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BOUDOIR WELCOME GUIDE

Setting  
THE MOOD

NOTHING <sup>TO</sup>  
wear

TEASE  
BOUDOIR

a killer pair of  
HEELS &  
MAKING HIM WEAK IN THE KNEES



“

EVERY WOMAN WANTS TO  
FEEL AND BE REMINDED THAT  
SHE IS BEAUTIFUL AND SEXY.

”

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**SETTING THE MOOD**

Capturing the mood of confidence and seduction

# FROM *head* TO TO

## GROOMING TIPS TO PREPARE FOR YOUR SESSIONS

In addition to the lighting and posing techniques that I use to flatter every figure and illuminate every skin type, there are actually things that you can do, too, to prepare for your session. From my experience, these are the things that will help you have the best session possible as well as ensure the best possible resulted images.

Approximately one week before your session, make sure that you start drinking at least 8 glasses of water per day. I know that sometimes this is easier said than done, but well hydrated skin will make a world of difference in your skin's appearance. It is more radiant and luminescent, and will actually make you appear more youthful (and don't we all want that?!). Likewise, it is a great idea to moisturize your body (especially the elbows and knees) with a good body lotion or body butter after your shower and before bed. Don't forget about your lips, too! Exfoliating them with lip pumice every few days and applying lip moisturizer a few times per day will leave your pucker picture perfect!



# DE

One week before your session is also the perfect time to visit your esthetician to get your eyebrows groomed. As any professional makeup artist will tell you, your eyebrows are the frame to your face, much like a frame around a beautiful portrait. The portrait can be gorgeous on its own, but to really make a statement, finish it with an elegant frame. Such a simple thing can make a huge difference! Many of my clients like to start a teeth whitening kit around this time, as well. Nice white teeth help our faces look more vibrant and youthful (again, anything we can do to turn back the clock, right?!). If you haven't whitened your teeth before, ask your dentist what kind of whitening kit they recommend for you.

Keep in mind that this is not a good time to start tanning or try a new hair color/style. If you normally use a tanning bed, make your last tanning session one week before your scheduled time with me. Tanning up until the day of your session can lead to unnatural skin tones and a dry, leathery appearance to the skin. In regards to your hair, it is best to have any fresh color or highlights done one week prior to your shoot. That's when it will look its most natural and healthy.

The day before your boudoir session is an important one. In addition to staying well hydrated and moisturized, you will want to give yourself a manicure and pedicure; or treat yourself to one with your favorite nail tech! Choose whichever nail color or look best represents you and the mood you are going for in your session. For example, a French manicure/pedicure is a timeless classic, while a deep red nail polish is the epitome of seduction. For a darker, moodier feel to the session, choose a dark plum or black polish. You will also want to shave or wax the afternoon or evening before your session. Many of my clients find that the more they are groomed for their session, the more comfortable they are in their wardrobe choices.

Last, but certainly not least, get a good night's sleep. Being well rested will have a positive effect on your appearance as well as your disposition! And most importantly, be prepared to have a great time. We will laugh, dance, and even get a little crazy during the shoot. Even though the week before your session seems to be full of checklists and reminders, it is not meant to be a stressful time at all. It is a time for you to feel pampered and pay attention to your body. You will feel re-charged and re-sparked as a woman, and that's before you see your images for the first time!

## THE IMPORTANCE OF GREAT ACCESSORIES

*Okay,*

you don't need real diamonds for great photo shoot accessories; but I promise I won't tell your husband that! Seriously though, the importance of great accessories for a photo shoot is tantamount to almost nothing. Be it diamonds, a sexy strand of pearls, or some really great costume jewelry, these additions to your wardrobe will help enhance the sexy mood and elevate your confidence. After all, who doesn't feel like a million bucks when draped in gorgeous jewelry (even if it is cubic zirconia!)?

