



General Advice

Hair:

- If you're getting a haircut, it's advised not to make any major changes before your session date. A trim is fine.
- Bring any hair products & tools you use with you for touch-ups. Hairspray, comb, curling iron, straightener, etc.
- Bring hair accessories, especially if you're shooting outdoors. You need to be ready to put your hair up if it's a windy day. Some examples include hairbands, bobby pins, hair clips, headbands, & any other favorite/unique accessories.

Eyes/Glasses:

- Make sure to get a good night's sleep before the shoot. You won't like your pictures if you look tired.
- If you wear glasses it's highly recommended you professionally have your lenses removed from your frames to avoid additional charges for glass glare.

Skin:

- If you use makeup, apply your basics beforehand. Darker eye shadows & lip colors can be added later when needed.
- Bring your makeup and lip gloss with you for retouches.
- Even if you don't use makeup, it's a good idea to use & bring with you some coverup. Powder can reduce shine, redness & the visibility of blemishes, & improve retouching.
- Moisturize your skin in advance to reduce the chance of your skin looking dry.
- If you plan to tan or go to the beach before your shoot, do so at least 2 weeks in advance & don't get burned. Be mindful of tan lines from clothing, sunglasses, hats, etc.

Nails:

- Make sure nails are clean beforehand.
- If you use nail polish, make sure it is not chipped. Neutral colors work best as they won't clash with any of your outfits.

Clothing:

- Bring the appropriate undergarments for all your outfits. Bra straps won't do anything to help your outfit look its best.
- For photoshoots in or around water, bring a towel & a change of undergarments.
- Make sure your clothes don't have any wrinkles in them beforehand. If you're wearing something that wrinkles easily, don't wear it in the car on the way to the shoot; just hang it up & change at the location.
- Bring several outfits & any unique items. In general, solid colors, small prints, & texturized clothing photograph well. Avoid large stripes & patterns. Seniors, be sure to bring some trendy outfits, it's okay if they have smaller patterns.
- For black & white photos, bring a dark, long sleeve shirt; black, navy, dark brown, etc. In general, long sleeve shirts photograph well.
- For white on white photos, bring a solid white shirt.

Shoes:

- Bring a variety of shoes for all your outfits. Unique sneakers, heels, & boots, for example, work great!
- Make sure to clean up any shoes, such as dress shoes, if you don't want them to look scuffed up.

Other:

- **Print out** any ideas you have related outfits & poses you like. Pinterest is your friend!
- Have a place in mind for outdoor photos within a reasonable distance. Also, make sure you have permission to be there.
- Bring snacks for longer sessions.
- Connect with us on social media! Friend **Lori Wysocki** & follow **@TruEssencePhotographyStudio** on Facebook & follow **truessencephotography** on Instagram.
- Bring a friend to act as an assistant! They can help hold reflectors outside.



Suggestions for Specific Photoshoots

Seniors:

- Bring a variety of outfits; a minimum of 8 for a Full Day Session & a minimum of 5 for a 1/2 Day Session.
- Bring props that recall your high school years or are unique to you. Examples include your band instrument, sporting equipment, letter jacket, medals, high school car, sunglasses, hats, boots, scarves, funky or casual jewelry, flowers, & pets. Most of all, represent your style, whatever that may be. Your senior photo should be unique to your life & personality.

Maternity:

- Moisturize that belly!
- Feel free to bring a few props, such as baby booties.
- Wear whatever you feel comfortable & pretty in – long, flowy skirts, especially solids are nice, & strapless bras that coordinate with them. Tube dresses are great for showing off your shape. A button-up shirt also makes it easy to transition into showing your belly.
- If you're doing semi-nude/implied nude photos, bras & underwear will create noticeable lines on your skin, so wear loose-fitting clothing to the shoot. You can add undergarments as necessary for photos later in the shoot.

Newborns & Babies:

- Work with your baby's natural rhythm & book your photoshoot around your baby's feeding & nap times. The perfect time to shoot is right when the baby would be laying down for a nap. If your baby normally falls asleep after a feeding, wait to feed the baby until you're at the shoot.
- If your baby takes a pacifier, bring it. If they're bottle fed, bring an extra bottle to help put the baby to sleep.
- The best outfit for a newborn is often nothing at all. Accessories work great for personalizing & adding that extra little touch! Feel free to bring yours or we have many accessories; hats, headbands, wraps, diaper covers available in the studio.

Children:

- Clean, clean, clean! Washed hair, clean nails, and keep feet clean for barefoot photos (sandals on kids = black feet). The cleaner the kid, the better their photos will turn out.
- Bloomers work well to cover diapers and pull-ups.
- If your child is still of napping age, make sure they nap before the shoot.
- Before the photoshoot, avoid food & drinks that might stain their face or mouth.
- For siblings, they don't have to match perfectly, just coordinate. You can't go wrong with dark, solid clothes which drives the attention to their faces instead of loud prints & colors. If nothing else, pick a color that compliments your child's eye color.

Families & Groups:

- Coordinating color is very important in creating a family portrait. It's best if you can avoid colors and clothing that are all "matchy matchy". Choosing 2 main colors and 1 neutral color works well. For example: eggplant, mustard and a neutral color like heather grey. Use those coordinating colors throughout the outfits, using sweaters, textures, scarves, boots, layered looks with cardigans, etc. If there is a busy shirt in the mix, this should be limited to one busy pattern per small family. Large stripes do not photograph well but having a plaid in the mix is okay. If one person is wearing a t-shirt, for example, not everyone else should; throwing a long sleeve or button-up to change things up. Pinterest has family portrait clothing ideas. It's helpful to go to a local paint store, browse the complimenting free color palette strips to help choose your color scheme for your family portrait.