

# Preparing For Your

# Boudoir Session

with



*Frost Photography*  
by Susan Frost

Boudoir Sessions are all about YOU, about feeling empowered and seeing yourself as the beautiful person you are! These sessions are about highlighting the beauty that shines from within, acknowledging that we all have imperfections and embracing who we truly are. Consider this a chance to do something for yourself!! You deserve it!! Enjoy a little pampering, boost your self-esteem and end up with some beautiful timeless keepsakes.

Im so honoured that you chose me to be your photographer for this experience. I really take pride in these sessions being comfortable and rewarding for you! I will do anything in my power to ensure you get exactly what you are looking for from this photo session!

Below I have brought together my guide to preparing for your boudoir session, it doesn't mean this will answer all of your questions but hopefully this helps get you started and thinking about other things you may wonder of! I have over 15 years experience in the Photography field and I've worked with 100's of beautiful women to capture empowering photos for them. I really enjoy this part of my job because for each woman I see empowered I feel the strength build within myself. Im all about building each other up :)

## **Here are some ideas of how to prepare right now;**

1. Begin dreaming about your ideal boudoir outfits. Pinterest can help! Shop your closet for your favourite pieces you already own and look at magazines and brands you love for inspiration. A few of my fav places to look for options are La Vie En Rose or H&M, both have fairly affordable and adorable options!
2. Go shopping! Ask a girlfriend to join you and help you find pieces you not only look good in, but feel good in! Think outside the box and don't be afraid to try something that's a little out of your comfort zone. You never know, you could love a new piece! It's always fun to bring some fun options like an oversized sweater, a big jersey or a silky smooth housecoat.
3. Choose 5-7 Outfits. Begin to narrow down your outfit choices to 5-7 favourite outfits. Don't be afraid to let your personality shine! I would rather you bring more than enough options and let me help you narrow down the final choices! The list of empowering unmentionables is endless, from amazingly decadent functional pieces, to bustiers, chemises, bodysuits, teddies, bras, panties, baby-dolls, corsets, garters, slips, gowns and it goes on!!! Having trouble choosing what to wear for your boudoir shoot? Just reach out to me and I can help you.... I have lots of recommendation and great budget friendly options!
4. Start stretching daily! Sometimes you will be required to hold a pose for a few minutes which you generally wouldn't do in regular life, the more you stretch the less you will feel it the day after your session. I really try to consider your posing and how that will affect your muscles/body. I will do everything in my power to ensure you aren't sore afterwards! Since this is about pampering yourself tho; why not consider booking a massage for the day after your session!!

## How to prepare 3-5 days ahead of time;

1. Wax or shave and moisturize. Do not shave on the day of your photoshoot, it can cause redness and small bumps on the skin. If you wax, please do so at least 3 days before your session!
2. Avoid spray tans or tanning lotions. No matter how natural tanning sprays and lotions may seem, they create an orange glow that cannot be retouched easily after your session. If you are regularly tanned then please try to have your last, professional spray done at least 4 days before your photo shoot.
3. Drink plenty of water to hydrate your skin. You will be amazed at how much better your skin photographs when it's well hydrated.
4. Remove all price and sizing tags from lingerie. Even the permanent ones.
5. Choose your final outfits, hang anything on hangers that can be hung and add all those extra accessories and goodies to an adorable bag! Remember this day is all about you feeling fantastic, I want every aspect to be the best it can be!



## **1-2 Days ahead of your session;**

1. Get a fresh manicure and pedicure! Remember that your hands and feet will probably be seen in a lot of these images so give them some extra love. Avoid bright colours, neutrals are best. I have a great product called Color Street that can give you a salon quality manicure in 15 minutes or less. I offer 10% off these nail sets to all of my Boudoir Clients if you are interested! They range from \$16-\$19! If you want more info on that just let me know!!
  2. Avoid alcohol and drink plenty of water to hydrate your skin!
  3. Moisturize your skin.
4. Pack your boudoir bag the night before to ensure the essentials aren't forgotten. Then you will have a little bag to throw those extra things you remember over the next day!!
5. Think Beyond the Shoot!! Think about how you want to preserve your photos. An album and prints are my favourite way to show off my boudoir photos but some people are brave enough to hang them on the wall! Think about how you want these displayed, it will help you envision how the final product will look.
6. Double check your list, relax a bit, and get ready to feel empowered!!!  
Remind yourself how beautiful you are and that you deserve this!!



## **The day of;**

1. Arrive with your hair and make up done! You will have time to touch up and fix things as we go, I will keep a mirror close by for your entire session!
2. Moisturize your entire body, but try to avoid oily creams!!
3. Wear loose fitting clothing and undergarments to avoid impressions on the skin that can sometimes take hours to fade.
4. Eat a light meal that will ensure you're satisfied but not bloated.
5. Allow plenty of time to arrive a few minutes early. You'll feel at ease and ready to slay your boudoir session! ...Plus I'm a chatter! I will want to catch up a little, show you around the set and even demonstrate some posing you will use!





## Get Ready To Have An Amazing Time!!

- This is going to be so much fun! Don't worry, you don't need to know how to model. I will pose you down to your fingertips and give you feedback the whole way including showing the photos I've taken of you throughout the whole shoot so you'll know just how beautiful you're looking.
- If however, you're the kinda gal that likes to prepare to every extent, one way to get super ready for your shoot is:  
..... Check out Pinterest, Boudoir Sessions & study the faces of the models in those shoots. Find a couple photos that really speak to you and Practice the expressions in these photos in your bathroom mirror. Remember that modelling is something that takes practice just like anything else & that models have YEARS of practice. Don't beat yourself up if you don't look like a model. The goal is to have FUN while doing this exercise.

I also like to remind people, we all have imperfections and parts of our bodies that we aren't as confident with, its time to embrace it, don't let this world decide what you should look like, the most beautiful you, is your true self!!

Hopefully this helps you prepare and if you have any other questions please reach out to me!



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