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THE BOUDOIR
Guide

WELCOME TO THE Boudoir Session

Boudoir Session **GUIDE**

Within these pages, you'll discover all the essentials for crafting a sensational boudoir experience, from selecting the ideal setting to finding inspiration for your outfits, and understanding the flow of the session. Be sure to peruse these invaluable tips and tricks before your shoot. Your preparation will pave the way for an unforgettable session that truly captures your essence and beauty!

BOUDOIR

Most ask,

“Why *SHOULD* I?”

Well honestly, the question should be

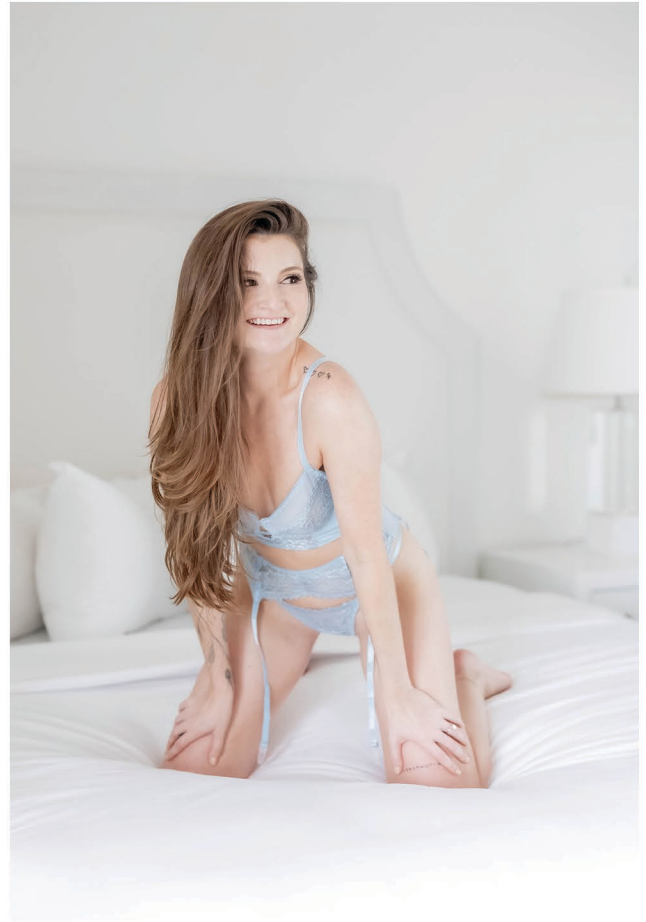
“Why *WOULDN'T* you?”

Boudoir photography is SO powerful. The experience alone will be one of the most liberating, exhilarating and rewarding moments of your life. These photos will show your most authentic, gorgeous self – the way others see you, but often, how you fail to see yourself. Commemorate your 20s...or 30s...or 40s...or 50s... Every decade of life offers something new to discover about yourself that you'll want to remember forever. Invest in boudoir, invest in yourself.





Bridal BOUDOIR



If you are a **BRIDE-TO-BE...** giving your significant other the gift of Boudoir is a treasured keepsake and is honestly a gift they won't soon forget. Think of boudoir as a rite of passage in your short stint in life as a fiancé.

REMEMBER: Your groom can gift himself a pair of cuff links, a fancy watch, or a flask filled with his favorite whiskey. Think outside of the box and give your significant other a gift that is **TRULY** unique, personal and intimate. Presenting him with an exquisitely sexy album **FILLED** with pictures of his wife-to-be will surely make his day, if not his year!



PAMPERED

NO. 01
YOU DESERVE
TO BE
PAMPERED



You know that feeling you get after a really great haircut,
or a relaxing day at the spa?

YOU KNOW THE FEELING....

When everything seems a little bit better, you have an
extra bounce in your step and you just feel...lighter!

We don't allow ourselves to feel that way very often.

SO, IMAGINE THIS...

You walk into the room where there is music playing,
candles burning and a glass of champagne waiting for you.

You sit down in the chair and feel the stress melt away as
you receive professional make-up and hair styling which
can be added onto any session.

Once the lashes are on and the hair is curled, you spend
the next hour playing dress up in lingerie you never
thought you would feel comfortable in.

BUT BEFORE YOU KNOW IT...

You are feeling sexy, confident and amazing.

It's not everyday that you get to have
your hair and make-up done
and dress up for the camera.

UNLESS YOU ARE A CELEBRITY

It's likely that you haven't done it at all.

So why not take this opportunity
to see how the other half live.

Do something fun!

Bring your girlfriend along and
make it a fun day together....

or even better you BOTH schedule a session
and get to experience the fun together.

GET THE CELEBRITY TREATMENT FOR A DAY!