When it comes to jewelry, the perfect pair of earrings can help to frame your face. A medium sized to long length necklace can help to draw attention to your décolletage. A beautiful ring and simple bracelet can embellish your delicate hands. And your perfectly polished wedding or engagement ring can remind him that you're all his. Bring a few great statement pieces as well as a couple of simple choices to our session. My team and I can help you to choose which will photograph better and which will add that perfect something to your wardrobe selection.

**D I A M O N D S**  
**ARE A GIRL'S** *best friend*

But, jewelry is only the beginning when it comes to adding accessories to your boudoir session. Think about adding pieces that mean something to you and your significant other. If he is in the military, his dog tags and parts of his uniform make a perfect addition. Is he a baseball fanatic? Consider grabbing a bat, ball, and glove for your session. If he loves music, grab a pair of headphones and an iPod. I've had a client bring a stack of law books and a pair of glasses to help make a sexy reference to her fiancé being in law school. The possibilities are endless.

Remember, accessories are just the side dishes to compliment the perfect main course. We want them to make a statement without overwhelming the image. Together we can choose the right additions to your wardrobe options and create a look that will knock his socks off!



# IDS *friend*



**NOTHING**  
*wear*

AND OTHER INSPIRATION FOR YOUR WARD



Coupled with a fabulous pose that compliments your curves, your choice of wardrobe is going to be the second thing he notices about your images. You can choose to model your look after a hot little number you saw on the store mannequin, you can choose to stay simple in a matching bra & panty set, or you can choose to wear nothing but a smile and a white sheet.

The best advice I can give to you is to make sure that whatever you select as part of your photoshoot wardrobe, be completely comfortable wearing it. We can find great inspiration on the websites and in the catalogues of our favorite lingerie stores.

Need more ideas? Try a matching bra & panty set, mismatched bras & panties, corsets & garter belts, silk slips, bodysuits, rompers, or a robe. Whatever makes you feel confident and sexy!

I hope that got your wheels spinning in regards to your general wardrobe, but we can't forget about another integral part of the boudoir wardrobe: the shoes! A killer pair of heels lengthens our legs, rounds out our derriere, and makes the majority of men weak in the knees. It also adds that final touch of sexiness to your look. Make sure you bring a few pairs of shoes with you to your session. Chances are that even if they aren't so comfortable to walk in, they are going to look amazing in the photographs. Trust me on that.

## WHERE TO SHOP IN CALGARY FOR A DISCOUNT!!

Mention that you are doing a shoot at Tease Boudoir and you will not only be fitted properly with great service...you will **RECEIVE 10% OFF** at these local lingerie stores.

### BRATOPIA

[www.bratopia.ca](http://www.bratopia.ca)

Edmonton Trail  
102A - 1409 Edmonton Trail NE  
(403) 457-1303

West Springs

(near Aspen Woods)

210 - 8560 8A Avenue SW  
(403) 217-2767

### KNICKERS 'N LACE IN WILLOWPARK

[www.knickersnlace.net](http://www.knickersnlace.net)

#208 10816 Willow Park Village  
(403) 225-1413

TO  
T

ROBE

# THE ULTIMATE WHAT TO WEAR

1

## CLASSIC BLACK SEPARATES

You really can't go wrong in a classic black and undie set. Go vintage with lace, or modern with polka dots. Try a bralette for a more romantic feel, or a pushup for something more seductive. A bonus tip? Cheekie and boyshorts give you a little booty lift!

2

## BODYSUITES

Want to feel like a queen?? Find a bodysuit! You may call them onesies or one pieces, but whatever the name they look amazing! Try sleeves for a different vibe and a pair it with some sparkly earrings. I love deep jewel tone silk bodysuits the best, but a white a cotton one comes in a close second.

3

## FLORAL ROBES

Throw it over your bra and panty set for a totally different look, or wear it alone. You really can't go wrong with a thigh length robe. Play with colours and textures.

4

## THE SHIRT

This can be from your partners closet or from your own. If you are going to be gifting some of these images, a little something of theirs will definitely be a nice surprise. Dress shirt, slouchy T, or even a comfy cardigan or sweater.

