

# WHAT TO WEAR

BY PATTIE LOCKE PHOTOGRAPHY









# What to Wear

## A Guide For High School Senior Portraits

You are part of a generation that documents everything. You have the power to share and create memories at the tips of your fingers. You've mastered the art of the selfie but now it's time to master your senior photos. These are the tips that I've found helpful – I want your photo shoot to be fun, comfortable, and I want to capture exactly how you want the world to see you.

When it comes to choosing what to wear my most basic advice is to choose something you feel comfortable in and can own it! When you love what you are wearing it will show.



# General Don'ts & Their Solutions

## WRINKLED CLOTHES

Using the nicest adjective possible, wearing a wrinkled shirt, skirt, or pants is sloppy. Even if you slept past three alarms, you're 5 minutes late and eating a bagel in your car on the way in – you can still make it appear like you took the time to iron your shirt. Hint: iron the day before.

## BUSY PATTERNS

The focus of the photo should be you – not on busy patterns: camo, plaid, polka dots etc. If you insist just be mindful not to pair a floral scarf with a printed skirt. In general, try avoiding patterns like plaid or stripes. See style pages to learn how to wear stripes if you just can't stay away from them

## FUNCTIONAL CLOTHING

If you want to get the most out of your poses, you need to be able to sit, squat, stand, etc comfortably in your outfits. Style is certainly a way of self-expression but if your skirt distracts from the beautiful face, then the focus is lost. The best rule of thumb is actually the one you dread following in school – if your skirt reaches the tips of your middle finger when you have your hands down at your side, you should be in the clear.

## REVEALING TOPS & SKIRTS

Avoid cleavage-baring tops & blouses, short length skirts, dresses and/or shorts that expose too much when sitting, squatting or bending over. You will want to share your senior photos with your grandparents, uncles, cousins, etc. And as much as we want you to love and embrace your body, we also want the focus to be on you and your best assets in a flattering way.

## UNDERGARMENTS THAT DON'T MATCH YOUR OUTFIT

Red bra straps and a white tank top look distracting and take away from what the viewer is actually supposed to be paying attention to – your gorgeous face. NUDE under garments are best.

## MIX IT UP

A variety of outfits that show off your true personality: at least one classic outfit + jeans, shorts, dresses, skirts, etc...wearing four dresses over the course of your session may not show variety.





Some of our  
favorite places to shop for  
unique pieces include:

J Crew  
Anthropologie  
Lilly  
Venus  
Joie





# General Do's

## NUDE UNDER GARMENTS

You really can't go wrong with nude undergarments. Because it's usually similar in tone to your skin, it doesn't appear like a white bra under a white shirt would. Nothing ruins an outfit more than when you can see what you're wearing underneath your perfectly planned outfit.

## LAYERS

There is a fine line between cute and not being able to move your arms, because you're wearing so many layers. Layers can be a key part of your outfit because they're so versatile.

See style pages to learn how to create the illusion of a defined waist line with layers

## JEWELRY

Remember the rule you learned in school, a little bit goes a long way? That is a lesson that can be applied to many things and jewelry is one of them. Keeping your accessories simple but noticeable is a good goal. If you feel beautiful and comfortable in a simple, clean-cut T-Shirt, adding more statement pieces can be tried.

## PATTERNS TO MIX

This isn't easy but it's certainly achievable.

Keep in mind to coordinate colors, not patterns. Some say leopard print counts as a neutral – so it's easier to pair if that's your style.

## REPEATING COLOR

Shoot for repeating one color three times in your outfit. \_







# How to Determine Your Body Type

Fruits, geometrics shapes, or inanimate objects – choose one to determine your body type. Oh, wait – you're human? Maybe it's not that easy to put your body type in a box. I understand and appreciate that everyone is different, so what might be eye-catching on one person, might not flatter you in the exact same way. I hope these tips help you determine how to compliment your body best, so you can wear what inspires you well.

Body types, explained. These are the most generally used terms to describe body types.