CELEBRITY

NO. 02

CELEBRITY
FOR THE DAY



COMFORT ZONE

NO. 03
STEP OUT
OF YOUR
COMFORT
ZONE



Step Outside of Your
COMFORT ZONE



We all have our “safe” place. The role that we have stepped into, or have been placed in, that we feel now defines us.

For some of us it’s MOM. Now that we have children it seems selfish to do something for ourselves...or we don’t feel like we are allowed to be sexy anymore.

For others it’s your CAREER. You have put your career ahead of everything else, and you don’t take the time to do something that just for you.

**EVERY ONCE IN A WHILE IT’S
GOOD TO STEP OUTSIDE
YOUR COMFORT ZONE...**

NO ONE ever walks into my their session feeling like they know exactly how to pose and what to do.

Even those that have “modeled” before are a little unsure. Nothing about a boudoir session is “natural”, which is part of the appeal.

It’s a safe place to let loose, and bring out the sexy side that usually gets buried beneath all the other “roles” you take on.

ARE YOU READY TO EXPERIENCE

Boudoir?

Let's go over what to wear, how to prepare and what investment looks like.



SOME THINGS TO CONSIDER:

What is the style you want to show in your boudoir photoshoot?

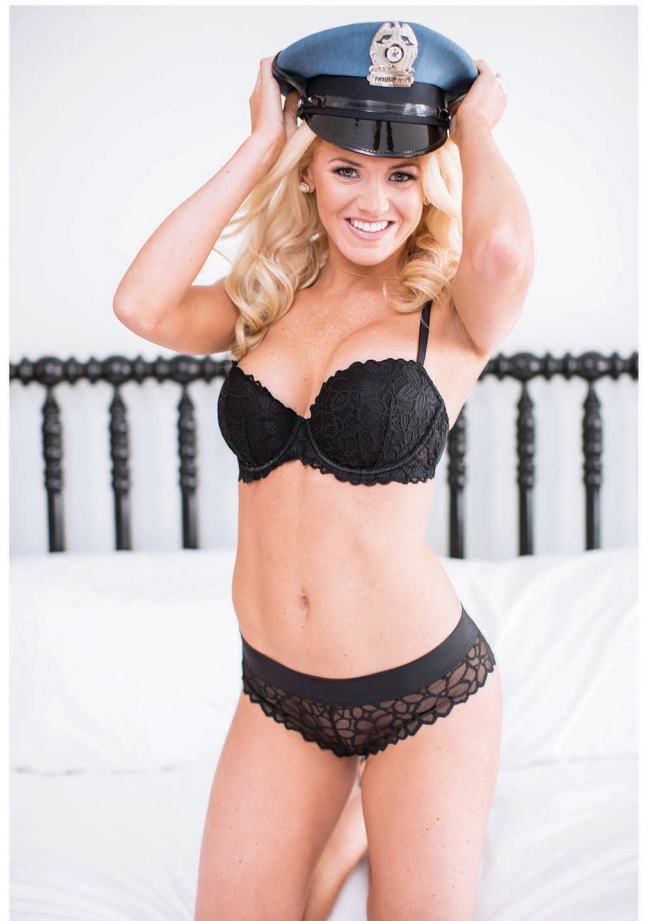
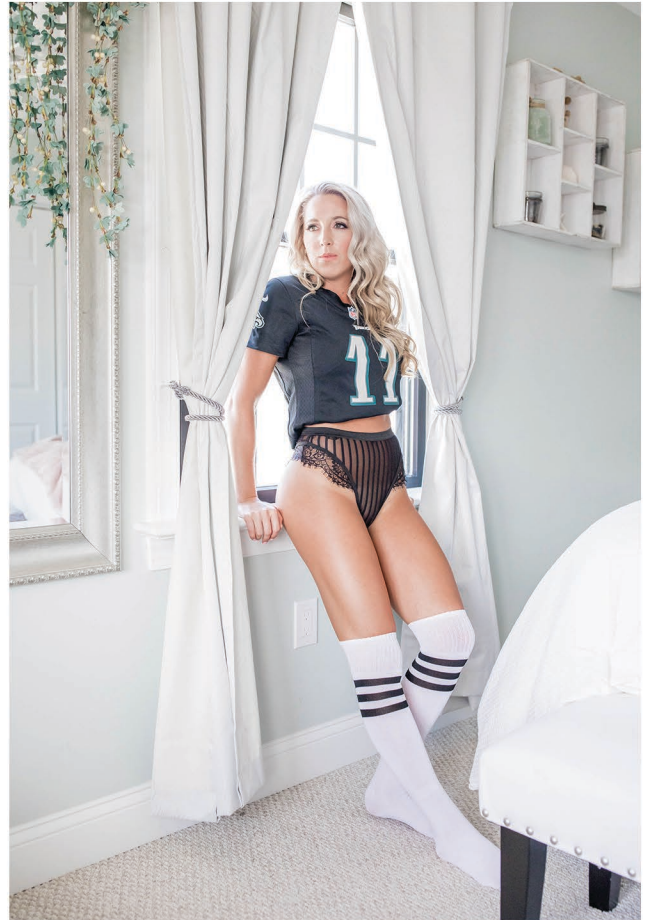
What do you normally wear that makes you feel sexy?

