

THE ULTIMATE
BOUDOIR
PREP GUIDE



PHOTOGRAPHS BY REESH

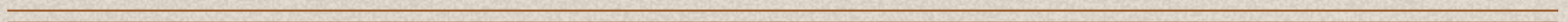


YOU'VE GOT THIS



Being nervous before your session is totally normal! Many people are nervous before their boudoir session. But don't worry, I got you! My job is to be there making you feel comfortable and getting amazing photos that will show you just how gorgeous you are! Boudoir is such an empowering experience and you won't regret doing it for yourself!

YOU ARE WORTH IS AND YOU CAN DO THIS!





ABOUT ME

WELCOME

I'm Reesh! I have been pursuing photography for over a decade now and will never look back. It's incredibly fulfilling for me to be able to tell peoples stories and help bring clients to feeling empowered and on the path to embracing their own self-love.

I'm a mother to 2 amazing kiddos and being a mother has been such a beautiful experience. However, not only did I have my kids young, I lost myself after having them. Especially after experiencing severe post-partum depression with my 2nd.

I felt like I didn't know who I was anymore. I didn't recognize myself when I heard myself speak or when I looked in the mirror. I was lost.

I had a breakthrough a few years ago and I decided I was going to find myself again. One of the steps I took during that always growing journey, was to book a boudoir session for myself.

I wasn't at my 'goal weight'. I didn't have fancy outfits for it. My hair was so short I couldn't do anything with it. I didn't feel like I was ready in so many aspects but I followed through anyway and I.. FELT.. SO.. EMPOWERED!! I just knew right then and there that I had a new goal to help as many people feel that same feeling I had.

...

SELF LOVE.

YOU DESERVE IT.



I'M PROUD OF YOU

So welcome...

Welcome to the next beautiful chapter of your life.

Your self love era

Y o u ' r e s u c h a b a d a s s



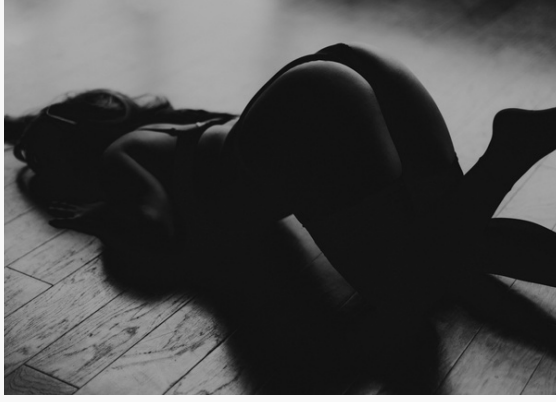
TIPS TO ROCK YOUR SESSION

- Drink plenty of water to hydrate your skin for that perfect glow!
- Make sure you eat! But try to avoid over-eating or eating foods that will make you bloat in the couple hours leading up to your session!
- Pick outfits that you actually feel comfortable and confident in! Whether it's a bra and panties, oversized shirt and socks, or a lace bodysuit, Make sure you feel like YOU!
- Schedule your shoot around your menstrual cycle. (If this applies to you)
- Stretchhhhh!! Do a yoga sequence or go for a run. Anything that will help loosen up your body.
- Schedule a mani-pedi a couple days prior
- Try all your outfits on ahead of time to make sure everything fits properly, and nothing is defective if you buy NEW outfits for your session.
- Exfoliate and moisturize EVERYTHING!
- Wear loose fitting clothing to your session so you won't have any tight bra/underwear lines on your skin when you get into your lingerie!
- Get your beauty rest the night before

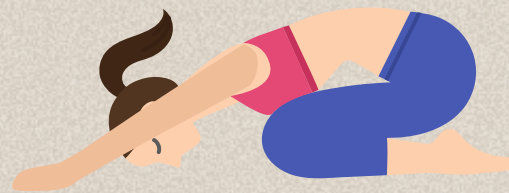
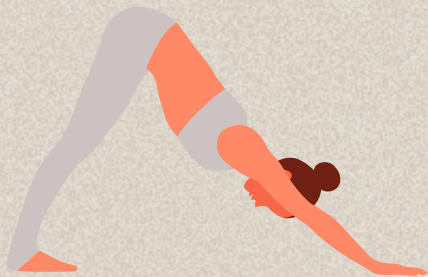
TIP:

Stalk Pinterest and practice poses ahead of time
in the comfort of your own home!

POSES TO PRACTICE



STRETCHES FOR YOUR BACK



STRETCHES FOR YOUR LEGS & HIPS



OUTFIT IDEAS

- Bra and Panties
- Lacey bodysuit
- Oversized T-shirt or sweater and tall socks silk, lace, or mesh robe
- NOTHING!
- A cute jacket, blazer, flannel and panties skirt, bra, and heels
- Adult costume - Maid, Nurse, cop, Etc.
- Garter lingerie set
- Men's button up shirt and panties.
- Cute pajama set
- Corset top with panties.



NO MATTER WHAT I'LL BE HERE

STEP



SECOND OPINION

Don't be afraid to ask for a second opinion on outfits!

STEP



Feel free to speak up if there's a specific pose or photo you want to try!

CREATIVE FREEDOM

STEP



IN THIS TOGETHER

No matter what you need, I'll be here as your confidant, personal hype woman, and safe space!

I'M SO EXCITED
TO WORK WITH YOU!

