

PORTRAIT

PREPARATION GUIDE

“As long as you show up, it’s going to be AMAZING! That’s it. That’s all you have to do. I’ve got the rest. Can’t wait to see you!”

— Barbara Anne



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HELLO, BEAUTIFUL!

I am so excited to be photographing you! I tend to over-communicate with my clients so they know exactly how to prepare and exactly what to expect throughout the whole process. Hope you don't mind.

**FEEL FREE TO RE-VISIT THIS
PREP GUIDE AS OFTEN AS YOU'D LIKE.**



First thing's first:
START REFLECTING

Exactly what kind of images are you hoping to walk away from your session with? Do you find yourself drawn to anonymous images that show off the body? Portraits? Editorial style? Have absolutely no idea? It can be very difficult to articulate your own style, so we don't ask you to. Instead, the first thing that I ask clients to do is to create a "secret" Pinterest board for their photo session. If you are not a Pinterest user, you can also just send me some photos, but I find that the secret board on Pinterest is the best way for you and I to get a good visual of the concept we're going for.

Once that's done, I want you to create a Pinterest board titled "(YOUR NAME) PORTRAIT" (it's very important that you name your board with your name because otherwise I'll have a hundred "MY PORTRAIT SHOOT" boards and won't know who is who) and, without thinking too much about it, I want you to PIN anything that speaks to you and your style. We have lots of photos on our page

for you to reference, but you can also take it upon yourself to venture out into Pinterest or pin images directly from this page or the rest of our website!

Try to turn off your fear and over-thinking at this point. Don't say things like "OHH that's so beautiful, but I would NEVER be able to pull that off!" or "I WISH I could look like that!". That's not the point of this exercise. After pinning 25 or so images, I will very easily be able to get a visual of your style and the type of images you are interested in. Do you like sweet, bright, and bubbly? Do you like dark, moody, and seductive? Do you like shots that capture the entire body? Do you like close-up teaser shots of eyes and smiles? Do you prefer more modest portraits? We'll find out together! The purpose of this is NOT to find photos to replicate! It is inspiration and now that we'll both know the kind of images you really like, it will be easier to deliver a set of photos that are YOUR STYLE, as long as it syncs well with my artistic style.



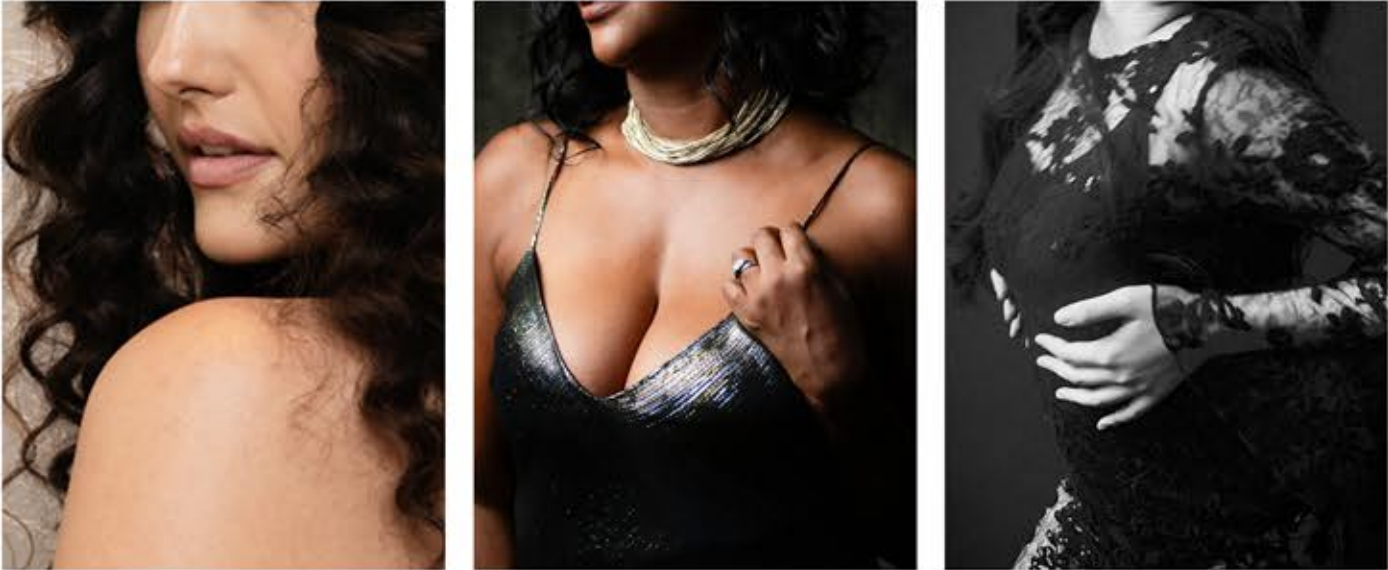
TYPES OF IMAGES
While our standard style is “authentic cool girl”
You’ll get it when you see your first image.

