

BOUDOIR

Preparation Guide

Let me show you
how beautiful
you truly are



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Wardrobe Tips

The allure of boudoir photography lies in its versatility—there's no single "right" outfit or perfect image. It's a celebration of individuality and sensuality. This guide will help you enhance your boudoir images by avoiding certain wardrobe choices.



WHAT NOT TO WEAR:

BABY DOLLS. WHILE BABYDOLLS ARE A POPULAR LINGERIE CHOICE FOR THEIR ABILITY TO HIDE AREAS OF INSECURITY, THEY CAN ADD UNNECESSARY BULK AND OBSCURE YOUR NATURAL SHAPE.

ILL FITTING PIECES. ENSURE YOUR LINGERIE FITS WELL BEFORE YOUR SESSION. ILL-FITTING PIECES CAN CREATE UNFLATTERING LUMPS AND BUMPS, ESPECIALLY AROUND THE THIGHS AND BELLY..

OLD LINGERIE. WHILE YOUR FAVORITE, WELL-WORN PIECES MAY FEEL COMFORTABLE, THEY CAN LOOK WORN OUT IN PHOTOS. LINGERIE MATERIALS ARE OFTEN DELICATE AND CAN QUICKLY SHOW SIGNS OF WEAR.

TRY INSTEAD:

A LACY ROBE THAT HIGHLIGHTS AND ACCENTUATES YOUR BODY'S CURVES.

A BODYSUIT THAT OFFERS SUPPORT AND SMOOTHS OUT YOUR SILHOUETTE. LONG-SLEEVE BODYSUITS ARE PARTICULARLY GREAT FOR MINIMIZING THE APPEARANCE OF ARMS.

TREAT YOURSELF TO NEW LINGERIE THAT MAKES YOU FEEL FABULOUS. CHOOSE FRESH, WELL-FITTING PIECES THAT MAKE YOU FEEL CONFIDENT AND BEAUTIFUL.



WHAT NOT TO WEAR:

CORSETS. ALTHOUGH CORSETS CAN CREATE A STUNNING HOURGLASS FIGURE, THEY OFTEN RESTRICT MOVEMENT AND CAN CREATE UNFLATTERING BULGES.

COSTUMES. AVOID HALLOWEEN COSTUMES OR THEMED OUTFITS, AS THEY CAN APPEAR CHEAP AND ILL-FITTED. BOUDOIR PHOTOGRAPHY IS ABOUT ELEGANCE AND TIMELESS BEAUTY.

BLOCKY HEELS. CHUNKY HEELS AND WEDGES, WHILE COMFORTABLE, CAN MAKE YOUR LEGS LOOK SHORTER AND THICKER AND LACK THE ELEGANT LINE OF A POINTED TOE.



TRY INSTEAD:

A THREE-PIECE SET—BRA, PANTIES, AND GARTER BELT WITH HIGH-HIGH STOCKINGS. THIS COMBINATION ELONGATES THE LEGS AND ENHANCES YOUR NATURAL CURVES.

INCORPORATE PERSONAL ITEMS LIKE A FAVORITE SPORTS JERSEY, A COWBOY HAT, OR A BUTTON-DOWN SHIRT TO ADD A UNIQUE AND INTIMATE TOUCH TO YOUR PHOTOS.

GO BAREFOOT FOR A NATURAL, ELONGATED LOOK. IF YOU PREFER HEELS, OPT FOR SKINNY ONES, OR SIMPLY BE PREPARED TO POINT YOUR TOES FOR THAT GRACEFUL, LENGTHENED LEG EFFECT.



You can create stunning boudoir images that celebrate your unique beauty by avoiding these common pitfalls and choosing pieces that flatter and accentuate your body. Embrace your sensuality and let your confidence shine through every shot.