5

## SHOES

Sky high heels are either your best from or your worst nightmare. Bring them anyway! I will not make you walk around in them...I promise. That being said they will do wonders for your legs and booty. A little lift and length goes a long way. Wear nude heels and you will add even a few more inches to your legs. Black heels are a nice classic touch.



# list

## 8 MUST HAVES

6

### THEMED WEAR

Bridal veil (of which we will provide in the studio)? Partner's occupation tribute? Nerdy t-shirt and undies combo? Play it up! Make this something that truly describes you. Even if that is a sexy black dress you have hidden away in your closet that you never pull out. Make it about what makes you feel good!

7

### ACCESSORIES

Sparkly necklaces, earrings, pearls, thigh highs and garter belts can be worn to amp up any outfit. I have a few pieces of jewellery in the studio, but I love seeing all of the different items that our babes bring!

8

### NOTHING!

White sheet sets do not have to be scary, or weird. We can end your session with an option of doing a few white sheet portraits (let us know ahead of time) and you can be as covered or open as you would like. When you are trying to find the right outfit and nothing comes to mind, try not having one at all!



# 1 BABYDOLLS

These light and flowing pieces are comfortable and cute, but can add some width to places you don't want. Choose items that hug those curves girl!! Clothing that doesn't fit properly can make you look bigger than what you actually are.

# 2 LOTS OF STRAPS

Not only are strappy things sometimes confusing, but too many elastic straps can cause indents in your skin. Stick to pieces that lay on the top of your body, not dig into it.

# 3 TOO BIG/SMALL BRAS

Make sure there is no gapping or bulging, and that the straps are not digging in or falling off. The sales associates at the store that we recommend to you are trained to help if you need some assistance. Just tell them you are doing a shoot with Tease Boudoir and you are in good hands!

# 4 BODY STOCKINGS

The idea of being in a head to toe fishnet stocking could be intriguing but stay away from things that can dig in or draw attention to areas you want to conceal. Making sure everything the same takes away the eye's want to travel in the photo.

# 5 FAKE TANNER

Everyone wants to have the eternal summer glow no matter what season it is. I know they say "no orange" but trust me everything is different as soon as it's being photographed. Even the slightest amount of self tanner comes across as orange and also can rub off on our furniture. Tan lines are also no fun, and it's very difficult to minimize them in the editing process.

# 6 OVERSIZED JERSEYS

As much as your man loves his sports teams an oversized jersey is very difficult to make sexy. If you really want to show him that you are thinking of him and the team that he loves purchase a t-shirt of his favourite team instead. We can tie it or turn it into a crop top and this way we are not hiding your gorgeous curves.

TOP 6

*Leave it*  
**AT HOME**

PIECES



AND LEAVE IT UP TO

# THE PROS

we say



”



SOMETIMES IT TAKES A LITTLE TIME TO WARM UP TO THE CAMERA ”

When you arrive on the set of your shoot, we will hang up your wardrobe selections and then you will be whisked off into the hair & makeup stylist's chair while your favorite music plays on our stereo. Part of hiring a professional photographer who specializes in boudoir photography is the added bonus of being pampered by professional stylists! I have hand selected my team of professionals because of their talent and because of their ability to listen and make my clients feel special. Just sit back, and enjoy the process! While you are being pampered I will be testing the lighting and putting the finishing touches on the set. I will check in with you occasionally and make sure that your look is coming together exactly how you envisioned it.

After your hair and makeup transformation, it will be time to get into wardrobe. We will begin with the first outfit that we discussed earlier. I know that you may feel anxious and nervous right now, but that is completely normal. Sometimes it takes a little time to warm up to the camera. I use the first 5 to 10 minutes to see how the light is falling on your face and body and to find different angles that will compliment your body.

Take this time to just breathe and listen to my direction as I set up a few poses. You'll soon find that there is no need to rush through the session. The feeling of being in front of the camera will start to disappear as you get more comfortable and find your confidence. If you ever have any questions or concerns during the session, please let me know. Constant communication between us will help to ensure that we are on the same page and that no one feels awkward or uncomfortable. An awkward and uncomfortable client OR photographer does not make for gorgeous images!

