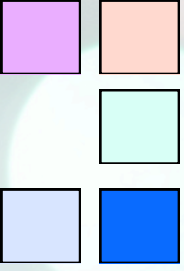
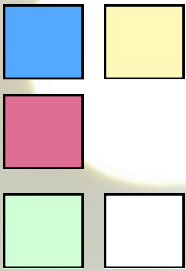




SENIOR
SESSION
**STYLE
GUIDE**





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

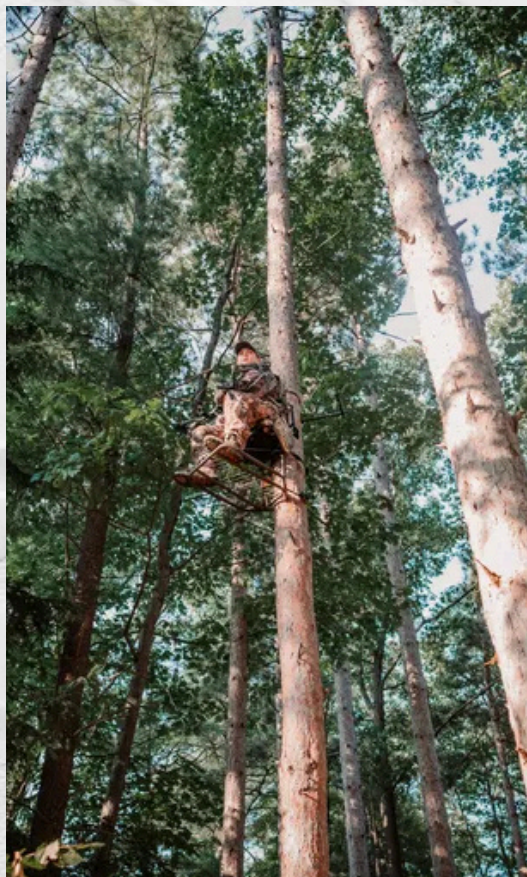
FULL UNIFORM OR JERSEY, BRING PROPS (BALL, HELMET, SHOES, STICK, ETC)





What makes you, YOU?

LET YOUR PERSONALITY AND INTERESTS SHINE THROUGH!



Remember to...

2-4 WEEKS BEFORE SESSION

HAIRCUT/COLOR APPOINTMENT (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/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/COLOR APPOINTMENT (GUYS)

OUTFITS /ACCESSORIES/SHOES CHOSEN

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

MAKE SURE YOU GET A GOOD NIGHTS REST!



What to Bring the Day Of Your Session

COMPLETE OUTFITS INCLUDING UNDERGARMENTS / SHOES
JEWELRY

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

MAKEUP BAG / ITEMS

NAIL GLUE! IF USING PRESS-ONS

HAIRSPRAY / FRIZZ SPRAY / GEL

HAIR BRUSH/COMB

BRING SOME WATER, TOO!

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!

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

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

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