

# How to Prepare for your Boudoir Shoot

## 30 Days Away

- Decide if you want a workout and/or food plan**  
*No matter what this means to you, make a plan. If you want to do crunches, go for a run, ride a bike, lift weights, or dance around your bedroom, make a plan. If you want to eat healthier or give up your favorite soda, make a plan.*
- Wear sunscreen**  
*A boudoir shoot is not the most ideal time to see the tan lines from your favorite strappy bikini or the farmers tan you got from playing volleyball at the beach. If you want to tan, go for it – but make sure that you're the one controlling the lines.*
- Shop for lingerie**  
*Decide if you want to wear a one- or two-piece outfit. Maybe you want to wear a robe, or to mix-and-match the top & bottom. And of course, exactly how much do you want to reveal?*
- Start a Pinterest board**  
*Do you like close up or full body shots? Standing, sitting, or laying down? Are you drawn to black & white photos, or do natural colors really speak to you? Get a feel for what your personal style is.*

## 7 Days Away

- Practice your hairstyle**  
*Do you want to wear your hair up or down – maybe half-up is your style? Now's the time to try that up-do or schedule an appointment with your stylist to make sure you feel comfortable the day of.*
- Choose your accessories**  
*You've decided on your outfit. Now what? Do you want to wear jewelry? What about a head piece? Maybe a really fancy pair of shoes is more your style. Just do you.*
- Get waxed**  
*One week away is enough time that a wax will last and leave enough time for the redness to go away. Consider making an appointment for a bikini, eyebrow, leg, underarm, or facial wax if that's your thing.*
- Rehearse in the mirror**  
*Get silly in the mirror. Make some faces. Try the Tyra Banks smize or the Megan Fox parted lip. See what it looks like on you. Every expression doesn't flatter every person, find out what works for you.*

## The Day Of Your Shoot

- Remove unwanted hair**  
*Even though your waxing might be done, don't forget about those stray eyebrow hairs, your legs, under your arms, on your feet, and those pesky hairs on your face – clean up as much as you see fit.*
- Pack your bag**  
*Bring items with you the day of your shoot you might need – tweezers, a hairbrush, your lip gloss, an eyelash curler, bobby pins, a little scissors, or anything else for last minute touch-ups.*
- Apply makeup**  
*Do you want to smoky eyes or a strong cheek bone? Maybe a neutral lip and mascara is more your style? Choose what works best with your outfits. As for your nails, decide if you want long or short, natural or colored, & bold or neutral.*
- Iron your outfit**  
*Make sure to get all of the wrinkles out of your outfit the day of the event and then lay it flat, you don't want them to show up in your photograph later (even with great editing, they're hard to remove).*
- Eat healthy**  
*Today's probably not the day to splurge on queso or eat that extra piece of cake. At least not until after the photo shoot, then it's absolutely time to indulge.*

## 1 Minute Away

- Perk up your boobs**  
*Breasts can be one of the key parts of a boudoir photo shoot. Lean over in the mirror and make sure that your breasts aren't smooshed inside your bra – now's a good time to fluff them up a bit.*
- Fluff up your hair**  
*Even if you have curly hair, we all know it has a tendency to get flat the longer it sits, so check the mirror on your way out to make sure that you get the volume that you want in the picture.*