You’ll look confident and cool. It’s our specialty there are lots
of different types of image categories to work with.

What are your favorites?

DETAIL SHOTS

Showcasing the beautiful bits that grace the female form. Eyes, Collarbones, shoulders, arms... these types of shots are perfect for a wall art display and to add visual balance to an album.



BEAUTY PORTRAITS

With or without clothes, these images include your face and a portion of your body. We have black, charcoal, light gray, and white backdrop options for different aesthetics.





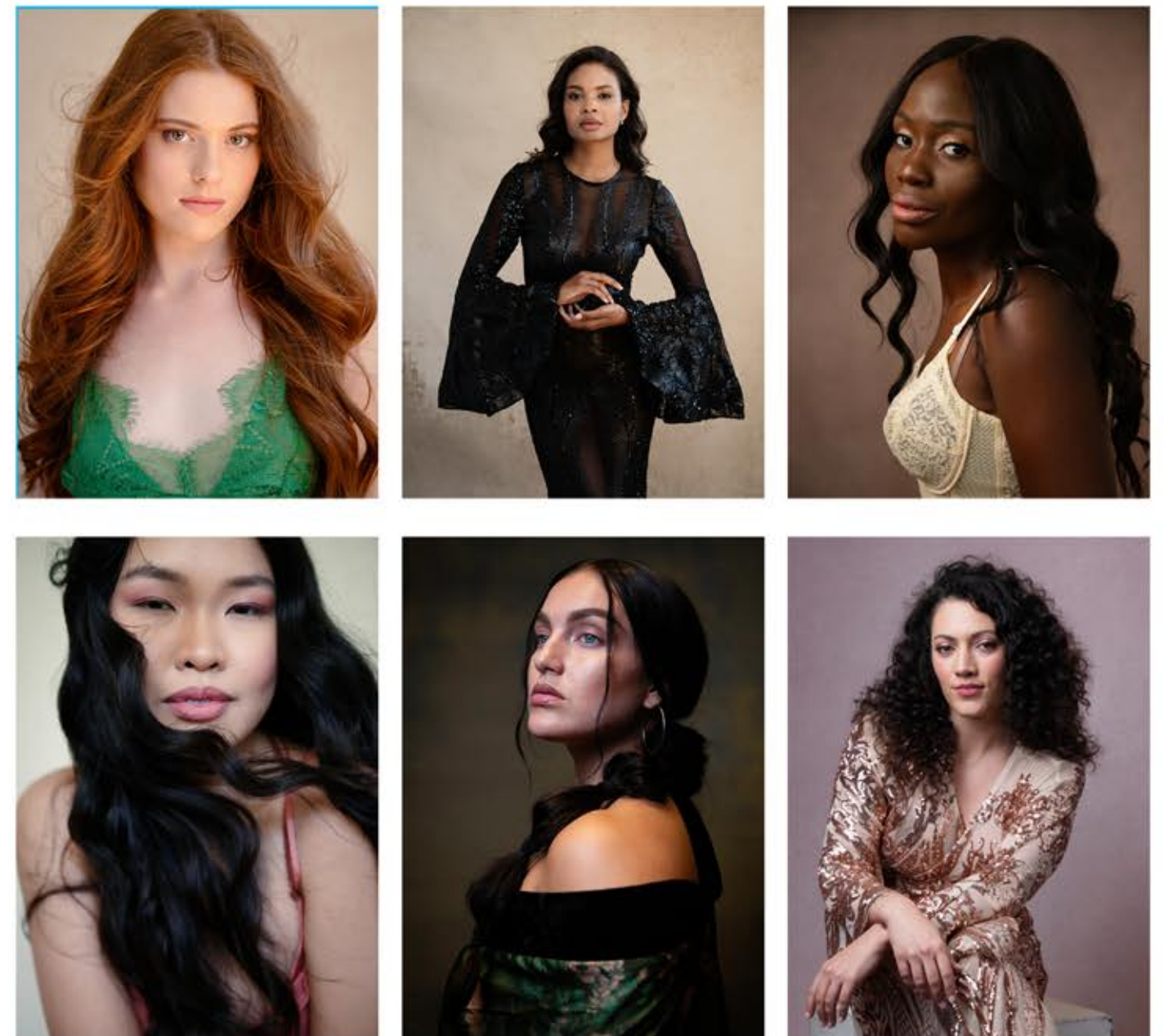
NATURAL BEAUTY PORTRAITS

Similar to standard beauty photos, except these particular shots encapsulate your utmost natural beauty- without makeup- celebrating your authentic self. This is a truly special experience as it allows you to see your raw self in an entirely new perspective. Yes, we can still remove blemishes and do a very gentle retouch, or you can choose to go without any editing! The option is yours and we love photographing fresh-faced women!

If you will be opting for a makeup-free photo session, be sure to shoot us an e-mail at least a week prior to your shoot to let us know not to book our stylist for you!

CLASSIC PORTRAITURE

The Barbara Anne Photography Classic Portrait style is elevated, effortless looking, and a beautiful celebration of the female spirit.





FINE ART

Taking a page out of the Renaissance art period, Barbara Anne's fine art portraits are a timeless display.



FILM NOIR

These edgy, high-contrast statement images will leave you breathless. Dimly lit Black and White images, these types of shots look best with skin showing





STYLIZED BEAUTY

These types of shots are quite a bit more curated, posed, and polished...which means there will be far fewer of them, but these images will be billboard ready. If you want to feel like a centerfold, consider requesting stylized beauty for one of your sets. Ideal wardrobe for this would be long skirts, gowns with excess fabric, jeweled lingerie, and statement pieces.



COMING IN FROM OUT OF TOWN?

