



BOUDOIR

DO & DON'T

Treating yourself well before your session will help you look your best and feel confident and sexy. Moisturizing, exfoliating, hydrating, avoiding the sun and getting your beauty rest are all helpful preparation ideas. Read on for more tips...

JUNIPER BERRY PHOTOGRAPHY

Heidi Jewell, Photographer | 780 720 2905 | juniperberryphotography.com



- Bring up to three outfits to your session (extra stockings in case of a run).
- Bring a snack, you will be hungry at the end of your session.
- Shop for your outfits at least one-week in advance of your shoot.
- Buy outfits that enhance your assets and conceal your problem areas.
- Do have lingerie that fits you properly and has the appropriate support for your body.
- Remove price stickers from the bottom of shoes ("Goo Be Gone" works great).
- Get a professional manicure and pedicure. Be sure not to clash your fingers and toes. Consider matching nail polish on fingers and toes or go with clear/nude polish on your fingers with a dramatic colour on your toes.
- If colouring your hair, do this at least three days before your session.
- If you're having a facial, do this at least three days before your session.
- Drink a lot of water for at least 12 hours before your session.
- Bring shoes and consider jewellery to flatter your outfits.
- Pack or layout your items the night before, this will give you time to remember if you forgot something.
- Do moisturize your skin in the morning (do not use moisturizer with sunscreen).
- If shaving, do this the night before. If waxing, do so at least 48 hours before your session.
- Bring your partner's shirt & tie, guitar, helmet, jacket etc. Be creative!
- Fishnet pantyhose with "large" diamond holes are slimming on larger legs.
- If you don't like your arms or shoulders bring a robe or an off-the-shoulder sweater.
- Do wear a button down shirt so your hair and makeup isn't messed.
- Trust your photographer – ME ☺
- Bring a robe and slippers.
- Get a good night sleep.



Don't

- Don't spray tan, you will look orange in your photos and it can leave dark spots in your pores.
- Don't stay up late the night before – we want you looking rested and bright.
- Don't eat a heavy meal 12 hours before your session.
- Don't drink alcohol the night before since it's dehydrating and will show on your skin.
- Don't experiment with beauty practices like a chemical peel, tanning or Brazilian wax a week before your shoot date.
- Be careful with sun exposure - tan lines are not sexy.
- Don't make appointments immediately after your shoot.
- Don't be shy to ask for specific poses I want you to be happy with your images.
- Don't wear tight fitting clothing before your shoot because it will leave marks that can take hours to disappear (e.g. tight bra straps, elastic waistbands, socks, tight panties, or even a watch is a no, no).
- Don't wait until you get to your shoot to cut all lingerie tags off, especially the ones sewn into the fabric.
- If you break out the night before don't be nervous, you'll make it worse and I can remove this when your photos are processed.
- Do not bring oily lotions or sparkles to your shoot, it's messy and damaging.
- Do not wear white/ chalky underarm deodorant
- Don't wait until the last minute if shopping for new items.



Want to learn more about boudoir sessions?

Let's chat:
780-720-2905

Or drop me a line:
juniperberryphotography@gmail.com