

PORTRAIT & HEADSHOT SESSION PREPARATION TIPS

I'm delighted you've chosen to have your photo session with me! To ensure you look and feel your best for the camera, I've compiled a simple yet essential preparation list. This guide will help you choose the right attire and get ready for your photo session. The goal is to capture you at your most confident and comfortable, so follow these tips and get ready to shine in front of the lens!

1. Attire: Opt for smart casual - think collared shirts, blouses, or dresses. It's best to stick with mid-tone colors and simpler patterns.

Things to avoid:

- **Overly casual wear:** T-shirts or sleeveless tops. Choose collars and fabric that don't get misshapen by warmth or wearing.
- **Neon Colors:** These can create a color cast on the skin and are difficult to edit.
- **Very Bright Colors:** Like bright reds or oranges, as they can also reflect color onto the skin.
- **Complex Patterns:** Especially small, intricate patterns (like houndstooth) which can cause funky moiré effects in digital photography.
- **All White or All Black:** These can be challenging for exposure settings.

Pro-tip: If you choose clothing that pet hair loves to cling to, bring it covered and put it on just before the session.

2. Fit: Wear well-fitted clothing. Avoid anything too baggy or too tight.

3. Accessories: Keep accessories minimal. Simple jewelry is best. Avoid large, shiny, or noisy accessories.

4. Makeup and Hair: Natural makeup usually works best. Ensure hair is neat and styled as you prefer.

5. Grooming: For men, a fresh shave or neatly trimmed facial hair is recommended.

6. Comfort: Choose outfits you feel comfortable and confident in, as this will reflect in your photos.

7. Preparation: Get a good night's rest before the shoot and stay hydrated for a fresh look.