

GETTING READY TIPS

EAT, DRINK & REST

DON'T STRESS - PLAN AHEAD

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

PAMPER YOURSELF & YOUR HANDS

Use this an opportunity to pamper yourself. What made you feel great? Go a few days before your photoshoot and get a manicure and pedicure! This will give you a finished, polished look.

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.

NOURISH YOURSELF

Don't come hangry! Protien and Fiber are the best options to keep your energy up during your photoshoot.

STRETCH

Posing includes stretching, holding, and movement and often feels like a yoga workout. For your most comfortable and flexible photoshoot experience, we encourage you to stretch in the the days leading up to your photoshoot. Being a supermodel is more work than most people think!

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.

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

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.

HYDRATION

When it comes to beautiful skin and fewer dark circles under your eyes, water is your best friend. Most of us are chronically underhydrated. Start topping up your water consumption the week before your portrait session for the best results.

PHOTOSHOOT DAY

- BEAUTY SLEEP !!
- BREAKFAST - think protien and complex carbs
- MOISTURIZED BODY - Apply some serious lotion or oil.
- PAMPER YOUR 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 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.)