

Getting Ready for Photo Shoots

General Preparation.

1. According to the style of shooting, practice different positions in front of the mirror to see what does and does not flatter your body. Make sure you know the best angles and features to accentuate.
2. Study poses in magazines and bring them to the shoot so you have a few in mind if you run out of ideas.
3. If it is YOUR concept, prepare your own artistic input. Keep copies of pictures from magazines or internet you find inspiring and share them with the photographer in advance.
4. Shooting can be exhausting - Sleep well the night before the shoot. NO tired models please!!

Body Care.

1. Make sure you have had enough sleep.
2. Drink lots of water, carry it with you everywhere you go, and keep sipping.
3. Try to eat way ahead of time before your shoot so the belly won't show. If you are hungry before or during shoot, only eat energy packs or energy bars
4. If you are a woman with facial hair, have it waxed before the shoot. Facial hair looks terrible on photos.
5. Legs hair and armpits hair must be freshly waxed/shaved!!! For nude or swimsuit photos, have your pubic hair trimmed/waxed as well.
6. Exfoliate your skin few days before the shoot.
7. Avoid dry lips by putting Vaseline or lip cream
8. Wash your hair the day before the shoot.
9. NO dark hair roots please
10. Fingernails and toenails should be clean – Have manicure and clear or white nail polish. (Unless the shoot requires special nail polish)

Clothes.

1. Bring shoes as agreed for the shoot. Come with easy to wear/remove shoes (no shoes with straps). For outdoor shoots, bring a pair of sport shoes.
2. Remove price labels from clothes and shoes.
3. Clean and shine shoes, and Iron all clothing.
4. Don't wear tight jeans or things with elastic that leave marks on the skin. This is not only important for lingerie photos but also when taking photo's with bare shoulders.
5. Unless required: do not use contrasting/colored/patterned underwear.
6. When wearing short skirts, wear a black G-string
7. Bring strapless and soft bras. Avoid padded and pre-shaped bras, they look awful on pictures (even with clothes on).
8. Bring a towel.

On the shoot day.

1. Arrive on time – NO EXCUSES.
2. Only bring people that have been agreed with the photog (no extra watchers allowed).
3. Bring accessories (see our accessories list)
4. Bring baby oil or lotion, especially for swimsuit shoots.
5. If you want, bring your own music.
6. Always bring a basic make-up set, as well as hair brush and pins, even if a MUA is provided.
7. Important: when coming to the shoot, wear no underwear, or wear loose underwear/bra that leaves no marks on the skin (marks can take one hour to disappear).

Last But Not Least

Always bring your passport or ID or driving license. Also ID might be necessary in some locations. It is also required for proof of age and for the photo release form.

And don't forget to bring a positive attitude. You have to be ready to shoot and feeling good about it. Being worn out, uncomfortable or upset often shows on camera. A genuine smile shows in the eyes, not the mouth. Make your eyes smile for the camera. So get a good night's sleep before a shoot and show up ready to rock!