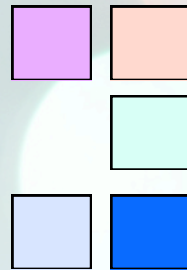
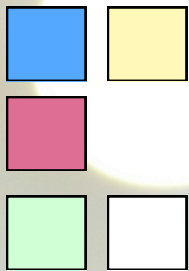




SENIOR
SESSION
**STYLE
GUIDE**





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

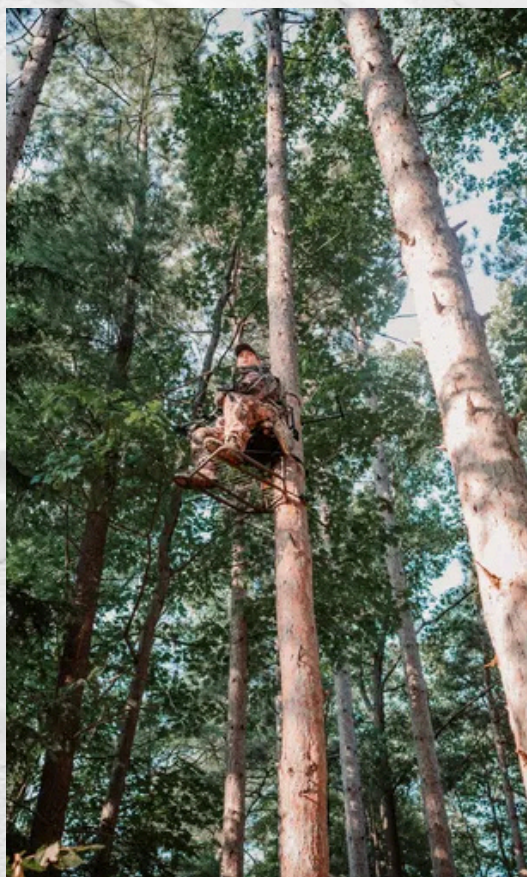
FULL UNIFORM OR JERSEY, BRING PROPS (BALL, HELMET, SHOES, STICK, ETC)





What makes you, YOU?

LET YOUR PERSONALITY AND INTERESTS SHINE THROUGH!



Remember to...

2-4 WEEKS 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!
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 THE DAY OF! THIS HELPS WITH GLARE!
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 / ITEMS

HAIRSPRAY / FRIZZ SPRAY / GEL

HAIR BRUSH

ANYTHING THAT WILL BOOST CONFIDENCE AND MAKE YOU COMFORTABLE!
WANT YOUR BFF THERE TO HELP? GO FOR IT!

DO YOUR BEST TO COVER ACNE AND BLEMISHES, BUT DON'T
OVERDO YOUR MAKEUP! I DO EDIT THESE!

WHAT I BRING WITH ME:

POP-UP CHANGING TENT

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