

Portrait Session Prep Guide

All things beautiful take care. Prepping for your photo session is no different. I know you are a beautiful human already, but the tips below will make you shine like the diamond you are. We will have our consultation for your wardrobe. Either in person, on the phone or in a FaceTime meeting, but the week before you should consider the following tips.

EXFOLIATE: use a nice grainy scrub and exfoliate your face and body. There is nothing more beautiful than glowing skin. Plan to exfoliate a few times before your session, but not the night before in case you have a break out.

FACIAL: If you are going all out in pamper mode, book your facial a week before your session. If you are on a budget or are just thrifty like this gal, use an at home gooey mask that hydrates and do something relaxing to recharge your psyche. Lord knows we can all use that right now.

EYEBROWS: Whether you wax, pluck or thread, be sure to have this done a few days before your session.

HAIR: Three days before your session, touch up your roots if needed. If you need a haircut go get it! I can fix skin in photoshop, but I cannot fix ratty ends. If your hair looks like straw, get a trim and do a deep conditioning.

HANDS: Get a manicure and for the days leading up to your session, use cuticle oil. This will honestly make a big difference. Choose a light or natural color. A bold color may clash with your outfit. And....if you wear a ring. Clean it!! If you are bringing your husband, clean his ring too.

SKIN: If you wax, have it done three days or more before your session. If you shave be sure to do a good job. If your like me, try not to slice yourself!

TOES: Pedicure! Do it! Make those toes so pretty! You can go bright here, but leave your nails neutral.

CLOTHES: we will go through this but here is a quick list.

- * Bring 5 to 6 outfits
- * Bring something dark
- * Bring something light
- * Bring something fun / funky / Whimsical (whats your style?)
- * Bring something sexy. (Be brave my dear)
- * Consider the neckline. Collarbones are beautiful. Turtlenecks create a beautiful chinline.
- * Fit your form. I know we feel like wearing things to "Hide" our form will make us appear skinnier, but not in photographs. I have this. I am good for 10 pounds in posing right off the bat. Then I can smooth things out later in editing. Trust me. Bring some form fitting outfits. You will thank yourself! Shoes. We generally do not see your feet in photos and if we do, I tend to shoot barefoot. It is more organic. If you have a few favorites though, absolutely bring them. Make sure they are clean and polished.

THE DAY-OF CHECKLIST

- * Bare face (wash and apply your usual moisturizer)
- * Clean, dry hair (very short hair should leave it wet)
- * Comfy outfit or a robe (to sit in while you're being styled)
- * 5-6 fitted outfits to wear in photos
- * Pretty nails (Neutral fingers, fun toes)
- * Clean wedding ring
- * Touched up brows

Shine on you
crazy Diamond