

GENERAL TIPS FOR *Your Session*

- 1) Be sure to hydrate well and get a good night's sleep the night before the shoot, so your skin will look and feel its best.
- 2) Don't forget the little details. Maybe treat yourself to a mani/pedi a few days before, or get your eyebrows on fleek! Men should be well groomed as well, so break out the beard trimmers!
- 3) It's not a bad idea to schedule your next haircut just before your shoot, so it's perfectly trimmed and coiffed on the day of your session. HOWEVER: do not decide to make a major hairstyle change on a whim before your shoot. You don't want to preserve it forever if you don't like how it turns out!
- 4) Be sure to select your outfits ahead of time and try all of them on to make sure they fit well and are clean, ironed and lint-free (or pet hair free, as the case may be).
- 5) Solid colors work best, so be cautious with busy patterns that might distract from the true focus – you! That being said, don't be afraid to be bold.
- 6) Eat something beforehand. No one puts their best foot forward when they're hangry.
- 7) Props are encouraged, so don't be afraid to bring something you want to include, even a change of outfit. I'm always happy to help coordinate!
- 8) Sites like Pinterest can be extremely useful if you're searching for ideas. Don't shy away from exploration!
- 9) Be realistic. As much as I may want to, I cannot subtract twenty years or twenty pounds with a lens. I will do a certain amount of touching up to all of your photos (like blur or fade wrinkles) but I am a humble photographer, not Houdini. Embrace the beauty that is you and let me show it at its best!

