



Congratulations on booking your boudoir photography session with

## Intimate Boudoir Photography by ECS!!

It's going to be an amazing experience. One of the keys to success is bringing a proper wardrobe with you that not only is beautiful, but flatters your body as well.

Here is a helpful guide to assist you in your wardrobe selection. and shopping. It will be helpful in guiding you on what to bring with you to your session. We hope you find it helpful. Please feel free to ask us questions at any time to help you through the process as well.

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Intimate Boudoir Photography by ECS  
Celina, Texas 469-215-6777 rc@intimateimagesbyeecs

Since boudoir and glamour photography is designed to accentuate your beautiful curves and shadows, understanding a bit more about specific garment styles might be helpful. These guidelines are meant to help you pick the best styles to flatter you.

Bra and panty sets accentuate the curves between your hips and shoulders. Even if you desire a bit more coverage around your waist, a nice panty can offer coverage while flattering your curves. To accentuate your legs, high cut panties and more specifically thongs can really show off this area. When choosing a bra, try to avoid a push-up bra. Underwire bras or demicup bras can offer support without adding too much size. They are generally more flattering to the bust.



Legs have many options. Most women want to have long, gorgeous legs. To accentuate your legs, high cut panties and more specifically thongs can really show off this area and really accentuate your legs nicely. The higher the leg opening the longer the legs appear.

Arms can be an area of concern for some women. Arms add beauty to the upper body however, some women may choose to cover these areas with nice long sleeved lace tops or use other garments for a portion of the shoot.

Are you looking to show less in the midsection or offer a bit of a lift? Bustiers work nicely for this. They offer amazing support while giving you a little more coverage, all while flattering your shape.

**Now that you know a little more about the different styles,  
read below to determine which is the best for you!**

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## GARTER BELTS, GARTERS & THIGH HIGHS

A Garter Belt is a belt worn around the waist or hips with attached garters or fasteners to hold up stockings. Sometimes Garters are built into lingerie so a belt isn't needed.



The stockings they hold up are called Thigh Highs (because they pull up to the thigh).

There are **two different types** of thigh highs:

Some have silicone material on the inside to help them stay up. This is REALLY important to know. If the stockings have the silicone inside, they are NOT meant for garters. They are meant to be worn without them. The silicone allows them to stay up on their own. If you try to pair these stockings with garters, they are very hard to attach because of their thickness.

Stockings without silicone are much more desirable for garters. There is an art to attaching the stockings. Again, don't worry, we can easily help you and teach you how it's done.



## SHAPEWEAR

Shape wear is a type of tight-fitting underwear intended to control and shape the figure. There are many beautiful options out there these days which flatter and are also pleasing to the eye.

### SLIP

Think of them as dresses that are meant to be worn under a dress, often with cups built in for support. Some slips can fit into the shape wear category.



## CLOTHING

Clothing is a fantastic option for boudoir! It might sound counterintuitive but think about a hot leather jacket; or ripped jeans and a sexy bra; or off the shoulder sweaters; or a sheer T-shirt. There are so many options for clothing that can be just as sexy, if not sexier than lingerie.

## BRA & PANTY SETS

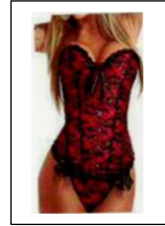
There are so many different options out there for sexy bra/panty sets. When shopping for these, proper fit is extremely important. Be careful of push up bras as they often make you look unnatural. Make sure the area near your underarm looks nice and smooth and you are not coming out of the cups. That will make for a more flattering image.

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### CORSET

Corsets are meant to cinch your waist and give you killer curves. They usually have ties in the back that help create your shape. They can be challenging to put on, but don't worry - We can help you!



### BUSTIER

A bustier is similar to a corset in coverage, but it has cups built in that give nice breast support. They don't normally cinch the waist like corsets do, but there are some hybrid styles out there that combine a little waist cinching and breast lifting.



### TEDDY

A teddy is a garment that covers the torso similarly to a one-piece swimsuit or bodysuit but is typically more sheer and definitely sexier.



### BODYSUIT

A close-fitting, one-piece stretch garment for women. They are considered clothing, but they are great for boudoir too!



### BABYDOLL

A babydoll is a short, sleeveless, loose-fitting nightgown. It sometimes has formed cups called a bralette for cleavage. It has an attached, loose-fitting skirt usually falling in length between the upper thigh and the navel.



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