



Sessions Tips

Practice your poses

Actively consider your poses ahead of time so that you feel confident in front of the photographer. Practice in front of the mirror, with friends, and using your own camera to figure out which poses let you work it.

Try different expressions

Similarly, practice different facial expressions to see which ones help you bring it the best.

Don't forget the essentials

Water, a light snack, your toothbrush and phone charger, nude undergarments, and heels are among the essentials you need to slay.

Think fierce

While this one is easier said than done, if you can take a few beats to meditate, listen to your favorite affirmation video, or find some other way to loosen up, you'll feel—and look—better for the shoot. Try to listen to a song that hypes you up before a shoot for confident energy.

Sitting Poses

Whether on an apple box in the studio or a bench outside, knowing how to correctly set for a photo is essential. How you sit for a shot will depend on the look you are going for, and the final outcome needed should drive this decision.

Sitting On An Angle

Just like when you are standing, angles absolutely add to the dynamic of the look and the photograph. Sitting square to the camera will make you look quite broad, turn a bit to the side where the light is coming from to build up the dynamic and slim down your torso in the shot.



Sessions Tips (cont')

Sitting While Leaning

While sitting, you can either choose to lean forward or lean back for two distinct looks. Leaning a little bit forward keeps you looking proper and attentive. This is best achieved by sitting closer to the front edge of a chair, so your feet are firmly placed on the ground. Leaning back is best used when you are trying to set a more sexy or playful mood, often done with a bit more directed and intense lighting, when this look is pulled off correctly it is a killer.

Head Tilts

Head tilt can make a world of difference in an image. Many people say that ahead tilted down a little and in the direction of the lower shoulder is more powerful compared to a head tilted back and towards the higher shoulder, which can seem more playful.

Look Back Over Your Shoulder

The ultimate playful way to end your shoot and get a fun photo. Looking back over the shoulder is a classic look that has been used time and time again and definitely something to throw in the mix to cap off a busy day!

I will do my best as your photographer to have good vibes during the shoot

You'll do great!