

TIPS FOR A FIRST CLASS BOUDOIR EXPERIENCE



CHASE YOUR BEAUTY

ROBYN MICHELLE

ESTD

Boudoir

2018

So, you've booked a boudoir experience.

Ummmm...that's AWESOME! I'm so happy you've found the courage within you, to give yourself this incredible gift.

And because I want to ensure you have the best possible experience, I've compiled a few things for you to take note of that should hopefully boost your confidence & establish expectations well before you walk into that boudoir studio.

Please keep in mind that it is vital for you to discuss these things with your photographer, as each professional is going to have their own tips that you need to consider, as well as their own process for doing things.

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- If your package does not include H&MU, please speak with your photographer to make sure you understand if they have any specifications.
- Avoid using SPF, as the minerals can cause flashback on your face/skin.
- Opt for a clear deoderant, or no deoderant at all. This helps ensure you don't get white pilling under your arms or streaks on your clothing when changing in and out of your different pieces.
- Be mindful of your sun exposure! Crazy tan lines can't always be edited out & will ruin your photos.
- Ask your photographer how they feel about spray-tans. Often times photographers suggest refraining, because streaks on limbs and stains on hands, can really ruin your photos. Also, depending on your photographer's editing style, the artificial color can make your skintone muddled when it otherwise would be glowing.

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- Speaking of skin, make sure you gently exfoliate and moisturize, and chug that water the week leading up to your session. Seriously. Do it. Every. Day. Dry skin needs moisturizer. Dehydrated skin needs water.
- Please keep the bottom of your feet clean the day of your session! I know it's something easily overlooked, especially when it's flip-flop season.
- Wear loose-fitting clothing the day of your session, to prevent any lines or indents on your skin.
- Don't forget to remove any hair ties or watches from your wrists, that you don't want in your photos.
- Avoid overly-trendy nails, if you want to ensure your images remain timeless and classic. Neutral nails will not only match all of your different lingerie pieces, but they also won't detract from the overall picture.
- TRY ON ALL OF YOUR OUTFITS BEFORE YOUR SESSION TO ENSURE YOU LOVE HOW YOU FEEL AND LOOK IN THEM! Bonus points if you cut all the tags off :)

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- Ask your photographer ahead of time, what style/poses/wardrobe options you should expect. Will they be doing all of your posing? Will they be open to incorporating poses you want to try? Will the overall style be rooted in your individual comfort level and style? Will they guide you on what outfits to bring? Will they have props to use or will you be bringing your own?
- Practice posing in front of your mirror, or even practice finding your best looks by using a tripod with your phone. If you put your phone in video mode and try different poses, you can go back and grab stills of your favorites.
- Get used to the feeling of wearing your lingerie & being naked. The more you are used to the physical feeling of being barely clothed, the less "scary" it will feel the day of your session. Sleep naked, get ready in lingerie...or, if you've got little ones, sport a swimsuit around the house.
- Discuss your photographer's retouching process so you're on the same page. Will your photographer edit/retouch anything you want? Do they have limits on what they will retouch? Do you not want retouching?

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- Ask your photographer about image-sharing policies. Are they respectful of your privacy? Will they be using your images for promotional materials? Will they be tagging you in images you do allow them to post? Do you not want images shared at all? (Please run the other way, if a photographer won't respect your desire to keep your images private.)
- Will your photographer allow you to bring a friend for moral support? (If a potential photographer makes you feel uncomfortable at any point before your session, please do NOT book with them or at the very least, ask to bring a friend. If they don't allow you to bring a friend due to your discomfort, do NOT work with them. Major red flags there.)
- Discuss the post-production and delivery time frame with your photographer. Do they have a process to ensure your intimate images will be safely stored and inaccessible to hackers? Will their printing lab respect privacy? Will they hand-deliver to ensure porch pirates don't end up with your prints or albums?

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- Get plenty of sleep before your session, and try to avoid foods or drinks that bloat you or make you feel "blah".
- Use hydrocortisone on areas you tend to get ingrowns or any irritation from waxing/shaving. It even helps with chest acne!
- Make sure to eat a solid meal or snack before your session. A rumbling tummy or feeling faint is not going to give you the fun experience you're hoping for.
- If you're feeling ill, it really is okay to reschedule! When you're sick or even if you just have cramps, you'll be able to tell in your final images that you just weren't feeling like the Queen you normally are.
- No negative self-talk allowed! Not to yourself on the way to your session, and certainly not during your session. There is only room for you to be speaking goodness and grace to yourself.
- Finally, remember to free yourself from all unrealistic beauty standards or expectations, and give yourself permission to fully embrace your session!

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