

HOW TO PREPARE FOR

YOUR PHOTOGRAPHY SESSION



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PHOTOGRAPHY

FOR THOSE OF YOU WITH A BOUDOIR OR BEAUTY PHOTO SHOOT AHEAD, FIRST OF ALL SO PROUD OF YOU, AN EXPRESSION OF SELF LOVE, BRAVERY, AND BADASSERY! IT'S A WORD NOW. HERE'S A FEW PREPARATION TIPS SO YOUR SHOOT CAN GO AS SMOOTH AS POSSIBLE! BELOW YOU'LL SEE 10 BOUDOIR PREPARATION TIPS AND ALSO 5 DAY OF TIPS!



10 BOUDOIR PREPARATION TIPS

Take this time to pamper yourself, you're worth it.

- 1- stay away from junk foods and alcohol for a couple days prior or foods you're allergic too, it'll help with bloating.
- 2- If you get your nails done, make sure they're fresh, or if you don't wear any that's fine too! As long as they're not chipped, believe it or not, it is distracting in photos.
- 3- Getting your hair done just a few weeks prior is always a good idea, touch up your color, roots, or whatever fabulous style you have!
- 4- try to schedule it days away from your period or days surrounding your period when you know you retain more water or bloat.(midol can help though)
- 5- refrain from spray tanning especially close to the date. It ends up looking orange in camera, and if you do tan, try not to get burnt too close to your shoot! Although UV tanning is more harmful, it does look better in camera.
- 6- False eyelashes- um yes please! Most of my makeup artists will add them to their fee, but if you get them done, go for it!
- 7-Keep drinking lots of water to flush out, and to keep your skin looking full of natural glow
- 8- Wash your face before bed (especially if you don't) starting a few nights prior, you'll notice a huge difference in how your skin looks when you wake up!
- 9-if you are waxing/shaving do it a few days prior so red bumps aren't an issue.
- 10- overpack your lingerie bag!- We'll go through what will look best in camera, and it's always good to have a few extra pieces.

5 DAY OF TIPS

1- eat a lighter breakfast, don't skip it all together!- you'll need energy for all that posing. It'll feel like a light workout, holding all those muscles.

2- wear loosely fitted clothing. Tighter bras and shirts tend to leave red marks.

3- wear clear deodorant

4- clip out all tags from lingerie. a lot of sheer pieces have the tag right on the booty, and it can be a process to edit out.

5- Relax and enjoy your session! I know it seems like a lot of instructions, just want you to feel your best for your photo-shoot. I'll be there the whole time helping with posing and making sure you feel comfortable and gorgeous!

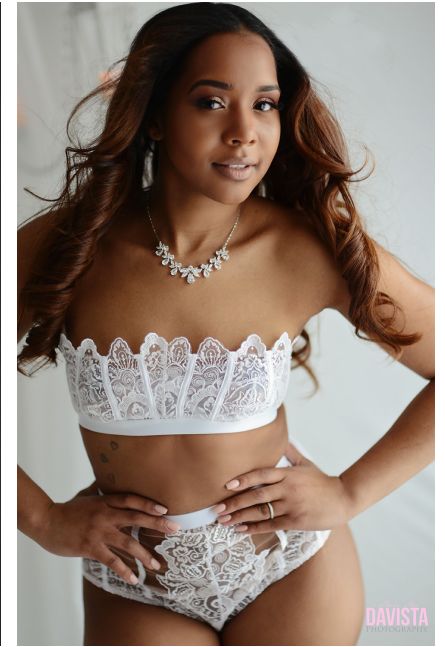


YOU'VE BOOKED YOUR BOUDOIR OR BEAUTY SHOOT AND NOW YOU'RE STUCK. WHAT SHOULD YOU WEAR, AND WHERE SHOULD YOU BUY IT!?

One of the most asked questions about boudoir and beauty shoots is suggestions on clothing items. Although each woman may have something different in mind for what she wants, there's a few favorite shops I suggest and because I travel a lot for shoots most of them are online or larger chain stores. However you're going to always get the best customer service from little boutique stores unique to your town, so if you have some of those, hit them up! They can help with sizing and always want you leaving a happy customer! But the one thing to remember is to not go too crazy just a few added pieces can make for the perfect wardrobe!

1- Amazon. This is one of the biggest places I find most of my pieces now, especially with Amazon Prime, it's hard to beat for value and like a lot of us prefer, in the quiet of our homes. Amazon is even connecting to third parties so there's SO much variety to find. Crop tops, oversized sweaters, bodysuits, lace, jackets, swimsuits, dresses, stockings, you name it, it's there. Just be sure to read reviews about sizing!

2- Fashion Nova. The only thing about this shop is it takes a little longer for shipping, so shop early! They also have cute items not strictly lingerie. Shoes, accessories, dresses, and sheer tops as cover ups.



3- Adore Me. A few of my clients have purchased from this site and loved the affordable and beautiful lingerie they found!

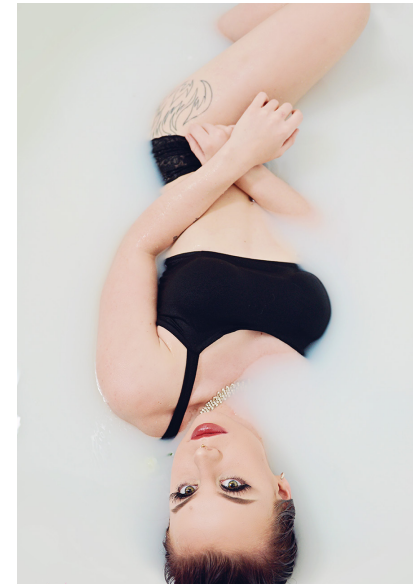
4- Asos. Another affordable online shop that past clients have used. This site also has cute outfits not strictly lingerie.