**STRAIGHT.** With a straight body, your shoulder and hips are relatively the same width and your waist doesn't have a noticeable definition to it.

**PEAR.** Also known as a triangle body shape. You notice that your hips are wider than your shoulders and your waist has declared itself present and noticeable.



**HOURLGLASS.** If you have an hourglass figure, your waist is smaller than your hips and shoulders which are relatively the same size. Top hourglass figure is also a term – you're bust is slightly bigger than the width of your hips, but your waist is still very defined.

**INVERTED TRIANGLE.** You have noticeably wider shoulders, in comparison to your waist and hips.

**OVAL.** In general, your waist is equal (sometimes a little more) in width to your hips and shoulders.



## Straight

The general rule of thumb for this body type is to look for pieces of clothing that really help create the illusion of a more “shapely” figure. Snug clothes, not skin tight clothes, like a bodycon dress are easy ways to achieve this look. Color blocking is also a simple trick to consider.

- What to avoid: Shapeless, flow-y tops and dresses. With a straight body, it's very easy to lose your shape.
- If stripes are a pattern you want to incorporate, look for pieces with differing thickness – it can help define your body shape





## Hourglass

Your waist is what you'll want to bring attention to, so look for shirts and dresses that wrap, are fitted and with v-necklines. You'll lose your shape in baby doll tops or a shirt with a high neckline. Pencil skirts are also an easy and classic way to play up your features.

- Tip: Wear flowy fabrics
- What to avoid: Loose fitting clothes that don't bring attention to your awesome waistline and curves. Don't look for skin tight clothes but look for shirts and dresses especially that play up your waistline – i.e. a skirt that cinches at the waist.
- As long as the stripes are the same direction, it will emphasize your natural curves.

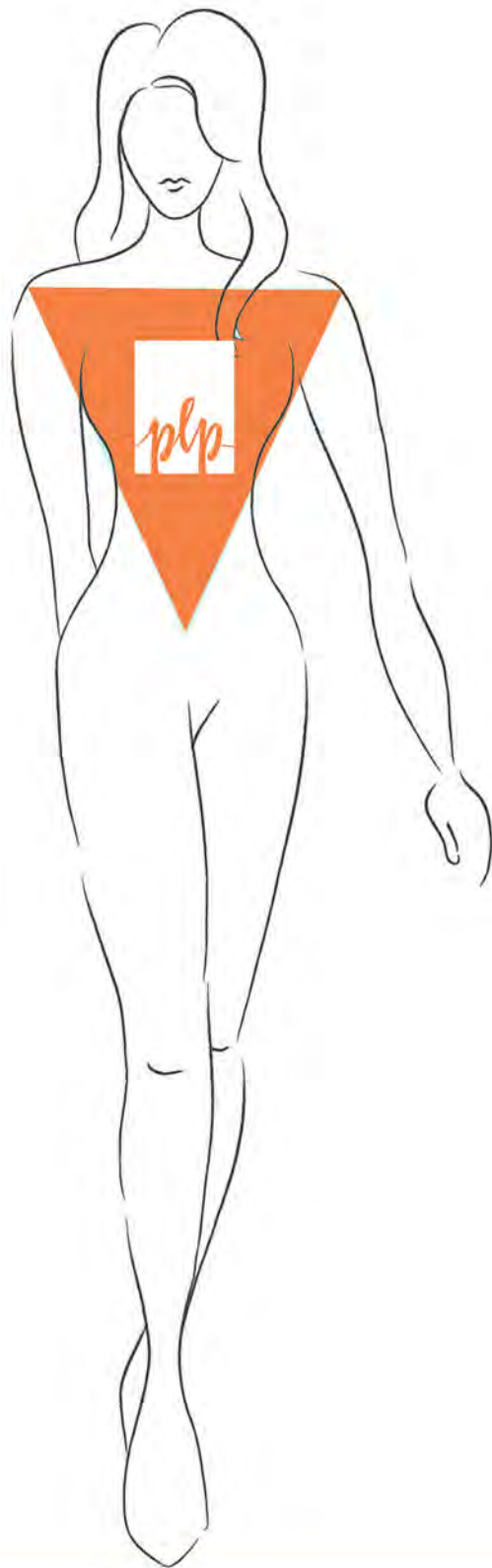


# Pear

With this body type, you'll want to be mindful of which part of your body you're emphasizing and which part you'll want to tone down, just a bit. Since your hips seem wider than your bust and shoulders, you'll want to bring more attention to the upper half. A-line dresses, higher cut tops, and bottoms that don't bring attention to your hips will be your best assets.

