARE AMAZING TODAY  
AND I CAN'T WAIT TO SHOW YOU!**