Embracing the beauty of ALL shapes and sizes:

Embrace your curves:

FOR THOSE WITH CURVY FIGURES, EMBRACE YOUR BODY WITH FORM-FITTING PIECES. BODYSUITS, TIGHT DRESSES, OR SIMPLY NUDE CAN HIGHLIGHT YOUR VOLUPTUOUS BEAUTY. MANY CURVY WOMEN TEND TO COVER UP, BUT SHOWCASING YOUR NATURAL SHAPE AND LETTING ME POSE YOU TO HIGHLIGHT YOUR CURVES WILL CELEBRATE YOUR TRUE BEAUTY.

Small Chest:

EMBRACE YOUR PETITE FRAME WITH UNDERWIRES AND BALCONETTES, OR GO BRALESS, WHICH IS MY PERSONAL FAVORITE FOR SMALL-CHESTED WOMEN. SMALL BREASTS ARE BEAUTIFUL, SO THERE'S NO NEED TO ADD EXTRA "OOMPH" UNLESS IT MAKES YOU MORE COMFORTABLE

Flat Butts:

THINGS ARE YOUR BEST FRIEND AS THEY MAKE YOUR BUTT LOOK FULLER COMPARED TO FULL-COVERAGE BOTTOMS OR G-STRINGS. EXPERIMENT WITH DIFFERENT STYLES IN FRONT OF THE MIRROR TO FIND WHAT MAKES YOU FEEL MOST CONFIDENT. DON'T WORRY; I'LL USE EXPERT POSING TECHNIQUES TO CREATE CURVES AND GET THAT KILLER BOOTY SHOT, REGARDLESS OF YOUR NATURAL SHAPE

Shorter Legs:

OPT FOR HIGH HEELS WITH THIN HEELS INSTEAD OF CHUNKY ONES. AVOID SHOES WITH THICK ANKLE STRAPS OR SQUARE TOES. NUDE SHOES ELONGATE YOUR LEGS, GIVING YOU A SLEEK AND ELEGANT LOOK.

Mommy boobs:

IF YOUR BREASTS ARE SAGGING OR "FLOPPIER" THAN YOU'D LIKE, CHOOSE SUPPORTIVE BRAS OR FORM-FITTING BODYSUITS TO KEEP EVERYTHING IN PLACE. POSING WILL PLAY A MASSIVE ROLE IN ENHANCING YOUR SHAPE, AND I'M SKILLED AT MAKING YOUR MOM BOOBS LOOK AMAZING. LET'S CELEBRATE THEM TOGETHER!

Scars/Stretch Marks:

IF YOUR BREASTS ARE SAGGING OR "FLOPPIER" THAN YOU'D LIKE, CHOOSE SUPPORTIVE BRAS OR FORM-FITTING BODYSUITS TO KEEP EVERYTHING IN PLACE. POSING WILL PLAY A MASSIVE ROLE IN ENHANCING YOUR SHAPE, AND I'M SKILLED AT MAKING YOUR MOM BOOBS LOOK AMAZING. LET'S CELEBRATE THEM TOGETHER!

Everybody is beautiful, and with the right wardrobe and expert posing, we can create stunning boudoir images that celebrate your unique sensuality. Let's embrace your natural beauty and let it shine through every shot

What to Avoid Before Your Boudoir Session:



Don't be a critic!

CELEBRATE YOUR BEAUTY! FOCUS ON WHAT YOU LOVE ABOUT YOURSELF INSTEAD OF FOCUSING ON WHAT YOU DISLIKE ABOUT YOURSELF. A POSITIVE ATTITUDE WILL TRANSFORM YOUR EXPERIENCE INTO AN UPLIFTING AND FABULOUS ONE! IF THERE'S SOMETHING YOU'RE PARTICULARLY INSECURE ABOUT, JUST LET ME KNOW AND I WILL BE MINDFUL OF DOWNPLAYING YOUR CONCERNS WHILE ALSO MAKING IT MY MISSION TO CAPTURE AN INCREDIBLE IMAGE THAT WILL HELP YOU APPRECIATE THAT PART OF YOURSELF ANEW.