Check out our “Welcome to Nanaimo” guide for recommendations for accommodations, food, and fun to make the most out of your time here! With some of our clients traveling in from elsewhere for their experience, we want to make sure you have a solid lay of the land. Also good to note: we can arrange a remote video photo reveal for you so you don’t have to travel back to Nanaimo for your reveal a few weeks after your shoot unless you’d like to!



JOIN THE SISTERHOOD

You can always reach out to me via e-mail; but if you want a broader audience, a safe space has been created so you can engage with other women who have experienced a Barbara Anne Photography photoshoot or have one coming up! Start to get pumped about your shoot, ask any questions, calm last minute nerves, and interact with other empowered ladies through the Barbara Anne Photography Facebook Page!



OUR LOCATION

Most of our clients come to us at the Barbara Anne Photography studio on Lantzville Road. Our space is built for photos. Gorgeous tall ceilings for flattering light, stunning clean simple sets, even the most flattering paint color for all skin tones (yes, we thought of everything). HOWEVER, I also love shooting in new places! If the schedule permits and for an additional fee, we can discuss having your session in your home or an alternate location.



WARDROBE TIPS

Honestly, and I'm not even close to exaggerating here, wardrobe is very important for the way your portraits will turn out. However, don't feel the need to run out and buy all new things. Look in your closet for things you haven't worn for a while, raid your friends closets, If you want something fancier, you can rent it from a number of reputable companies. There are also a lot of great consignment stores in the area!

Here's some wardrobe tips to calm your nerves and help you decide what to bring:

The number one wardrobe rule is:

Do not bring outfits that you don't love! I can't tell you how many women show up with outfits that prompt them to say "i really don't like the way i look in this one, but i'll leave it up to you!". If you don't like the outfit, it's likely that you won't like photos of you in the outfit. Leave it at home.