- What to avoid: Anything that brings attention to your hips – flared skirts, baby doll style shirts that flare at the waist.
- Horizontal stripes create an illusion of a broader upper body – which can help balance out the lower half of your body.





## Inverted Triangle

It can seem a bit like a balancing act at times but creating a look that sculpts your body is surprisingly simple. Look for pieces that play down your shoulders while simultaneously adding some definition to your hips, like pairing an A-line skirt with a simple tank top with narrow straps.

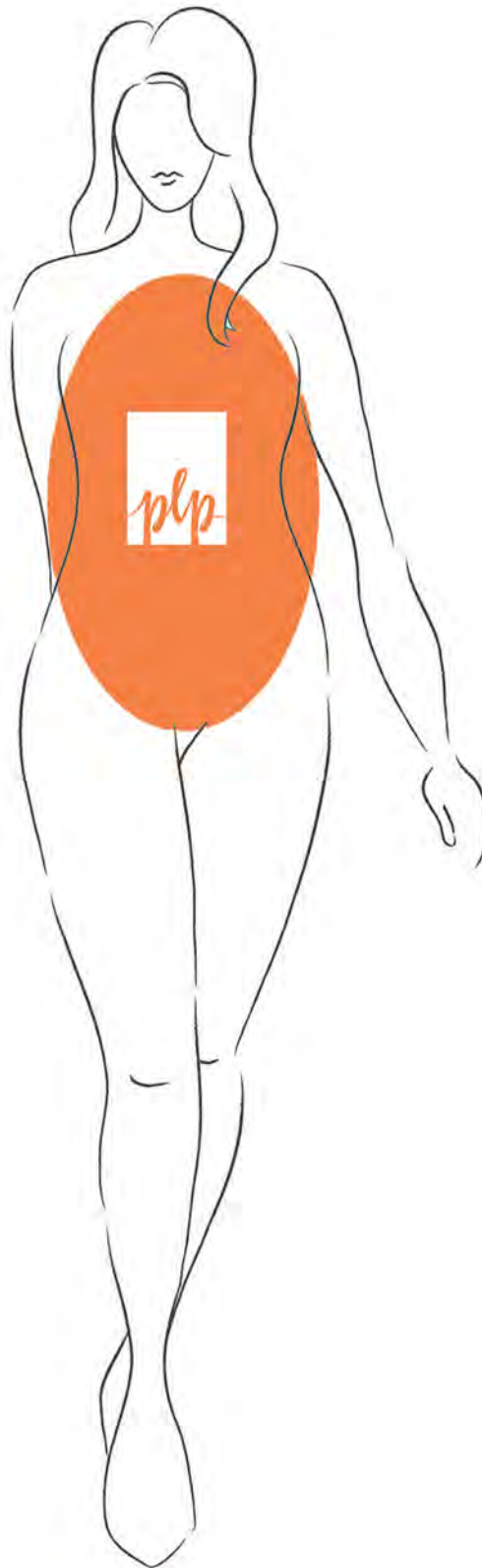
- What to avoid: Bringing more attention to your broad shoulders – i.e. shirts or dresses with high necklines.
- Vertical stripes can be your best friend – they create a slimmer silhouette.



## Oval

For this body type, everything for the most part seems to be in equal width across the board. Look for dress with a deeper v-cut and add a belt to help create the illusion of a more defined waist.

