



Boudoir Points for Thought!

1. If you're taking boudoir photographs, you need to be excited. The most important thing is that you feel comfortable with the idea. Go into the session with a really open mind and a positive attitude. Even with a positive attitude, no one goes into a session saying, "I look good and I'm ready to do this!" No one feels natural about "looking sexy" at first. Everybody's a little nervous. Trust that I will make you look the best that I can. You're being transformed into a supermodel for a day, so celebrate that moment. I promise you, you will look FABULOUS. This is YOUR time to feel sexy so you need to relax and have fun! Nervousness and lack of self-confidence will show up in your photos. Just remind yourself that no matter how you THINK you look, you will look amazing in the end. I will highlight your favorite body parts and downplay your least favorite ones.

2. Try on the clothing you're thinking of wearing and look at yourself in the mirror. If you love the way it looks in the mirror at home, you'll like the way it looks in photos. If you don't like the way it looks in the mirror, you won't like the way it looks in the pictures. Don't buy something in a smaller size than you usually wear. You don't want outfit to be pinching anywhere on your body. Stick to your usual sizing. Do not consider wearing a bra and undies set unless you love your stomach. I am not going to be able to make your stomach disappear and I will not do any body modifications in photoshop. If you are worried about this consider corsets or babydoll sets that flow from the body. You don't have to wear lingerie — you can wear a dress or you can wear a fur coat. Just because it's boudoir doesn't mean it has to look a certain way. Check all your clothes and accessories before your session. If you're bringing shoes, take the stickers off the soles and make sure they're not too scuffed. Cut the tags off the backs of your clothes if they're going to show through. Steam or iron your ensembles and hang them properly so they keep their shape as you travel.

3. Know what you like and know your partner if you are sharing these images with someone. Are you more of a Dita Von Teese, David Gandy, Gisele Bündchen, Yasmin Benoit, or Teddy Quinlivan type of person? Do a little research and find someone who you can channel. Before the shoot, pull photographs from online that you love into a private folder and send them to me. It could be a person, an outfit, a pose, or even special lighting that you love. Make sure I see it before the shoot so I am prepared to give you the look you want. As for your partner, think of the idea that is going to knock their socks (or pants) off, right? Know what turns them on so you can become their fantasy in your photographs. Some people are into costumes, others prefer a more classic look and love to use their imaginations. Show them what they want to see!



4. Sexy doesn't necessarily mean less clothing. Here are some wardrobe or theme ideas:

- Unisex's dress shirt (white is my favorite) paired with undies, loose tie optional, a great hat is a fun one. Heels or bare feet.
- Large flannel
- Partner's favorite t-shirt with cute undies. Fun knee high socks add a cute element
- Swimsuit in/by the pool (Weather permitting, I do not have a heated pool)
- White sheet, wrapped up in
- Shawl/cover up loosely wrapped in
- Bra/pantie set- Gaff Underwear- Boy shorts- Trunks- or Briefs
- corset and undies (stunning -highly recommend, particularly for curvier figures)
- Sheer shirt, tank top or camisole with undies
- vintage night gown or slip
- sexy costume/fantasy outfit
- Body suit
- topless with casual jeans
- apron, undies, and heels (recommend "cooking" props: cookbook, bowl and whisk, cake/cookies on a plate, etc.)
- Dominance or submissive outfits/accessories

Jewelry: any thing from chunky to elegant. If you're going for a dramatic look, try rhinestone/costume jewelry, chandelier earrings, even a bracelet. Bring options and we can work with it. For an understated look, small earrings/studs and a simple necklace that has significance adds a really nice touch. You don't have to wear jewelry, but often it's lovely to add. Also there are tons of body jewelry options from pearl cloaks, to body wrap chains

Shoes: Just as important as undies! It's amazing what a splendid pair of shoes can do for a boudoir shoot. I'm a huge fan of bare feet, but those sultry heels or unlaced Jordans do amazing things for a sexy outfit.

Hosiery: Thigh highs, fish nets, garters -great ways to add more touches to your look

Other: hats, masquerade mask, ties, fresh flowers/petals, vintage coca cola bottle(s), martini or other adult beverage in appropriate glass, hand fans, big feathers, paper parasols, fruit (apples and strawberries are great, add a lovely pop of color, but a bunch of grapes can look stunning, too.) Candy -big lollipops, cotton candy on a stick, licorice, honey, records, work-related props etc.

5. Personal prep... Do not spray tan! It's a huge misconception that you should look tan for these photos. Tan skin actually counteracts the lighting for boudoir photos, so you should stay away from the tanner for at least ten days before your shoot.



Eat something light but filling before you leave the house. Stay out of the sun – while a base tan will be nice in photos, red, blotchy, peeling skin will not. Did I say PLEASE – DO NOT SPRAY TAN. Drink plenty of water and use a ton of lotion for luminous smooth skin. Lower your salt intake and avoid alcohol if you're worried about retaining water. Please eat something light and avoid gassy foods (Broccoli, Cucumber, etc.. You know the ones that make you toot.) DO get your hair and makeup up professionally done, get a natural mani/pedi, and most definitely get false eyelashes put on. They may feel too large, but they photograph well, especially when you are looking down and off to the side. You always want to exaggerate your features for the camera, especially your eyes and lips. If you need to book someone to come to the shoot I can make some suggestions or for an additional cost just take care of it all for you! I will edit skin imperfections but will not remove scars unless you tell me to do so. My rule is if it will be gone in two weeks I'll remove it in photoshop, things that make you- you I will not.

6. Stop worrying YOU. WILL. LOOK. HOT!

7. Don't forget you can text me (913.291.5969) with ideas of how you would like your session to go or if you need outfit help.