For beauty or portrait:

Structured and/or statement pieces work amazing. Your favorite blazer or jacket, a cocktail dress with an

interesting neckline, or just a bodysuit and jeans....We want you to look and feel like yourself (just on your best day). When in doubt, just bring in some of your favorite wardrobe items and let me style them for you. It's part of the service and I'm happy to do it.

Have several outfits picked out.

We can go through them together before your shoot to determine what will photograph best. We will have time for 1 outfit for every 20 minutes you are scheduled...so that is 5-6 outfits for our magazine style portrait session.

Try to incorporate a variety of pieces into your wardrobe selections.

Having 5-6 different black shirts and black pants won't allow for a whole lot of variety in your photos. With the chance to wear several different outfits, we can showcase a variety of moods and qualities. You are multi-faceted. Let's capture that!

Structured Pieces & Solids

Look great on camera as well as items with texture, and those that are form fitting to show your figure.



SOMETHING LIGHT

Bring something in a soft shade of blush, gray, sunde, cream or shifts.

SOMETHING DARK

Black, chocolate, charcoal, or rich jewel tones work well.

SOMETHING CLASSIC

Put together an ensemble (or two) that's timeless and chic. Whether you need images for business, want to keep things casual, are aiming for something a touch dressy and ladylike - or even all three.

SOMETHING SEXY

Sexiness can mean wearing a backless gown or beautiful lingerie. Even a sweater can feel sensual when worn off-the-shoulder; and slip dresses nod to lingerie while still feeling dressed up.

SOMETHING EPIC

A photo shoot is the perfect opportunity to dress like a movie star, (and a great excuse to go shopping). You might even rent, borrow, or custom make your dream outfit. Give yourself permission to go all out.

ACCESSORIZE

Bring jewelry, hair accessories, scarves, wraps, and hats!

Avoid tiny busy patterns & neon colors.

They are often harsh on-camera and a bit unflattering so try to avoid them.

Sumptuous Textures

Luxurious Fabrics and textures add a tactile richness and depth to your photos. Think lace, beadwork, embroidery, crochet, leather, velvet, draped satin, chiffon, and chunky knits.

Monochromatic Outfits

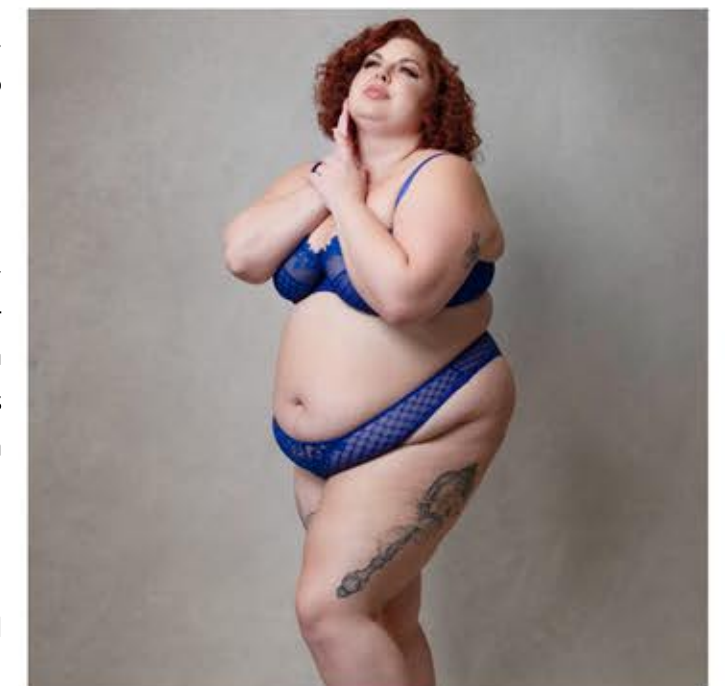
Limiting each outfit to one color palette is a great way to create a long lean body line in your portraits. When pairing separates, keep light with light, and dark with dark. However your top doesn't have to be an exact match to the bottoms, (dark wash jeans with a black top works).

