



BOUDOIR SESSION

SHIPWRECKED
CREATIVE

2024

IT'S TIME FOR YOUR BOUDOIR SESSION.



It's officially time to start planning the boudoir session of your dreams. Whether you're doing this as a gift for someone special or just for you (because hello, self-love), you're in for the most fun, feel-good day in front of the camera. Are you ready to feel amazing?

This experience is all about celebrating you, your confidence, your beauty, and your unique vibe. No two sessions are ever the same, and that's the magic. I'm here to make sure your session feels completely you from start to finish. Boudoir is intimate, empowering, and seriously so much fun. Let's start planning something unforgettable

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Your journey
starts here

SO WHERE DO YOU START?

PLANNING YOUR SESSION

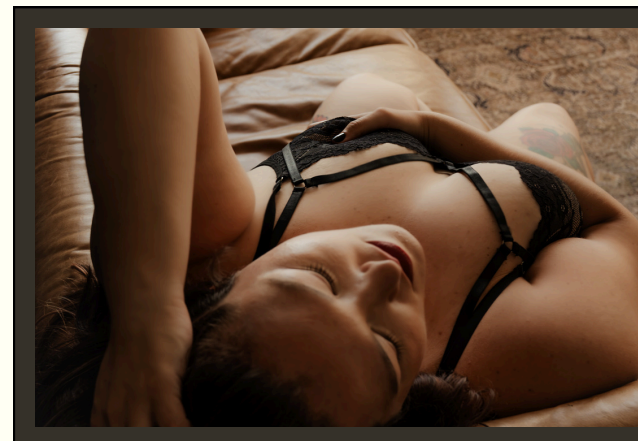
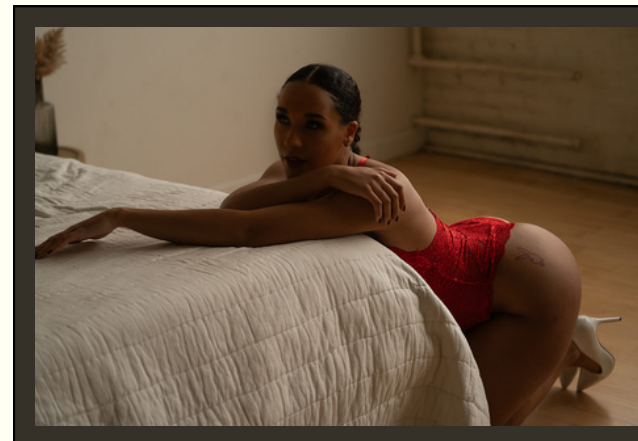
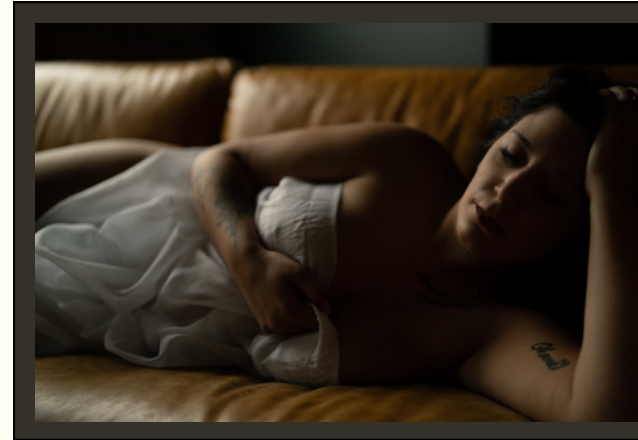
How do you even begin to plan a boudoir session? Don't worry; you don't have to do it alone. I can help you out if you're feeling stuck, but I've also compiled some quick tips that can help you get started off on the right track.

Remember, this is supposed to be fun, so don't overthink it! Here are a few fast tips before we get into the nitty-gritty details.

GET INSPIRED

One of the most fun parts of planning a photo session is scouring the web for inspiration. I recommend setting up some type of inspiration board or vision board on a site like Canva or Pinterest so you can start gathering your ideas all in one place.

Look for poses, outfits, color schemes, backgrounds, and anything else that appeals to you. Even if you're not sure why you like a specific photo, save it anyway! Show me your vision board before the shoot and we'll work together to create a boudoir session that incorporates the elements you love.





