

How To Prepare for your Boudoir/Pinup shoot

You're excited - you've finally got your boudoir session scheduled! But now you've got so many thoughts running through your head - what to wear, what props to bring along, how are you going to wear your hair, do you *really* want to do false eyelashes?

There's so much to think about to plan for what's going to happen during your session that you may not consider what you need to do to prepare for your session until it's too late. That's where this fact sheet comes in handy - with tips on things you can do that will help you get the most from your intimate portrait session.

- Don't wear constrictive clothing to the shoot. Wear loose clothes, like a track suit, and try to bring a robe or dressing gown to the shoot to change into as soon as you get there. We don't want your bra straps and panty lines showing, so we will want to get them to disappear. Bring a robe with you to change in to and remove your bra, to allow the marks to go away before we shoot.
- Pinup and boudoir is all in the face. Practice big genuine smiles, blow kisses, a sultry come-hither look, an over the top expression will make you look like a million dollars! Don't be afraid to exaggerate and don't be afraid to be silly! The best pictures happen when you let go of your inhibitions, so if you start out that way, you'll get even more great photos!
- Drink plenty of water the day of and in the days before your session. This will ensure that your skin is hydrated, which will also make sure your makeup goes on more smoothly and your skin has a healthy glow. You might even consider exfoliating (gently!) a few days prior to your session and moisturize before getting dressed on the day of.
- Be sure to eat before your session. Not a huge meal, but the session will take a little while and you'll need your energy to hold some of those fantastic poses, so eat at least a light meal. And feel free to bring snacks with you (that won't mess with your makeup).
- Regarding hair removal: if you plan to do this, you'll want to do it at least 6 hours before your session and preferably the day before your session to allow for the redness and possible swelling to diminish.
- Stay away from the sun in the days before your session. While a sun-kissed look is often pleasing, it won't be in your photos if anything goes awry. And while I do touch up your photos, sunburn is difficult to edit and is not included.
- Consider how your fingernails and toenails look. If possible, get a manicure or a pedicure, but if not, make sure everything is neat and clean. A clear polish will only add to your photos. Of course, if you're going for the vintage, pin-up look, bright red nail polish is best!
- You may want to come to your shoot in a button-up shirt. This will ensure that neither your hair nor your makeup will get messed up when you remove or change your clothing.
- If you use a white deodorant, eliminate it the day of your session! Then your clothes and your skin will remain the colors they should be.
- Music that gets you in the mood to move is great, too! We always provide a stereo and you're welcome to bring your iPod or other mp3 player to connect to the stereo.
- The following are a good bet for clothing and props: black undies and bra, your partner's shirt (or other special clothing, maybe work related, i.e. a tie, a uniform shirt, military clothing, sports-related clothing/jerseys, props to match, etc.), thigh-high stockings, garter belts, and boy cut or bootie shorts. Panties that have the ruffled bottom too are VERY flattering, and so are sheer bottomed panties! If you are bringing more than one outfit, try to save your favorite outfit for last. By then you'll be more relaxed and those pictures usually turn out the best.
- Nude, or implied nude shoots: It's up to you how much or how little you want to show in your pictures. We are professionals, and you will love anything you do, so do not be self-conscious, relax, let loose and have fun.
- Don't be afraid to use color, either! Also, if you are particularly concerned with the belly area, corsets and bustier's make EVERY body look fabulous! You can't go wrong with those pieces of lingerie. They flatter & shape wonderfully AND happen to look VERY sexy!
- Please bring any jewelry pieces or hair accessories that you may prefer. We will select the ones that best suit your clothing and that won't detract from you and your images. Simple jewelry and accessories are best. But, if you have a favorite piece of jewelry that happens to be very large or ornate, please bring it! We will find a way to incorporate it. Also, long strings of pearls are always great. We also have a great selection of jewelry, props, gloves, etc that you are free to use.
- The main thing is to relax and know that you're going to have a ton of fun and will look absolutely gorgeous! We are going to laugh, play and have such a good time, you will actually forget your insecurities and inhibitions!
- We can discuss specific clothing and props in more detail if you'd like after you've booked your session with me, but feel free to contact me if you have any questions at any time!

Regarding bringing a friend: Many of my clients ask if they can bring a friend or their partner (when it's not a surprise). This may SEEM like a good idea, but in my experience, it actually tends to cause you to be more self-conscious. I find that women tend to become less outgoing than we may otherwise be with a relative stranger. There is a certain amount of "anonymity" to a boudoir session that reduces the preconceived expectations. If you are doing a shoot with a friend, by all means, encourage each other, flirt and have fun!

Above all, relax and know that you are going to have a blast, and you will fall in love with yourself all over again...if you are doing these for your significant other, know that they are going to attack when they see them, and you will be so proud of your beauty!

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