The Classic Little Black Dress

A gorgeous all-black ensemble with interesting textures, especially around your face and sleeves, is always a timeless, classic look. TIP: have a favourite little black dress in your closet that no longer fits? Bring it in! We can always clamp a loose outfit in the back to tighten it up or even leave dresses that are too small unzipped while we shoot.

Pressed and Pretty

Make sure your wardrobe selections aren't wrinkled, and cut all the tags off of your sheer items before arriving.





FLATTERING ALL FIGURES

CURVY BODIES

BRING ON THE FORM-FITTING ITEMS! I adore bodysuits, tight dresses, and lingerie....especially for voluptuous bombshells. We often see curvy women trying to cover up more, but often that has the opposite effect they think it will. Allowing me to pose you so that we can see your figure and celebrate it is the way to go!

THIN / NO CURVES?

That's all in the posing girl! Form fitting options work great as I pose the heck out of you to make you look and feel bodacious!

NECESSARY UNDERPINNINGS

Consider the undergarments you'll need for each outfit. You may need a strapless bra or nude thong. Pair a black bra with darker clothing, and stick with nuder bra under light clothing.

PROPERLY FITTED UNDERGARMENTS

I recommend going to a local lingerie boutique to have yourself properly fitted. Recommendations can be found on the last page. OR if you're interested in online ordering, True & Co. has a really amazingly helpful website and quiz that will help you to determine what styles and sizes work best for you. <https://trueandco.com/quiz/intro>

SHORTER LEGS

If you are including shoes, and you want your legs to look longer, choose a high heel with a THIN heel rather than chunky! Avoid shoes with thich ankle straps or a square toe. Nude shoes natually elongate the legs.

FLATTER YOUR ARMS

Love your arms? Show them off with a strapless dress or sleeveless top. Hate your arms? Pass on anything with cap sleeve, which emphasize the widest part of the arm. Either way, bring (at least) one outfit with long sleeves.

SURGERY SCARS AND STRETCH MARKS

My personal belief is that scars tell a story. Sometimes clients wish they didn't have to be permanently reminded of that story and other itmes clients embrace their scars and say they're a part of them. For this reason, I will never edit out a scar or stretch mark unless a client specifically requests it ...and if they do, in fact request that retouching, I will happily do that at no additional charge. This is a VERY personal topic and it's not my decision to make. I welcome scars and stretch marks, but I also support a woman's right to choose how her body is represented..



GET YOUR BEAUTY SLEEP SERIOUSLY! PHOTOSHOP CAN'T FIX TIRED

PLAN AHEAD

Nothing puts a damper on a fun and relaxing photo shoot like feeling rushed or late! You should plan for traffic and arrive about 5 minutes before your scheduled start time.

PAMPER YOURSELF

Use this an opportunity to pamper yourself. Go a few days before your shoot and get a manicure and pedicure! This will give you a finished, polished look. Chipped polish can be distracting.

BRUSH YOUR LIPS

Sounds weird, right?! Dry lips are very hard to fix in post processing. In the days leading up to your photoshoot, use your toothbrush while brushing your teeth to also make a few passes over that pucker of yours. This will help shed dead skin. After that, apply a moisturizing lip balm...repeat repeat repeat. If you're looking for a KILLER product recommendation. I LOVE DR. LIPP'S MIRACLE BALM. You can score a tube of it on AMAZON, and don't be surprised if you see it referring to being a Nipple Balm in the description. It's a jack-of-all trades balm that was originally released as a lip conditioner, but because it's 100% lanolin and odorless/tasteless/colorless, people soon discovered you could do nearly anything with it. Nursing moms love it for cracked nipples, I love it for luscious lips and a cheek highlight, I've heard of people using it on dry heels/elbows/knees, etc. For less than \$20, a tube of this stuff will last you a REALLY long time (My first tube was a teeny trial sized BirchBox find that lasted me 4 months!)

HAVE EXTRA WARDROBE OPTIONS

Bring at least 4-5 different outfits, a couple pair of shoes if you're a shoe girl, and accessories only if you usually wear them. We may not use it all, but it never hurts to have options. Often clients will bring a smattering of wardrobe options and I'll just style up some different looks that they maybe weren't thinking and they end up loving them.