5- In store shopping. Yup all the others have been online, but if you're unsure of what flatters your body, go try on some different types of clothing and lingerie. Still head to Dillards, Victoria's Secret, Target, Charlotte Russe, and Forever 21. The last two are great for great little crop tops and cute shirts! Seriously try a bodysuit. I LOVE THEM ON ALL BODIES- it's just finding the right one for you!

6- Your closet. That's right, you don't need a whole new wardrobe for your photoshoot. In fact, you probably have most the items you'll need already hanging in your closet. Maybe some jeans shorts, a cute cover up or a crop top. Most women already have button ups too. If you're unsure send over photos of the items to me for suggestions. It's always fun to buy one or two new pieces, but first check out what you already have.

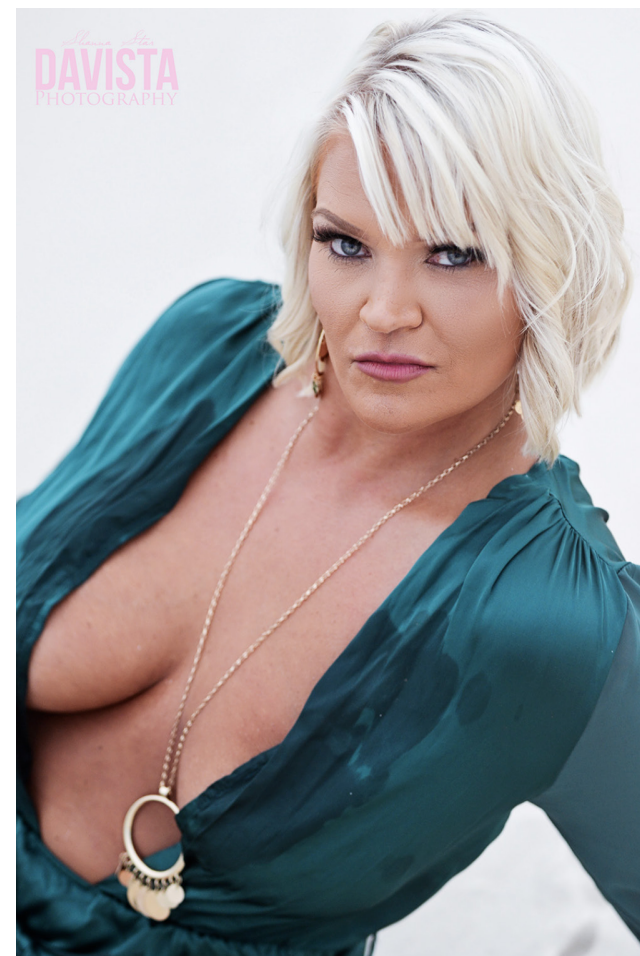
TIPS: WHEN SHOPPING FOR LINGERIE FOR A SHOOT KEEP A FEW THINGS IN MIND.

- 1- try something out of your comfort zone, but be aware of tight fits or being uncomfortable. if you know you love something about your body, try to show that part off more!
- 2- bodysuits. My obsession continues and i've photographed a ton of women- i know bodysuits can flatter YOU.
- 3- Unless you LOVE a piece and know you'll wear it again, opt for the inexpensive pieces. A photoshoot should be about you and how beautiful YOU are, not worrying about expensive lingerie.
- 4- In-between sizes? Go for the slightly larger (not baggy) why?- even the leanest of ladies would get that squished skin look if it's too small and that's much harder to edit that out.
- 5- Variety of color. Most women come with at least one black piece of lingerie, and it's gorgeous, but try for a little bit of color pop
- 6- Lingerie isn't the only sexy thing to wear. If you're looking for more conservative, try a long dress with a slit, comfy sweaters with long socks, or a swimsuit with some jean shorts. Whatever make you feel confident and beautiful is the right look and most of the stores I suggested also have street clothes too!
- 7- Quick list of lingerie styles. Bra and panty sets, corset, bustier, teddy, bodysuit, babydoll, garter belts, garters, thigh highs, shape wear, slip, and clothing. Just a little reminder there are many styles so don't be discouraged if you don't like a few on you, there's something for every body.. though I still think there's a bodysuit for every body..for real.



DON T FORGET THE DETAILS

- **Call me!**- we'll go over how you dreamed of being photographed and come up with exactly what you imagined.
- **Engagement/wedding ring and fun big jewelry too**
- **Wedding veil or hair accessory**
- **Garter and nylons**
- **variety of styles/outfits.** once you're in front of the camera, you might be more brave than you think! bring those conservative outfits, but don't be afraid to bring something more daring... even if we don't use it!
- **shoes to match everything.** Not every shot will show shoes, but it makes you more confident and makes that booty look even better!



It may still seem a bit overwhelming, start by looking at the photos I posted on instagram, FB, or on Pinterest for a style you like, then go looking for it online! I'm always here to help decide and i'll always tell my clients to bring a few extra, since I can help you with what will look best in-camera! Your photographer has experience with what flatters womens bodies, so don't be afraid to ask questions!

Keep Shining

Shanna Star



*Want More ideas for your session? check out my
pinterest boards made just for you!*

*“The quickest way to acquire self-confidence is
to do exactly what you’re afraid to do.”*

-Shanna Star Magnuson

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