

BOUDOIR SESSION PREP CHECK-LIST

💡 2 - 4 Weeks Before Your Shoot

- ☐ Read through the any Welcome or Prep Guide materials your photographer provides (Goddess Mae has tons of resources for clients!)
- ☐ Start saving inspo pics that make you feel excited – make sure to communicate your must-have shots
- ☐ Order or plan to shop for any lingerie, outfits, or accessories you don't already have (Alicia helps with this if you book a session)
- ☐ As you gather items, make sure they fit comfortably and make you feel GREAT
- ☐ Drink more water to help your skin glow – avoid excessive alcohol, salt, or other irritants
- ☐ Practice 3–5 minutes of gentle stretching daily (helps with posing!)
- ☐ Avoid new skincare products or treatments – a bad reaction can take weeks to heal

💡 1 – 2 Weeks Before Your Shoot

- ☐ Continue hydrating
- ☐ Avoid anything that may cause irritation (new foods, beauty treatments, lotions, exfoliants, sprays, make-up, etc.)
- ☐ If you sugar or wax for hair removal, schedule it now so your skin has time to calm
- ☐ Finalize your outfits (Alicia helps with this, too)
- ☐ Clean any jewelry items for added shine – shine shoes or remove scuffs, wash bottoms, etc.
- ☐ Make sure you have a foundation that matches your skin tone on your face, down your neck, and to your chest. You'll be showing a lot of skin during your shoot.

💡 3 - 5 Days Before Your Shoot

- ☐ Pack clothing outfits according to your plan – a good bra & panty set is always a good addition
- ☐ Pack accessories: jewelry, heels, stockings, robes, etc.
- ☐ If bringing sentimental items (partner's shirt, ring, perfume), set them aside now
- ☐ Remind yourself: *nerves are normal*
- ☐ Say one positive thing to yourself each day leading up

💡 The Day Before Your Shoot

- ☐ Eat like normal – try to stay on the same meal schedule
- ☐ Hydrate!
- ☐ Review your directions + arrival time
- ☐ Check your bag for all outfits + backup options, jewelry, heels, make-up, etc.
- ☐ Get a good night's rest

💡 Shoot Day – Your Goddess Experience

- ☐ Eat like you normally do, even if you are feeling a bit anxious – Drink water!
- ☐ Wear loose, comfortable clothing to avoid marks on your skin
- ☐ Bring your bag of outfits & accessories
- ☐ Leave with a little extra time so you aren't rushed on the way to your shoot