LATHER ON THE LOTION

Supple is key for beautiful skin! Be sure to moisturize twice a day for the week leading up to your shoot. On the day of your shoot, use a non-bronzer illuminizing lotion. If you're having a hard time finding an illuminizing lotion without color, you can absolutely just go with an oil based lotion like Argan Oil Moisturizer or Coconut Oil Moisturizer. Don't use tinted lotions or anything with color. We will have some moisturizer at the studio for you to use if you don't have a lotion you love.

MAKE A PLAYLIST

Music will really help you get into the super model zone!! Try to select music that matches the concept of your shoot. We have a bluetooth speaker at the studio to stream your tunes if you bring them! We also have a pretty kickass set of photo shoot playlists that tend to jive well with most people.

PHOTOSHOOT DAY

- BEAUTY SLEEP !!
- BREAKFAST - think protien and complez carbs
- BARE FACE - Wash and apply your usual moisturizer
- MOISTURIZED BODY - Apply some serious lotion or oil.
- CLEAN DRY HAIR - Go for a professional blow out ...
- ARRIVE ON TIME - Plan to get to the studio on time.

TRUST ME

I won't make you do anything that is going to make you look bad. I'm a pro. I've been doing this for a long time and I know how to make a woman look good with killer poses, strategic lighting, and appropriate camera angles. I've photographed over LOTS of women in the last 10 years and have quite literally worked with EVERY body type and insecurity. I've got you covered. Don't stress. (Easier said than done, I understand.)





DON'T YOU DARE!

SPRAY TAN BEFORE YOUR SHOOT

I know you think that you look better with a tan...but I assure you, even if you don't see the streaks and unevenness with your naked eye, the camera will pick them up. You will photograph a lot more tan than you think you look (especially given that my specialty is low-key lighting and black and white imagery), and spray tans will photograph orange in color images. Trust me on this!! On that same note, no tinted lotions or bronzers on your body. Even after this warning I get a lot of women who message me to say that they've been spray tanning for years and they cannot fathom not doing so before a photo shoot. Of course I will still photograph you, but unfortunately our standard retouch will not account for spray tan correction, so just keep that in mind.

BRING A CONSTRUCTION HAT (or other props)

If you have jewelry that has sentimental value, absolutely bring it! But avoid jerseys, military apparel, weapons (yes, really), sports equipment, masks, etc etc etc.

PARTY THE NIGHT BEFORE YOUR SHOOT

If you're nervous, try a bubble bath and a yoga class. Hangovers aren't sexy. Lawwwwd do I know it.

DRINK RED WINE TO CALM YOUR NERVES

Don't drink a bottle of red wine right before you show up in efforts to calm your nerves! #1-It will stain your teeth and lips. #2--Drunk doesn't photograph pretty either. HOWEVER, I'm admittedly an advocate of a little bit of booze to soothe anxiety if you are super nervous. SO, I

set a firm 2 drink maximum limit for my clients on the day of their shoot. Champagne or white wine is a good option because it won't stain your mouth and will still calm you down a little. You're welcome to bring a small bottle with you to the studio. We have non-alcoholic refreshments to offer you.

FORGET TO STRETCH

Many of these poses, while they look effortless, are quite unnatural feeling. Take a few minutes on the morning of your shoot to stretch your arms, legs, hips, and especially your back. People are surprised to see how sore their muscles get after something as silly as a photo shoot, so any extra flexibility you can add by a quick yoga flow will only benefit you.

GET A NEW HAIRCUT / COLOR

IMMEDIATELY BEFORE YOUR SHOOT

Now isn't the time to experiment with a whole new look.

TALK SMACK ON YOURSELF

I don't want to hear about how you hate your hips. I want to hear about how you LOVE your legs. A great attitude will go a long way in having a fabulous and upbeat experience! HOWEVER...if you really feel the need to discuss the thing that bothers you the most about your body, just let me know by saying "I love my ___, but my biggest insecurity is my ___". I will be extra careful to play down your "flaws"...but I will ALSO make it my challenge to take the best damn image featuring your ___ so you have a new-found appreciation for it ;)



WHAT ARE YOU WORRIED ABOUT?