- What to avoid: Skin tight clothes that don't do your body justice. It will be easier to create a defined body shape with more loose fitting clothes than to start with tight fitting pieces.
- Vertical stripes can be worn with this body type as well



# How to Determine Your Skin Tone

Luckily there are a couple tricks to figuring out what your skin tone is. There are three categories of undertones that affect your skin tone: cool, warm, and neutral.

**Wrist Check.** When you look at the veins on your wrist do they appear more blue or green? If you're seeing a green tint, it's because the melanin in your skin has a more distinct yellow tone to it, creating a "warm" appearance. If your veins appear blue and everyone can see in your face when you're blushing, most likely you have cool undertones. With cool undertones, you're more susceptible to getting sunburned, which means you have less melanin, placing you in the category of fair skin. Which leads us to the next test.

**The sunshine test.** Are you the friend who can stand outside for 5 minutes and come back inside looking like you've spent a week on a tropical vacation? If that's the case, chances are you have yellow to olive tone skin, also classified in the "warm" category of skin tones. If you're the friend who gets sunburned, more than likely you're in the "cool" category.

**Gold or silver?** The jewelry test is one other option to determine your skin's dominant undertone. Silver is considered a metal that pairs well and highlights cool undertones, while gold compliments those with warmer undertones. Even if you haven't noticed it until now – you probably have more gold jewelry or silver because you naturally pick what looks best on you.







# Dress for Neutral Skin Tones

**DRESS FOR NEUTRAL SKIN TONES.** Neutral skin tones tend to be the more common – which is why finding make up that fits the distinct color of your skin isn't incredibly difficult. If you've done the skin test – you checked your veins, did the jewelry test, compared your skin to your friend's – your skin does not reveal obvious tones of olive or pink.

**WHAT'S YOUR SHADE?** Since your skin doesn't lean more towards warm or cool, you're lucky to be able to pull off most shades. Some suggest wearing colors like blush pink to subtly enhance your features. Pairing dark navy with whites or tans, even colors like lilac can compliment your skin tone.





# Dress for Warm Skin Tones



## DRESS FOR WARM SKIN TONES.

The amount of natural melanin your skin creates, allows for yellow-to-olive undertones to be present in your skin. If you're still not completely sold on which category you're in, think about the words that seem to repeat when you buy make up: warm beige, honey, and golden.

**WHAT'S YOUR SHADE?** Warm reds not fire engine red, berry "wine" tones, army green, marine blue, camel and even metallic colors like bronze not only highlight your skin tone but bring out the color in your eyes as well. Not feeling the dark shades? Don't fret – vibrant colors like lime can be incorporated in to your wardrobe. With a warm skin tone, pulling off bright colors, like corals or even french blue are easy for you – they highlight your features perfectly.

Tip: ivory vs. white.







## DRESS FOR COOL SKIN TONES

You're the friend who gets sunburned and you can never hide when you're feeling embarrassed. We hope you embrace your ivory, porcelain, or pale skin – you can pull off colors others just can't. If you have cool undertones, the words “pale, porcelain, or ivory” aren't new to you.

Some of the best colors to compliment your beautiful light skin are colors that have a soft shade with just enough pigment to make your eye color pop – a pastel blue is always a solid go-to, especially for people with blue eyes.



# STYLES, EXPLAINED

One of the best things you can remember when deciding your senior portrait wardrobe is to BE YOURSELF! This is your chance to dress exactly how you view yourself – whether that is boho, glam, classic, urban or coastal Maine – we welcome your true personality. Have an idea but not exactly sure what you'd call it? These are some of the most popular styles, explained.

**CASUAL~CAREFREE.** If jeans, shorts, sandals and a flowy tops is you, let one of your outfits show that off! Don't be scared of this style - you can still keep it looking pretty! With your Casual Clothing Personality you are the the easy-going girl next door who prefers comfortable and easy-to-maintain clothes.

You stray away from fussy fashion. You like wearing your hair tousled. Your clothes are softly tailored, loose with a bit of structure. Layering is often used, not necessarily out of practicality but because you favor the easy and effortless casual look. This style may appear sporty and minimalistic.

