

# HOW SHOULD I PREPARE FOR OUR PHOTO SHOOT?

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**PRACTICE YOUR SMILE** for at least a couple of minutes in the mirror the week leading up to your photo session. I encourage all of my clients to try out different facial expressions before meeting with me. If you're a smiley person, then great, but if you don't love your face when you're smiling big, then practice a warm, closed-lip grin.

Everything that goes into your mouth (food and drink) leading up to the shoot will affect how your hair, teeth, and overall complexion look, so try to avoid processed/greasy foods leading up to your photoshoot and please drink a lot of water. If you have planned a rager the night before our photo session, consider moving it because you'll probably be a bit puffy.

Use a white strip a few days before to get your teeth pearly white.

Try to get a full night of sleep before your photo session.

Make sure that your clothes are all laid out and ironed the night before your photo session. Cleanly pressed (and lint rolled) clothing will help your photo look more professional.

Have a snack 30 min or so before your photo session, so you're not hungry.



## DO YOU OFFER HAIR AND MAKEUP SERVICES?

While we don't offer hair and makeup service directly to our clients, we do have a list of vetted artists we work with that we would be glad to recommend to you. All booking and payment is done directly with the artist. While you are scheduling your photoshoot with us, you can contact one of the stylists to make your hair and makeup appointment. Most of the time the makeup artist will come to you at home or at your office. If you have a studio shoot, we can do hair and makeup on location at one of our studio spots. In any case, all of the scheduling will be done between you and the stylist, so when you show up for your shoot, you are ready to go!

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# CHECK LISTS

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## FOR GUYS

- If possible, get a haircut a day or two before the shoot.
  - Don't wear a white shirt unless you plan on wearing a jacket over it.
  - Shave the morning of the shoot, or be sure to trim your facial hair.
  - Bring a suit coat, tie, sweater, t-shirt, or vest so we can play around with layering.
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## FOR LADIES

- You will want to have a fresh haircut for the photo shoot, so please book your session a week or two before your photo shoot. Be sure to touch up your roots!  
*Note: If you decide to do something drastic with your appearance leading up to our session, like chopping off all of your hair, make sure you are completely comfortable with it before getting your photos taken.*
- If you usually wear makeup, just do your normal makeup routine the day of the shoot. Nice, clean makeup photographs the best and remember to wear a bit more blush than you normally would. Also, please moisturize your lips or wear a subtle color.
- If you don't usually wear makeup, that's perfectly fine. You don't have to wear makeup for the photos to look good, but please wear a moisturizing lip balm of some sort.
- Take a little extra time on your hair. Use hairspray and look out for flyaways.
- Try to avoid using any new makeup or skincare products the week before your shoot because it could lead to a breakout.

