

# Photoshoot Prep Tips

## WOMEN

- \* Wear a dark colored outfit that you are comfortable in, and choose dresses and shirts with lower necklines.
- \* Textured (ruffled, layered, lace, sequined) as well as three-quarter sleeves look great on camera.
- \* Choose shirts or dresses that are tapered at the waist (no baggy clothes).
- \* Don't forget your favorite accessories, such as a watch, necklace, wedding ring, etc.
- \* Drink lots of water leading up to the photoshoot so your skin is hydrated and glowing. And limit alcohol the night before.
- \* Limit your sugar and caffeine intake the day of (or go above and beyond by limiting a few days before the photoshoot).
- \* If you want to get pampered, we recommend you get a manicure and your hair professionally blow-dried the day of.
- \* You can get your makeup professionally done or [click here](#) for makeup photoshoot tips to do it yourself.
  - \* Or, you can follow my makeup tips:
    - \* Wear matte makeup, nothing that shines.
    - \* Apply your makeup around the eyes slightly darker than normal.
    - \* Apply your blush slightly heavier than normal to accentuate your cheekbones.
    - \* Curl your eyelashes.
    - \* Wear lipstick.

## MEN

- \* Select a dark colored outfit that you are comfortable in.
- \* Choose clothes that are NOT too busy/patterned.
- \* Don't wear anything too baggy.
- \* Wear your favorite accessories, such as a watch, wedding ring, etc.
- \* Drink lots of water leading up to the photoshoot so your skin is hydrated.
- \* Don't drink lots of alcohol the night before, limit to one glass or less.
- \* Limit your sugar and caffeine intake the day of (or go above and beyond by limiting a few days before the photoshoot).

I proudly partner with [Spruce](#), a style consultancy, barber, and clothier located in The Highlands, if you are looking for help preparing for your photoshoot. The Spruce team are warm, welcoming, and innovative, you can't go wrong!