DON'T BE AFRAID TO ASK QUESTIONS

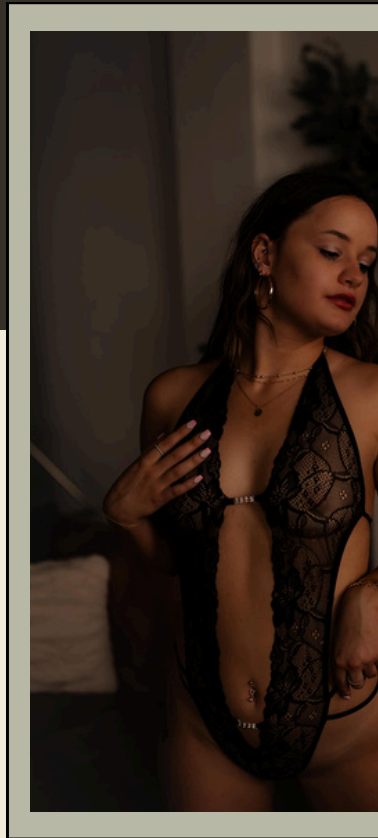
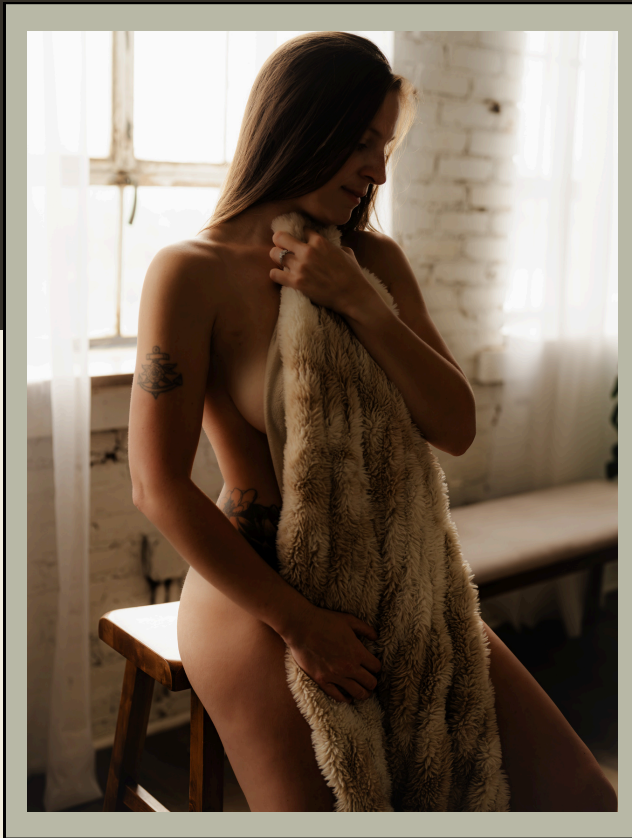
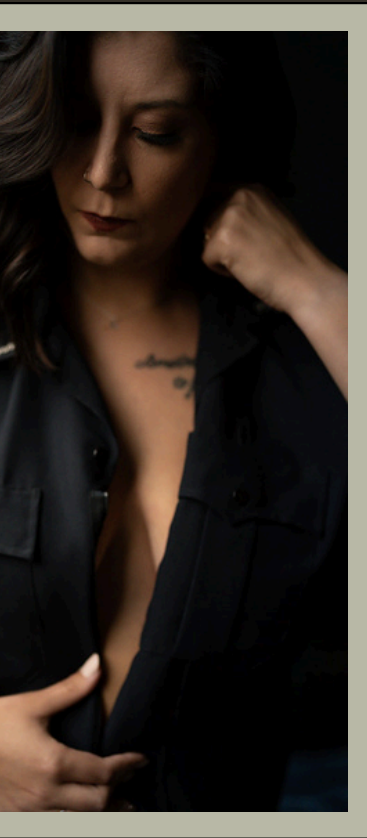
Remember that as your photographer, I'm here for you! You're welcome to reach out before the day of the shoot with any questions or concerns. I'll get back to you as soon as possible with (hopefully) helpful answers!

I understand that photoshoots can be stressful, and I'm here to walk you through it. Whether it's a simple question or a suggestion for a totally "out there" idea, I can't wait to hear it. This is a collaboration, so I'm always open to communication from my clients.

NOSTALGIA THAT LASTS



Shipwrecked Creative



Props and *personal touches*

Many spend too much time on the “big picture” while planning their boudoir sessions. Before the big day, I encourage you to consider some of the finer details. Props and other small personal touches can totally elevate a boudoir photo from good to great.

Coming up blank? Again, don't be afraid to reach out and ask for ideas! I love helping my clients bring their visions to life.

Here are some items you can bring *to the shoot*:

- Hat
- Blanket or scarf
- Gloves
- Hand held mirror
- Jewellery
- Partner's item
- Souvenirs or keepsakes
- Flowers
- Champagne
- Heels

A woman with blonde hair, wearing a white strapless dress, stands in a dimly lit room. She is looking towards a large, ornate, gold-framed mirror on the left. Her hands are clasped in front of her chest. The room is dark, with light coming from a window on the far left. The text "Grand decisions & tiny moments" is overlaid in the center of the image, with horizontal lines extending from either side.

Grand decisions
& *tiny moments*

What *to wear*

What does one even wear for a boudoir shoot?

Well, what you wear (or don't wear) is up to you and your specific comfort level.

Contrary to popular belief, boudoir shoots don't have to be nude. As a matter of fact, some people do their shoots fully dressed and they still turn out intimate, sexy, and fantastic. What matters is that you feel comfortable, and if that means that you stay fully covered, that's not a problem at all.