That being said, keep in mind that you hired me because you relate to my work and trust my professional opinion. I will always have your best interest in mind and will work together with you to create a session of stunning images that you will love.

After we get through our selected wardrobe and poses, we will be able to wrap up our session. You will look and feel like a million bucks! Why not schedule a date night with your significant other on the evening of your shoot? Having your hair and makeup professionally done is a great excuse to hit the town! Although the main purpose of booking a boudoir shoot may be to gift a gorgeous album or print to your partner, most of my clients feel that the session ended up being an unexpected gift for them. It's a way to reconnect with themselves and celebrate their beauty and confidence. It's a way for them to take a break from the humdrum schedule of everyday life and be pampered and fussed over for a change. Every woman's motivation for booking a session with me is different, but is also the same. Every woman wants to feel and be reminded that she is beautiful and sexy. The images from your boudoir session will help you remember that for years to come.



Setting  
THE MOOD





## “ Arrive well rested and relaxed ”

Boudoir photography is all about capturing the mood of confidence, beauty, intimacy, seduction, and tasteful provocativeness.

With a reputable photographer, this is all done while maintaining your privacy and adhering to your comfort level. In our pre-session consultation (either in person or over the phone) I will be asking about your favorite color, your favorite type of music, your favorite scent, who your favorite actress is, if you have a favorite decade, and what makes you feel sexy and confident. All of these answers will help me not only to get a feel for what you like, but how I can help to set the overall mood for the session.

On the day of your appointment, I suggest that you arrive well rested and relaxed. Try to have everything double checked and ready the night before and make sure that you leave plenty of time to arrive at our location. Come with a freshly washed and moisturized face and dry hair so that my hair stylist/makeup artist can start your pampering right away. While she is styling you to picture perfection, I will be preparing our set for the shoot and checking in with you to see how you like your look. We will go over some images I have done in the past, as well as some inspirational images I have grabbed from my favorite magazines and catalogues. My clients often find that by looking at these images before their session, they can channel their inner “supermodel” and really work it for the camera!

This experience is all about you and focusing on your beauty and grace. I can promise that we are going to have a lot of fun!



For whatever reason you have decided to book a shoot, it is important to know that it is an experience that will lead you on a personal path to discovering your beauty and femininity. It is time to feel fabulous and indulge in what you may rarely give attention to...yourself.

I believe that every woman inherently owns a special beauty that is unique to her. I am here to help reveal that to you. The entire experience is about creating space to be beautifully you. The pampering begins with your private hair and makeup session. One of the talented artists that I have chosen just for you will welcome you and will emphasize your gorgeous features with sultry makeup. Your hair will also be tousled into a "bed sexy" masterpiece.

When you arrive at the Tease Boudoir Studio, you will be feeling fabulous and excited for your shoot. Don't worry if you are nervous as it is common and totally expected. The style consultation will begin as we go through the stunning lingerie and other garments that you selected and brought with you to wear.

Then comes the best part...the boudoir photo shoot. I will guide you through flattering poses and expressive actions to capture that sexy side of you. Don't worry if this is your first time in front of a professional camera, just have fun, you are in good hands!

