

Prepping for Your Photo Session

Time

Use your session time wisely. Plan your wardrobe in advance. Make your clothing changes fast and efficient, that gets you variety and more time in front of the camera. Be on time for your session as it will affect the ability to get the right light and will impact your attitude and pictures.

Clothing

Choose outfits that get you compliments when you wear them (even if it from your Auntie). Avoid stripes, plaids, and other bold patterns; solid colors are flattering, dark colors make the best black and white images, light colors work best for the high key look. Be sure that the clothing is flattering to your figure; sleeveless tanks can make the arms look bigger; tight cami's, T-shirts and sweaters accentuate everything they cover, turtlenecks are generally not recommended while V neck, scoops or boatneck are usually flattering to anyone. Classic styling ages better than trendy clothes; blue jeans will probably still be in style 20 years from now where as Bermuda trail shorts won't be. Bring clothes that are "dress up" (ironed if needed) as well as casual. Avoid T shirts with words or logos unless it is your high school gear. Make sure that the undergarments you choose do not show through or fall out of the clothing, (the multi strap layering and low slung pant trends do not make attractive pictures). Don't forget to bring appropriate accessories...shoes, jewelry, belts, etc., and feel free to bring your favorite hat and sports gear. If you wear glasses it's best to bring an empty pair of frames to avoid potential glass glare. Most optometrists will loan you a pair for this purpose. Plan ahead and make a list of everything that you want to bring.

Grooming

Your eyes will be the focus of almost every image so make sure your eyebrows are groomed and your mascara is not clumpy. Don't use glitter, heavy gloss, or mineral based makeup as the photo lights may make it flare. Makeup should be just slightly more than normal, but still very natural; it should also be neutral to go with all of your outfit changes. Blemishes can be corrected, but a cover stick should be used. A translucent powder can help to control oil shine even for the guys. Bring your makeup bag along for touchups.

Shave if needed as stubble will show on faces, armpits and legs.

Sunburns cannot be color corrected so do not tan for 3 or 4 days in advance of your session. Your fingernails and toenails should be neatly groomed; chipped polish or grease under your nails will be apparent. Make sure polish matches your outfits. It is likely that you will be shoeless for a few of your casual poses.

White deodorant will show on dark colors and when you pose with arms over head.

Do not try a new hairstyle for your session day. If you make hair style changes with the clothing changes make them simple. If you need to get your hair cut, do it a week in advance of the session. Lots of gel or grooming pomade can make the hair look greasy.

Props

Bring props that help define who you are. Some ideas are: Sports equipment (soccer ball, football, hockey stick, hurdle, whatever), sports uniforms, music instruments (from school tuba to rock guitar), activities (dance leotard and shoes, travel, hobbies, however I'll go to your barn to get the picture of you with your calf). Plan in advance if you need to check out sports equipment or uniforms from your school.