However, some people prefer to disrobe for shoots. That's great too! If you want to start fully dressed and then start to disrobe when and if you start to feel more comfortable, I can work with that.

Try to find something that makes you feel sexy and confident. For some people, that may be sweatpants. For others, it's a three-piece lingerie set. Some people prefer to wrap up in a blanket or wear a bathing suit.

There's no right or wrong answer here. You can bring multiple outfits so we can choose the best one together if you're feeling indecisive. I love helping people choose the perfect 'fit.

Outfit *inspiration*



We recommend investing in quality lingerie, as it makes a noticeable difference in your final images. Brands like Adore Me, Moxy, even Victoria's Secret, and other high-end designers are great options. Cheaper, fast-fashion pieces often show poor construction and fabric issues on camera.

Don't feel limited to lingerie, bodysuits, oversized sweaters, button-down shirts, blazers, or simple matching sets can all create stunning looks. Variety is key, so bringing a few options helps us create different moods and styles during your session.

Helpful tips:

- Bring heels, even if you don't plan to wear them the whole time—they help elongate the legs and enhance poses
- Choose neutral or rich tones that complement your skin
- Avoid tight clothing right before your session to prevent skin marks



Above all, trust the process. If you feel good, you'll look incredible and that's what boudoir is all about.

YOUR ADVENTURE AWAITS



Hair and *makeup*



Again, hair and makeup is a personal thing. Some people prefer to get their hair and makeup professionally done before a shoot. Others prefer to either go bare-faced or do everything on their own. What matters is that you feel beautiful.

Some photographers would tell you to be careful to not “overdo it,” but I’m all about self-expression. I can make suggestions about what I think will look best on camera, but at the end of the day, what matters most is that you feel great.

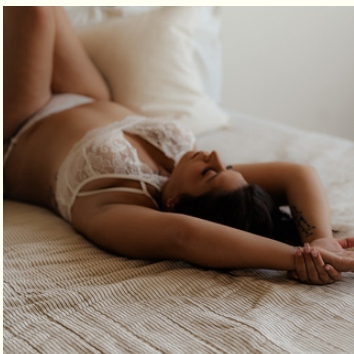
I recommend doing a practice run of your hair and makeup before the day of the shoot so you know what to expect. Take a few selfies and see how you feel.

MAKE SUGGESTIONS

During the boudoir session, we're collaborating! Never be too afraid to make suggestions. Trust me, I want to hear them.

Do you not like a pose I'm trying? No problem! Did you see something in a photo you'd like to replicate? Describe it to me and we'll make it work. I'm here to create your perfect photos, so please, help me help you.

You're also welcome to ask for a break if you're feeling overwhelmed or you need a moment to think. I totally understand.



PLAY MUSIC

Are there any songs that really have you feeling yourself? Whether they're sexy songs, happy songs, or just songs that make you feel energized, they're perfect for your boudoir session.

Often, setting the right mood can make the shoot so much more comfortable. If you want to throw on some tunes, go for it! The vibe of the music may even come through in the photos. Whether you're dancing or just humming along to the songs, it will help.

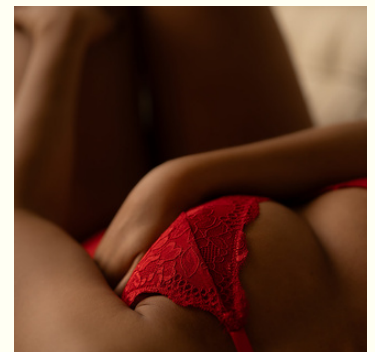


ARRIVE RESTED, FED, AND HYDRATED

Don't make the mistake of trying to skip breakfast before your boudoir photoshoot! You want to eat a light meal, drink water, and get plenty of rest.

A boudoir shoot isn't particularly strenuous, but you want to arrive looking fresh and feeling calm and energized. You can't do that on an empty stomach and no sleep!

You can also bring a snack or even an adult beverage if you think it will help you relax a bit during the shoot.



SLOWING DOWN AND SAVORING THE MOMENT

Lastly, relax
and trust your
photographer.



This may be the most important tip I can give you before the day of your boudoir photoshoot. You need to relax and try to trust me as your photographer.

Yes, easier said than done. I know. But I assure you that if you do your best to relax and enjoy the moment, the photos will turn out far better.

Do whatever you have to do to get your jitters out. Whether you need some pre-session yoga, a quick workout, or, again, an adult beverage, what matters is that you're relaxed and happy!



Love notes
from the
best people

For my boudoir shoot Chris and Abbey made me feel confident and secure, beautiful and free. They absolutely killed the shoot. The vibes were perfect. You even get to make your own music selections. You lead the shoot. The amount of respect and administration i have for this team is unmatched. Thank you for creating an environment that i thrived in. Thank you again for how amazing and creative the shoot have was. Thank you for incorporating all of me. Thank you for being such an amazing group to work with 😊 i strongly recommend

Kristen H