



Session Prep

Avoid White

Try to avoid wearing white clothes in your photos. White always wins the eye, and it also tends to overexpose, so the eyes will be stolen by a white shirt or dress instead of the person wearing it.

Everyone does NOT have to match

The biggest misconception I get for portraits is that everyone in the picture should be matching. This isn't true! Your entire family doesn't walk around the kitchen wearing white shirts and khaki pants, so why should you do that in your pictures? Try choosing a color family (for instance, all warm colors such as red, brown and gold) and then add some variety within that color family. It's okay to mix patterns and fabrics as long as the colors tie everything together.

Bloating

Avoid high-salt and high-fat foods for two or three days in advance of your shoot. I've also found that staying well hydrated helps thin out your face. Being bloated will sap your confidence and comfort in front of the camera.

Comfort

Comfort is key! Photo sessions aren't designed to be torturous-I want you to have fun. If you don't feel comfortable in them, there's no need to wear overly formal dresses or suits, or skin-tight outfits (similarly, avoid overly baggy clothing-the camera won't add 10 lbs, but ill-fitting clothes will!).

Facial Hair

Men, please shave with a new razor, shaving cream and a moisturizing after-shave lotion to avoid bumps and redness. Trim up your beard, sideburns, moustache or goatee; especially looking for wiry stray hairs. For everyone: please clean up your eyebrows.

Glasses

If people wouldn't recognize you without your glasses, then wear them in your shoot! Also, I want you to be comfortable and able to see 😊

Hair

Ladies, be ready to put your hair up and make it look nice in case of a windy day. Bring bobby pins, hair clips, headbands or any other favorite accessories. And don't forget to remove hair elastics from your wrist before the session.

Opposites

People with lighter skin tones should avoid light colors, like white. Similarly, people with darker skin tones should avoid dark colors, such as navy, dark purple, dark brown or black. Portraits look best when there's significant contrast between skin and clothing.

Jeans

Jeans are my favorite go-to piece of clothing because they're comfortable and casual. They work well for every type of portrait-families, seniors, headshots, etc. When in doubt, bring a great-fitting pair of jeans.

Keep clothes simple

Avoid logos, busy patterns and anything that will detract attention away from your face.

Red eyes

Visine is your friend.

Shoes

Women can't go wrong in heels or wedges. For men, dress shoes are best (or boots). Avoid wearing tennis shoes. And of course, bare feet are always welcome.

Props

Bringing personal items can help make your session more meaningful. Some ideas to get you started:

- Newborns:** Hats, headbands, woven baskets, sentimental items like the quilt that Grandma made for the baby.
- Kids:** Jump ropes, chalk, bubbles, balloons, giant lollipops costumes, sunglasses, Radio Flyer wagons.
- Engagement:** Something that shows off your relationship or interests. Bikes, headphones, books, coffee mugs, etc. Bring a blanket if we're shooting in a field.
- Seniors:** Musical instruments, sports gear, letter jacket, college t-shirt.
- Maternity:** Ultrasound printout, alphabet blocks that spell your baby's name, stuffed animals, flowers, baby's first pair of shoes.

Your job is to have fun

If this list stresses you out too much, then IGNORE it. All you have to do is show up to your session. I promise, I'll make you look your best!