

A THOUGHTFUL GUIDE TO YOUR PHOTOSHOOT

BEFORE YOUR PHOTO SESSION

A simple checklist to help you feel confident,
prepared, and ready for your session.

01 PREPARATION

BEFORE YOUR SESSION

02 THE FINAL DETAILS

SESSION DAY

01 / THE DAYS BEFORE

Before your photo session

A little preparation now makes the session feel easy and relaxed.

01/ Finalize your outfit ahead of time.

Choose and prepare the clothing, shoes, accessories, and special pieces we discussed during your consultation.

02/ Steam or iron your clothing.

Wrinkles show in photographs. Make sure every piece is clean, pressed, and ready to wear before your session day.

03/ Plan your hair and makeup.

Decide whether you'll do your own or work with a professional, so there's no last-minute rush.

04/ Take care of your skin.

Moisturize your face, lips, hands, elbows, and any skin that may be visible. Dry or flaky areas can be more noticeable on camera.

05/ Take care of your nails.

Hands often appear in photos. Keep nails clean and well-groomed, and check any polish for chips.

01 / THE DAYS BEFORE

Before your photo session

The final things to plan, pack, and take care of in advance.

06/ Skip unfamiliar beauty treatments.

Avoid a new facial, spray tan, peel, waxing treatment, or skincare procedure immediately before your session.

07/ Prepare the items we plan to use.

Pack jewelry, products, flowers, props, sentimental items, or anything else we discussed for your photos.

08/ Rest and stay hydrated.

A good night's sleep and plenty of water can help you feel refreshed and comfortable in front of the camera.

09/ For family or newborn sessions.

Pack diapers, wipes, snacks, extra clothing, feeding essentials, and your child's favorite comfort item in advance.

02 / THE DAY OF YOUR SESSION

Session day

A few final details to help everything look polished and photograph beautifully.

01/ Eat something light and drink water.

Have a meal before your session and stay hydrated, so you feel comfortable and energized throughout the shoot.

02/ Give yourself extra time.

Leave a little earlier than necessary so you can arrive calm and without feeling rushed.

03/ Clean hair, moisturized skin.

Come with clean, styled hair. Apply your usual moisturizer and lip balm; hydrated skin helps makeup sit smoothly.

04/ Check your clothing.

Before leaving, look for wrinkles, stains, pet hair, lint, or makeup marks on every outfit.

05/ Check your shoes.

Bring clean shoes, especially for studio sessions. Dirt, scuffs, and dusty soles show in full-body photos.

02 / THE DAY OF YOUR SESSION

Session day

One last look, then let me take care of the rest.

06/ Do one final nail check.

Make sure your nails and hands are clean and your polish, if any, looks fresh.

07/ Bring all planned details.

Double-check jewelry, shoes, products, props, and meaningful items you want in your photographs.

08/ For studio sessions.

Bring nude or seamless undergarments when possible, especially under fitted, light-colored, or delicate clothing.

09/ For family or newborn sessions.

Bring snacks, wipes, diapers, extra outfits, and comfort items to help everyone feel at ease.

10/ Relax — I'll guide you.

You don't need to know how to pose or what to do with your hands. I'll help you feel natural and comfortable throughout.