Don't party the night before

INSTEAD OF PARTYING THE NIGHT BEFORE YOUR SHOOT, INDULGE IN A RELAXING BUBBLE BATH, ATTEND A YOGA CLASS, OR LISTEN TO CALMING MUSIC. A HANGOVER IS FAR FROM SEXY, SO ARRIVE REFRESHED AND READY TO SHINE.

Skip the spray tan

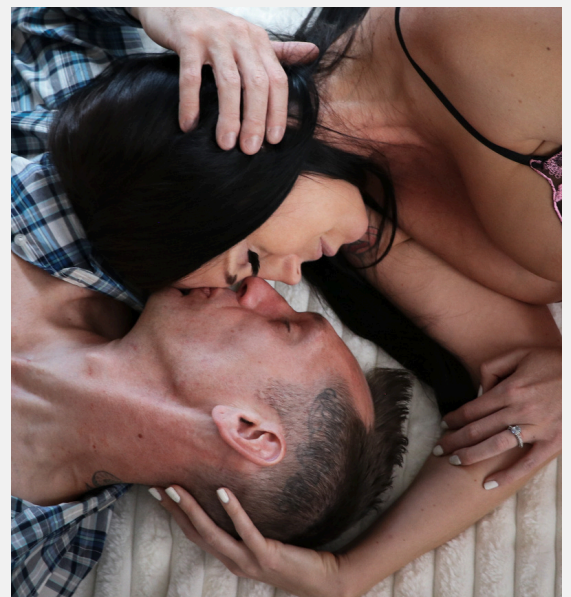
WHILE YOU MIGHT FEEL MORE CONFIDENT WITH A TAN, SELF-TANNERS AND SPRAY TANS CAN BE PROBLEMATIC IN PHOTOS. THEY OFTEN RESULT IN STREAKS AND UNEVENNESS THAT THE CAMERA WILL PICK UP, AND THEY CAN APPEAR ORANGE IN COLOR IMAGES. TRUST IN YOUR NATURAL SKIN TONE, AS IT WILL PHOTOGRAPH BEAUTIFULLY. IF YOU MUST HAVE A TAN, UNDERSTAND THAT OUR STANDARD RETOUCHING DOES NOT INCLUDE SPRAY TAN CORRECTION

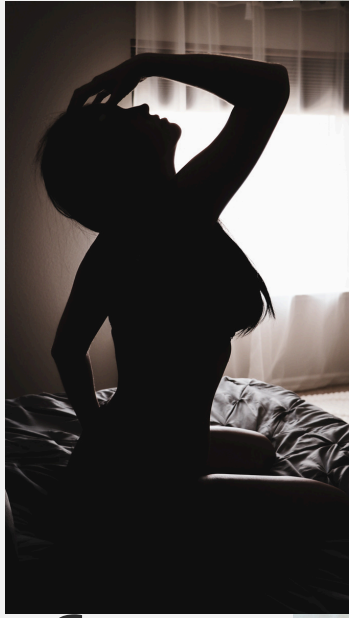
Avoid new hair styles or color

STICK TO YOUR USUAL LOOK. NOW IS NOT THE TIME FOR DRASTIC CHANGES. A NEW HAIRSTYLE OR COLOR CAN AFFECT YOUR CONFIDENCE IF YOU'RE UNHAPPY WITH IT, IMPACTING HOW YOU FEEL IN YOUR PHOTOS. STICK WITH A LOOK YOU KNOW AND LOVE TO ENSURE YOU FEEL YOUR BEST.

Mind the red wine

DRINKING RED WINE TO CALM YOUR NERVES CAN STAIN YOUR TEETH AND LIPS, AND BEING TIPSY MIGHT AFFECT YOUR PHOTOS NEGATIVELY. IF YOU NEED A LITTLE LIQUID COURAGE, OPT FOR CHAMPAGNE OR WHITE WINE INSTEAD. LIMIT YOURSELF TO NO MORE THAN TWO DRINKS, AND KNOW YOUR LIMIT TO AVOID LOOKING TIPSY OR DRUNK IN YOUR IMAGES





Preparing for your photo shoot

Four weeks before your shoot

ENVISION YOUR CONCEPT: DREAM UP YOUR IDEAL THEME AND OUTFITS. ARE YOU AIMING FOR CUTE, COY, SEXY, SWEET, OR SULTRY? LET'S COLLABORATE TO PLAN AND SKETCH OUT THE PERFECT VIBE FOR YOUR SHOOT.

