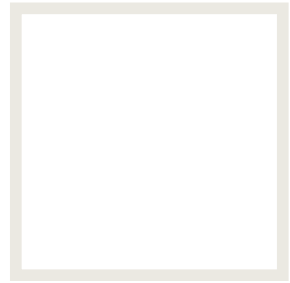


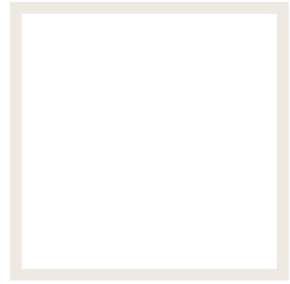
Pre Session Checklist



LET'S TALK SKIN- SQUEAKY CLEAN & HIGHLY HYDRATED

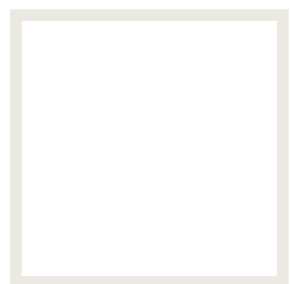
COME TO YOUR SESSION WITH A FRESH, MOISTURIZED FACE.

DRINK WATER!! HAPPY SKIN SHOWS, WATER NOURISHES THE SKIN -THE MORE YOU DRINK, THE MORE YOUR SKIN WILL RADIATE.



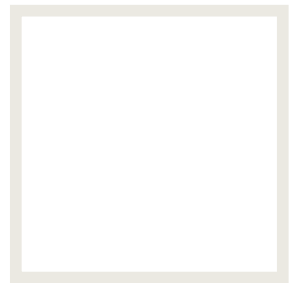
SAY NO TO HARSH CHEMICALS AND SUN

EXFOLIATE - IT WILL HELP REDUCE DRY PATCHES AND TEXTURING. SAY NO TO SALICYLIC ACID AND AVOID HARSH SUN OR TANNING BEDS THREE DAYS BEFORE YOUR SHOOT. BEWARE OF SPRAY TANS, PLEASE AVOID.



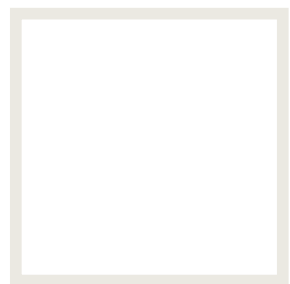
THOSE BROWS THO

WE ALL KNOW WHAT A DIFFERENCE BROWS MAKE BUT DON'T MAKE ANY MAJOR CHANGES RIGHT BEFORE YOUR SESSION. AVOID HAVING BROWS WAXED OR MICROBLADED TEN DAYS BEFORE YOUR SHOOT.



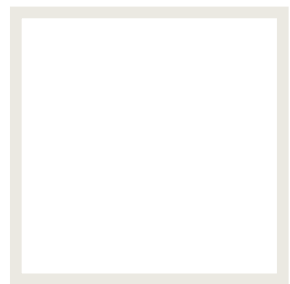
LIP SERVICE

GIVE YOUR POUT SOME LOVE BEFORE YOUR SHOOT. USE A TOOTHBRUSH TO POLISH YOUR LIPS AND APPLY NOURISHING LIP OIL TO CREATE THE PERFECT POUT IN YOUR PHOTOS.



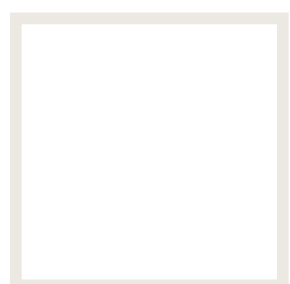
PROFESSIONAL MANICURE

I CANNOT STRESS ENOUGH THE IMPORTANCE OF HAVING FRESH, BEAUTIFUL NAILS FOR YOUR SHOOT. SAY NO EXTRA BRIGHT COLORS OR OLD CHIPPING NAILS! YES, THEY WILL BE SEEN. I PREFER NUDE OR LIGHTER COLORS.



WARDROBE PLANNING

TYPICALLY THREE OUTFITS IS THE SWEET SPOT. WE WILL WORK TOGETHER TO DEFINE YOUR BEST LOOKS. START WITH THE LOOKS THAT BEST FIT YOUR PROFESSIONAL AESTHETIC OR STYLE PREFERENCES, THEN SELECT WHAT MAKES YOU FEEL THE MOST BEAUTIFUL IN YOUR SKIN. SELECT THREE DYNAMIC LOOKS FOR MORE VARIETY.



GET INSPIRED

PINTEREST IS A GREAT TOOL FOR INSPIRATION. IF YOU ARE LOOKING FOR BRANDING IMAGERY SELECT SEVERAL EXAMPLES TO SHOW ME AT OUR CONSULTATION, THIS HELPS ME BETTER SERVE YOUR NEEDS FROM THE START. FOR PERSONAL SESSIONS - THINK AESTHETICS THAT MOST SPEAK TO YOU, GO WITH WHAT FEELS THE MOST NATURAL AND EFFORTLESS...