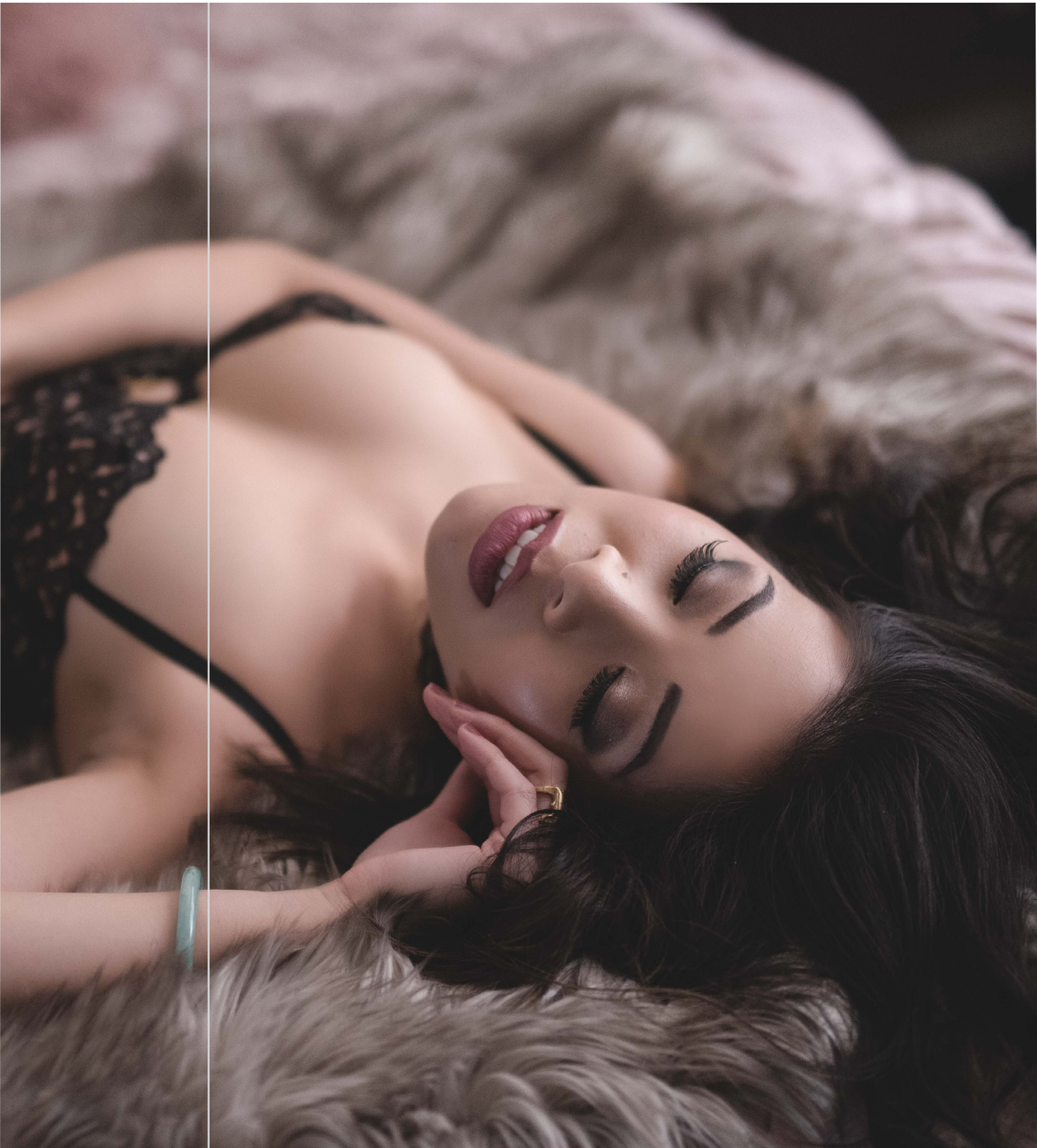
You will leave the studio filled with excitement and anticipation to see what we created together during your shoot. Within a week or two you will receive an email with a link to an online viewing gallery of your stunning images. Remember you can always call Brandy if you need any advice on which images will work together in book.

Once you have chosen the images that you want for your products, I will then retouch them to remove any blemishes, dark circles, scars or bruises with what I call the "skin polish". If your garment has indented or bulged out in any of the images, then I will adjust it so that you look polished and beautiful!

One last visit to the studio to pick up your luxurious products and your experience will be complete. The realization that you are beautiful will be with you always. Don't be surprised if your partner looks at you with a little more passion or if you have fallen a little more in love with yourself...this sort of thing happens when beauty is unveiled!



*our* **BIG DAY**



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