GO SHOPPING:

FIND THE OUTFITS AND ACCESSORIES THAT MAKE YOU FEEL AMAZING. ORDER THEM EARLY TO ENSURE YOU HAVE TIME TO TRY THEM ON AND MAKE ANY NECESSARY EXCHANGES. YOU DON'T NEED EXPENSIVE LINGERIE TO LOOK BEAUTIFUL, IF YOU WANT TO SAVE SOME MONEY, TRY SHEIN OR ADORE ME BRANDS.

Three to five days before your shoot

SKINCARE ROUTINE:

IF YOU'RE PLANNING TO EXFOLIATE, WAX, OR SHAVE, NOW IS THE TIME TO DO IT. GIVE YOUR SKIN A FEW DAYS TO RECOVER FROM ANY REDNESS OR IRRITATION.

DAILY MOISTURIZING:

KEEP YOUR SKIN HYDRATED AND GLOWING BY MOISTURIZING EVERY DAY LEADING UP TO YOUR SHOOT.

STAY HYDRATED:

DRINK PLENTY OF WATER TO KEEP YOUR SKIN LOOKING ITS BEST.

REMOVE TAGS:

CUT OFF ALL TAGS FROM YOUR OUTFITS, INCLUDING ANY SEWN-ON LABELS, TO AVOID ANY DISTRACTIONS IN YOUR PHOTOS.

TREAT YOURSELF:

INDULGE IN A MANI/PEDI SESSION. NICELY TRIMMED NAILS, CLEAN CUTICLES, AND A RELAXING HAND/FOOT MASSAGE WILL MAKE YOU FEEL PAMPERED. THIS APPLIES TO GUYS TOO!

HAIR AND MAKEUP TRIAL:

IF YOU'RE DOING YOUR OWN HAIR AND MAKEUP, DO A TRIAL RUN TO PERFECT YOUR LOOK.

Celebrate your beauty

The night before your shoot

PACK YOUR BOUDOIR BAG:

ENSURE ALL YOUR OUTFITS, ACCESSORIES, AND ANY PROPS ARE PACKED AND READY TO GO.

AVOID ALCOHOL AND SALTY FOODS:

THESE CAN CAUSE BLOATING AND PUFFINESS, SO IT'S BEST TO STEER CLEAR.

GET A GOOD NIGHT'S SLEEP: REST WELL SO YOU WAKE UP FEELING REFRESHED AND EXCITED FOR YOUR SESSION

By following these tips, you'll ensure that you're fully prepared to embrace your sensuality and have a fabulous boudoir experience. Let your confidence and beauty shine through in every photo

The day of your boudoir session

HAIR AND FACE:

ARRIVE WITH YOUR HAIR WASHED AND BLOWN DRY AND YOUR FACE WASHED AND CLEAN. DON'T USE ANY PRODUCT IN YOUR HAIR, OUR MAKEUP AND HAIR ARTIST WILL MAKE YOUR HAIR AND MAKEUP GORGEOUS

WEAR LOOSE CLOTHING:

CHOOSE LOOSE-FITTING CLOTHES AND AVOID TIGHT ACCESSORIES LIKE HAIR TIES OR WATCHES TO PREVENT ANY MARKS ON YOUR SKIN.

HAVE A LIGHT MEAL:

EAT SOMETHING LIGHT TO KEEP YOUR ENERGY UP AND AVOID FEELING HUNGRY DURING THE SHOOT.

PLAN YOUR TRAVEL TIME:

ALLOW EXTRA TIME TO GET TO THE LOCATION SO YOU CAN ARRIVE RELAXED AND READY TO ENJOY YOUR SESSION.

