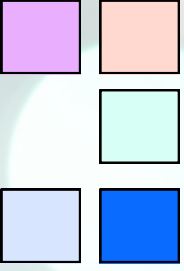
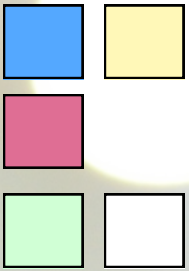




SENIOR  
SESSION  
**STYLE  
GUIDE**

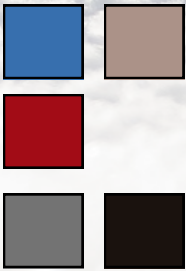




# Light & Airy

LIGHT COLORS AND PASTELS WILL ENHANCE A "LIGHT AND AIRY" LOOK!





DARKER, MUTED COLORS WILL HELP ACHIEVE YOUR "DARK AND MOODY" SIDE!



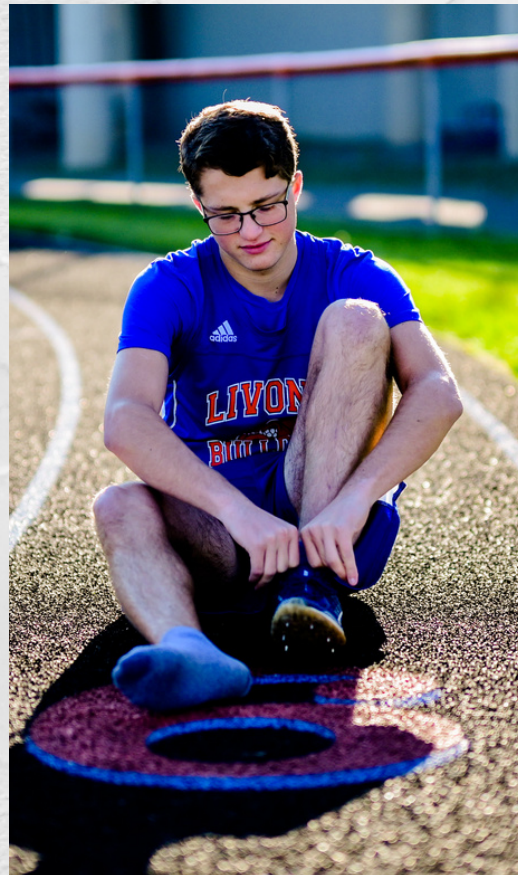
# Dark & Moody





# Sport Photos

FULL UNIFORM OR JERSEY, BRING PROPS (BALL, HELMET, SHOES, STICK, ETC)



# Remember to...

## ONE MONTH BEFORE SESSION

PRACTICE HAIRSTYLE MULTIPLE TIMES UNTIL SESSION  
HAIRCUT/COLOR APPOINTMENT (GIRLS)  
PRACTICE POSING IN THE MIRROR OR WHILE TAKING SELFIES!  
FIND WHAT YOU LIKE MOST! I'LL HELP TOO, BUT IT ALWAYS HELPS  
TO FIND POSES YOU'RE CONFIDENT IN AHEAD OF TIME!

## ONE WEEK BEFORE SESSION

HAIRCUT/COLOR APPOINTMENT (GUYS)  
OUTFITS /ACCESSORIES/SHOES CHOSEN  
EAT WELL AND DRINK LOTS OF WATER TO HYDRATE YOUR SKIN!  
MAKE A PLAYLIST ON YOUR PHONE!  
GET SOME GOOD SLEEP THIS WEEK!

## DAY BEFORE SESSION

OUTFITS GROUPED TOGETHER  
ACCESSORIES PACKED  
UNDERGARMENTS FOR OUTFITS CHOSEN (NO VISIBLE BRA STRAPS, ETC)  
IRON OUTFITS AND GET THEM ON HANGERS  
SHOES FOR ALL OUTFITS PACKED  
PROPS CHOSEN AND PACKED (INCLUDING SPORTS ITEMS!)  
CLEAN/TRIM/PAINT NAILS  
REMOVE LENSES OF GLASSES IF POSSIBLE! IF NOT, NO WORRIES  
GET A GOOD NIGHTS REST!



# What to Bring the Day Of Your Session

COMPLETE OUTFITS INCLUDING UNDERGARMENTS / SHOES  
JEWELRY

PROPS (INCLUDING SPORTS EQUIPMENT, ETC)

MAKEUP BAG / CHAPSTICK

HAIRSPRAY / FRIZZ SPRAY / GEL

DEODORANT

HAIR BRUSH

PHONE / PLAYLIST IF YOU WANT!

ANYTHING THAT WILL BOOST CONFIDENCE AND MAKE YOU COMFORTABLE!

## WHAT I BRING WITH ME:

POP-UP CHANGING TENT

TRANSLUCENT FACE POWDER

MIRROR

TOWEL

SAFETY PINS & BOBBY PINS

**COMING WITH YOUR SENIOR? LOOK NICE!**

**I LOVE GETTING SOME BONUS SHOTS OF YOU TOGETHER!**

**EMAIL OR TEXT ME ANYTIME WITH ANY QUESTIONS!**

**LINDSEYMEYS@GMAIL.COM OR (585) 245-4150**