It happens all the time...a client's photo shoot is a few days away and she begins to panic. I get a terrified e-mail in the middle of the night begging for me to talk them off the ledge. They want to cancel, they just haven't had the time to prepare, you name the excuse, I've heard it. So let me be proactive here and tackle the most common trepidations I hear, so that maybe you won't be hyperventilating in the middle of the night on the day before your session.

STRESS ACNE

Yeah, it happens. Pimples suck. If you think for one second that every woman you see pictured on my website was magically pimple-free on the day of their session, you're taking crazy pills. We retouch blemishes and bruises with ease on every photo you see. No problem. No stress. Let that pimple try it's hardest to ruin your day, but your photos will not be a permanent reminder of it.

MY PERIOD

Yep, it's the worst. No, it will not affect your finished product. We run an all-female studio and we ALL understand the plight of menstruation on photo shoot day. We keep extra strength Advil and feminine hygiene products on hand, and we have zero qualms with 30 bathroom breaks. Start your morning with some fresh fruit and a heating pad and we'll take it from there. No worries about bloat or blemishes.

POSE ANXIETY

This one's easy. You don't have to know how to pose...not even a little bit. I will walk you through every step of the way. I will get into the poses myself and have you mirror me. If we didn't get it right on the first try, I'll gently redirect you. It's not YOUR job to take amazing photos, it's mine. And I'm pretty competitive about taking amazing photos.

I'M NOT PHOTOGENIC

If you're thinking that all of the women featured on the pages of my website and social media are models, you're sorely mistaken. I have NEVER....EVER had a client who didn't love their photos. You don't have to love EVERY SINGLE ONE of them, but you will love most of them. And you will be shocked that you could love photos of yourself this much. I WILL rock out your photo session and I WILL get a whole bunch of killer images of you. I always do. But if you come into the shoot with an open mind and with trust in me, we'll get EXTRA. And extra is always good. I've never met a woman who I couldn't capture beautifully. That includes you.

BODY ISSUES

I long for the day that women are comfortable in their skin at all stages, for the day that women embrace their wobbly bits and beautiful side creases. That said, I know women well enough to be realistic and understand that many women struggle with self love and no matter how much I tell them they are beautiful, they wish they would have lost just a few more pounds before their session. If that is you, I can assure you, that this ain't my first rodeo. The majority of the women that come in to see me are working on loving themselves, but struggle. They don't approve of the size of their thighs, their belly pooch, their dimples. I take women's feelings very seriously and never want to make anyone uncomfortable. While this is a body positive studio, I will also light and pose you in the most flattering possible way while I shoot you from the best possible angles.

I've spent the last decade photographing all kinds of women, all extraordinary in their own way. I've learned all the tricks to ensure that I am featuring the attributes that women most love about themselves, while paying special care to downplay areas of concern. While I'm going to make it my very best effort to change your mind on what you consider to be your "flaws", I don't expect every woman to be ready for that yet.

**SO, ONE MORE TIME, LOUDER
FOR THOSE IN THE BACK!**

**YOU ARE AMAZING TODAY
NOT 15 LBS FROM NOW,
NOT POST-PLASTIC SURGERY.**

**YOU ARE AMAZING TODAY
AND I CAN'T WAIT TO SHOW YOU!**



Where to prepare.

I've got a few recommendations for local Nanaimo businesses + websites that will help you prepare your face and bod for your session! Feel free to pay these establishments a visit and mention that Barbara Anne sent you!

PURPLE CACTUS LINGERIE

For a personalized bra & lingerie shopping experience. They carry the largest range of sizes in town and will size you correctly!

TRUE + CO

For a personalized online lingerie shopping experience. A questionnaire helps you select styles that suit you!

Foxy Box Laser & Wax Bar

Professional Hair Removal and Lash Tints & Lifts.
241 Milton Street. 778-441-2874
Open 7 days a week Mon-Fri 9am-8pm Sat 8am-7pm Sun 10am-6pm

Revitalize Laser Clinic

Jetpeel Facials / Clay Peels / I recommend these services a week before your session.
Upstairs@241 Milton Street. 778-268-4658

Breze Salon & Day Spa

Facials, massage, the perfect mani/pedi, and so many amazing services.
Country Club Centre 3200 N Island Hwy. 250-758-6822

WHAT TO EXPECT

A COUPLE OF DAYS BEFORE YOUR SHOOT, you can expect to get a confirmation from me, just making sure we are on the same page about your makeup start time, shoot start and end time, and location...and I'll also ask if you have any last minute questions!