You may be drawn to Classic fashion but prefer to wear it in a relaxed way, like for example wearing your casual denim jeans with a white dress shirt tweaked in a way that is YOU...if you have a beachy or fashion forward vibe DO IT!

Tips:

- A casual classic will always be denim. Whether it's denim boyfriends or skinny's, you can always transform this look into whatever you want it to be.
- Keep your colors neutral and bold (instead of soft) to play up your primary colors.
- To keep this look casual, keep your top loose fitting and/or slouchy.
- Jennifer Aniston, Kate Bosworth
- Places to shop: Urban Outfitter, JCrew, Tommy Hilfiger, Lucky Brand, American Eagle, Pacsun, Ralph Lauren



# STYLES, CONTINUED



**CLASSIC.** You dress conservatively than other fashionistas and your wardrobe consists of a lot of clean, straight lines. You also favor garments with soft draping fabrics as well as tops, jackets and dresses with a nipped waist. You prefer to keep your outfit simple and timeless. A tendency to match your clothes (ie. shoes & hand bag). You're not into loud, faddish trends. You can dress up your jeans and a T-Shirt with a heel and some statement jewelry. If skinny jeans and a white fitted t-shirt is your go to outfit, add some statement shoes/sandals & a necklace to give your photo just a little extra punch.

- Kate Middleton. Katie Holmes
- Essentials: riding boots, ballet flats, pearls, tailored city shorts, v neck
- Places to shop: Gap, Slendid, JCrew, Boden, The Loft, Banana Republic.





# STYLES, CONTINUED



## PREPPY

A true preppy is someone who wears, but is not limited to, Polo, Lilly, Lacoste, LL Bean (ie duck boots), ribbon belts, sweaters tied around the neck, collar always popped, looks neat and put together. A preppy wardrobe can easily fall on the more casual side – dark, fitted jeans paired with a button up and pull-over sweater or just as easily dressed up with a statement necklace. Minimal and classic make up pairs the best with this style.

- 2015 / early 2016 Taylor Swift – use as make up inspiration as well
- Emma Watson
- Places to shop: Gap, J Crew, Ralph Lauren, Anthropologie, LL Bean

## COUNTRY CHIC

Lovely ruffles and lace paired with sheer and flowy fabrics are the main factors of this wonderfully classic senior portrait style. As the sun sets and the warm light fills the air, your hair will be effortlessly lit with a halo and your sheer dress will leave behind an amazing silhouette. If you want to nix the flow and trade it in for a strapping pair of bootsocks, keep the balance with a pretty top edged in ruffles or light lacey pattern.

- Carrie Underwood
- Places to shop: Free People, Anthropologie
- Hint: This style is for the ultimate casual feminine look! Keep it classic by sticking with super soft and neutral tones - nudes, creams, and blushes.
- Layering adds so much to this look and can take your outfit from simple to polished in seconds!

# STYLES, CONTINUED



## GLAM

By definition, glam is over the top. Glam it up with your favorite dress that flatters you to the core! Of course, you'll have pictures from Prom or Homecoming taken with a point and shoot camera, but it's a whole other story to have professionally styled and captured images of you all glammed up at a location to match! Show off your formal style for ultimate senior pictures variety!

- **Tips:** The length of your dress speaks loudly! A short dress means you're the life of the party and ready to go! While a long dress exudes elegance and Hollywood glamour!

## URBAN~STREET

Whether it's military boots, leather jackets or bold angular patterns, urban street style is always a great modern look for your senior portraits. If you're looking for a hard edge, stick with dark muted tones and tailored outfits that are as straight laced as your boots. If you want to soften it up a bit, add a few brighter tones and flowy fabrics to keep it chic but still street. Feel free to mix and match new threads with thrift shop finds.

- **Remember the shoes:** To really kick it up, throw on a pair of legit underground kicks. Play with either ankle cut or high top sneaks for a more hip hop look and play with military lace ups or combats for that army brat look.

- **Jackets:** The only way to go for this look is to keep it structured and dark. Black leather or army green jackets will keep your look muted and edgy. Keep them matte with metal accents for authenticity.







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