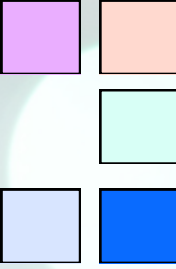
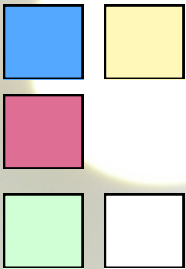




SENIOR
SESSION
**STYLE
GUIDE**





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

HAIRCUT/COLOR APPOINTMENT (LONG HAIR)

PRACTICE POSING IN THE MIRROR OR WHILE TAKING SELFIES!

FIND WHAT YOU LIKE MOST! I'LL OF COURSE BE THERE TO GUIDE YOU, BUT IT ALWAYS

HELPS TO FIND POSES/ANGLES YOU'RE CONFIDENT IN AHEAD OF TIME!

I WILL ABSOLUTELY HELP AND TALK YOU THROUGH YOUR SESSION, BUT

IF THERE'S ANYTHING YOU WANT, LET ME KNOW!

ONE WEEK BEFORE SESSION

HAIRCUT (SHORT HAIR)

OUTFITS /ACCESSORIES/SHOES CHOSEN

EAT WELL AND DRINK LOTS OF WATER TO HYDRATE YOUR BODY AND SKIN!

PRACTICE SOME NATURAL MOVEMENT POSES THIS WEEK IN THE MIRROR!

FIND WHAT YOU LIKE, PRACTICE YOUR SMILE, AND SEE WHAT YOU LIKE!

DRINK LOTS OF WATER AND 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 AND ANY LAST HAIR REMOVAL

REMOVE LENSES OF GLASSES IF POSSIBLE THE DAY OF, THIS REMOVES GLARE ISSUES

THAT COME UP AND IS SO HELPFUL IF POSSIBLE.

MAKE SURE YOU GET A GOOD NIGHTS REST!



What to Bring the Day Of Your Session

COMPLETE OUTFITS INCLUDING UNDERGARMENTS / SHOES
JEWELRY / MAKEUP BAG / ITEMS

PROPS (INCLUDING SPORTS EQUIPMENT, SIGNS YOU WANT TO USE, ETC)

NAIL GLUE! IF USING PRESS-ONS

HAIRSPRAY / FRIZZ SPRAY / GEL

HAIR BRUSH/COMB

BRING SOME WATER!

ANYTHING THAT WILL BOOST CONFIDENCE AND MAKE YOU
COMFORTABLE!

IT ALWAYS HELPS TO BRING A ROLLING CART IF YOU HAVE ONE TO
CARRY EVERYTHING, DEPENDING HOW MUCH YOU HAVE!
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!

I DO BRING A POP-UP CHANGING TENT WITH ME!

COMING WITH YOUR SENIOR? LOOK NICE!
I LOVE GETTING SOME BONUS SHOTS!

EMAIL OR TEXT ME ANYTIME WITH ANY QUESTIONS!
LINDSEYMEYS@GMAIL.COM OR (585) 245-4150