Is there something meaningful that you and your other half share?

In my experience, I recommend bringing at least four- five outfits, because more choice is better than less. Try to prepare all the outfits at least a week before the shoot to avoid last minute stress.

They should include:

- Two matching underwear sets (one dark, one light)
- One or two tops or t-shirts (maybe your significant others dress shirt, work shirt, jersey, or uniform)
- A one piece body suit
- Shoes/jewels for each outfit (any additional props)



LINGERIE & UNDERWEAR

GENERAL RULES:

The most important thing is that they must be well fitting!

Try everything on before; choose matching panties and bra because matching colors look better in photos.

Avoid patterns and choose some bright colors that will pop in the pictures and/or a classic black, blue, white or red.

TIP: Cheekies are better than larger or smaller undies, because they give you more definition. I also prefer a cheeky over a thong as it is not aesthetical in photoshoots; bring your thongs only if their front side is pretty .

A cheeky gives more definition and curve, rather than a small, straight thong.

The full piece bodies are fun and comfortable. They are also great to hide the stomach, if you are worried about C-section scars, stretch marks and any other issue.

Robes:

They are fun to play with and help cover up if you are a little shy at the beginning of the photoshoots. Robes are also very popular for brides to be, generally in white. Robes in water shoots are fantastic!





FACE PREPARATION

If you are thinking about a facial, please have one at least two weeks before the shoot to avoid rashes.

Have your eyebrows trimmed/waxed a few days before to avoid red spots.



BODY PREPARATION

Moisturize your body before the shoot. Natural scrubs a few days before are a good idea too.

Have a professional apply a full body tan **NAKED** so there are no lines and try to have this done 2-3 days prior so it sets in and there are no streaks or skin stains.

Tip: DON'T FORGET BARRIER CREAM APPLICATION ON KNEES, SOLES OF FEET, ELBOWS AND PALMS.

Shave / wax few days before to avoid red spots.



HANDS AND FEET CARE

Hands and feet are an important part of a woman's image. Apply hand cream and book a manicure and pedicure before the photoshoot. Apply a nail varnish of your choice. Avoid neon bright colors. If you have no time for nail painting and gels, stick on nails from im-press manicure are my favorites!

JUST BEFORE THE PHOTOSHOOT...

Be in full hair and make-up BEFORE you arrive if you are using your own artists. Hair can be pinned to hold curls, but all other makeup should be set to

Bring extra lipstick/gloss.

Drink plenty of water in the morning.

Stretch out and get ready to arch and curve.

Eat a light breakfast / lunch before the shoot (being hungry during the shoot is counterproductive and often makes your stomach more bloated).

Try to get a good night sleep and do not have excessively large meals or alcohol the night before.

Please let us know of any allergies or medical conditions we should be aware of.



CHECKLIST

- Bring a friend if it will help you relax!
- Flip flops or Slippers
- Robe for in between outfits
- Eye drops for contact lenses
- Lip Gloss/ lipstick
- Some extra hair pins/spray
- Your outfits for the shoot:
 - Lingerie / Underwear Sets/ Bodysuits
 - Tee, Tank, Jersey, Work Shirt, Button Ups
- Heels
- Hats and hairpieces

INVESTMENT

With the booking of a Boudoir Collection, one complimentary bottle of champagne will be provided. You will each receive a Swag Bag at the completion of your session. Images will be delivered within 14-21 business days from the date of your session. Clients will own the rights to download their high resolution & watermark - free images. Photos will be edited in color & in black and white variations.

NO. 01

THE LUXURY COLLECTION

2 HOUR SESSION
5-6 OUTFIT CHANGES
UNLIMITED IMAGES

\$1600

NO. 02

THE BRIDAL COLLECTION

1 HOUR SESSION
3-4 OUTFIT CHANGES
UNLIMITED IMAGES

\$1000

NO. 03

THE TEASE COLLECTION

45 MIN SESSION
2 OUTFIT CHANGES
UNLIMITED IMAGES

\$850

ADDITIONAL: (Prices Vary)

Location/Accommodations Booking (Hotel, Suite, Rental)

Professional Hair and Make Up

On Site Jewel/Outfit Styling

THE LITTLE BLACK BOOK

Starting at \$650

Exquisite 20 page album artfully designed to showcase the best images from the session.

Perfect for a unique and intimate gift OR to have for your own enjoyment.



Questions?

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