ON THE DAY OF YOUR SHOOT, your hair and makeup will be done by a member of our glam squad unless you've requested a natural beauty shoot. You should have your face clean and moisturized, and your hair dry and ready to be heat styled when you arrive. Make sure to wear loose-fitting clothing or a lightweight robe while getting makeup done and let us know in advance if you have any skin allergies at all. While you're getting lovely, I will take a peek at your wardrobe selections and start putting together looks so we can hit the ground running when you're done with hair and makeup. Once you're done with makeup, you can get into your first look.

ONCE THE SHOOT BEGINS, you can expect me to give you tons of encouragement and direction. I will not expect you to super model pose throughout your shoot. I will show you what to do, and encourage improvising whenever you feel comfortable. I will say things to elicit laughter whenever possible, too...so be prepared (or, actually, don't. It's better that way.)

The poses generally aren't very comfortable and your shoot will give you more of a workout than you anticipate. But I assure you, I know what I'm doing. Get a good stretch in the morning of your session, and the evening after your session. A couple of ibuprofen might need to happen for those lower back aches, but it will all be worth it!

YOUR SHOOT TIME will FLY by. That's a good thing!! That means it wasn't awkward or boring. Just the right amount of fun! We do run a tight ship at the studio in

regards to our schedule, so you'll most definitely be out on time but never early.

AT THE END OF YOUR SHOOT, we will help you pack up your things, we'll get you scheduled for your photo reveal appointment so you know exactly when you'll be seeing your images, and we'll collect your final balance if you haven't already paid online. We'll also give you a high five because, GIRL, you rocked it.

WITHIN 3 WEEKS of your shoot, you will have your photo reveal appointment with me so that you can see all of your proofs and order anything you'd like. You should be prepared to place your full order on the day of your photo reveal and ordering appointment. Most clients find themselves upgrading their album and adding images, and also purchasing a piece or three of wall art.

AT YOUR PHOTO REVEAL appointment, we'll relax on the couch and show a slide show of some of the highlight images from your session before diving in to viewing your entire collection of at least 60 images. You'll have the opportunity to flip through our beautiful album options and see all of our other available products. If your package included an album credit, we'll explain your options to use the exact credit or to apply your credit towards an upgraded album and/or other products if you desire. We know you're going to love your images, and these reveal appointments are so much fun. We can't wait to share your photos with you!

WITHIN 8 WEEKS of your photo reveal appointment, all of your purchased products will be ready for pickup, and sometimes sooner! We'll send you an e-mail letting you know when your products are ready for pickup, or with your tracking number if you live out of the area and we are shipping to you.

WITHIN 6 MONTHS of your photo reveal appointment, you'll want to do this again. Trust us ;) Existing clients get dibs on photo shoot time slots because we believe in special treatment.

Homework.

AHH, I bet you didn't think you'd ever have to do homework again, did you? Think again, beautiful!

CREATE A SECRET PINTEREST BOARD

I want you to head on over to Pinterest and create a secret board called "(YOUR NAME) Photo Shoot. Follow me, and then invite me to join your board that you've named "YOUR NAME PHOTO SHOOT", and I want you to spend some time pinning images that speak to you. See my tip on this up above in the "Planning" suggestions. Don't put too much thought into your pins, I just want to get a general idea of the aesthetic style you're drawn to.

If you don't have a pinterest account and don't feel like creating one, then just email me a sampling of at least 20 different images you've found online that you like. my email is info@barbaraanne.ca

JOIN MY FACEBOOK GROUP

Be sure to join the Barbara Anne Photography Facebook Group to interact with past clients and share your excitement about your session!

ANY QUESTIONS?

Please don't hesitate to ask, dahhling! I'm here to help!



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PHOTOGRAPHY

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+ Destination Photographer

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