

BOUDOIR

session prep guide

ROSE QUARTZ PHOTOGRAPHY



ABOUT ME

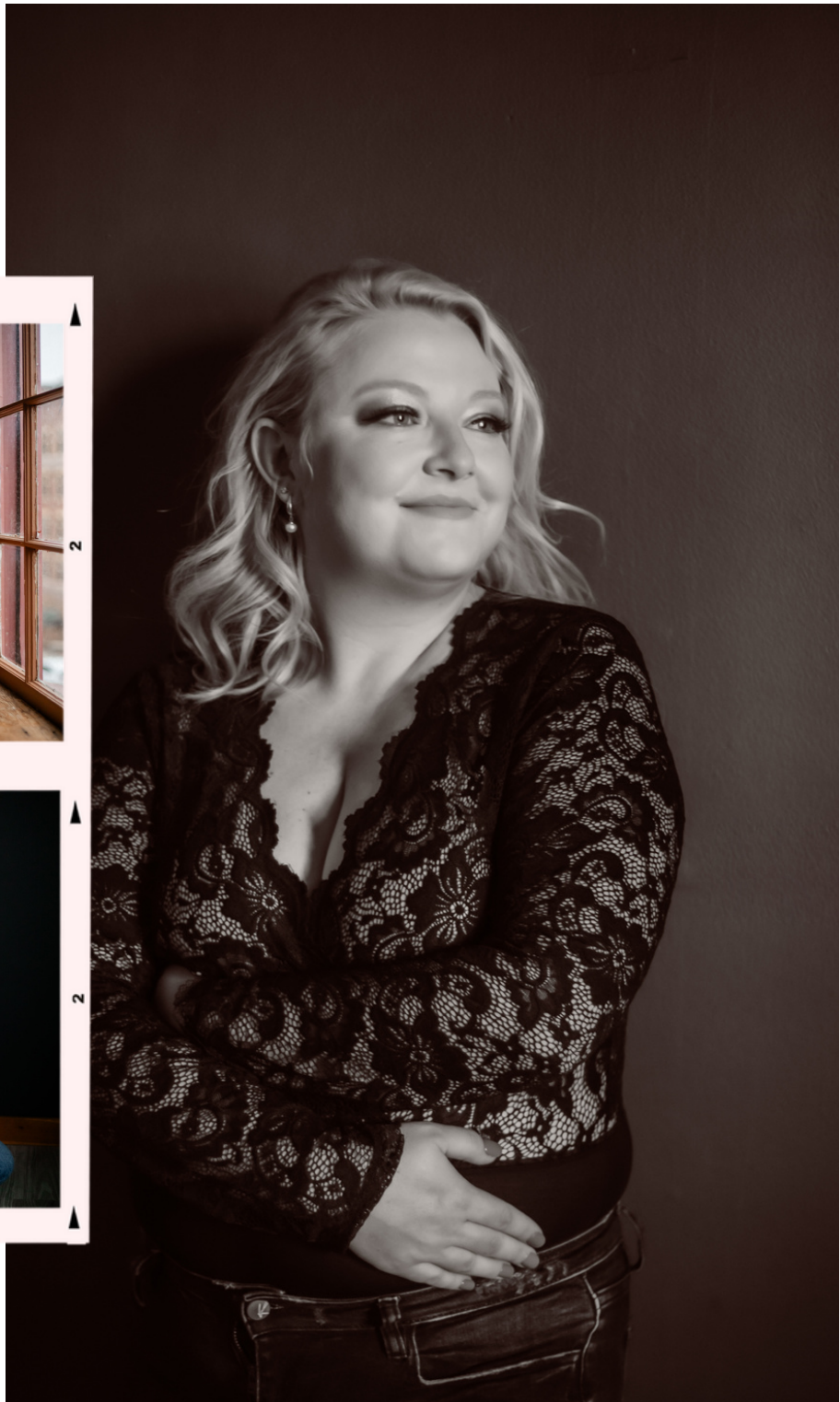
Hey! I'm Kayse! (Pronounced like Casey)

I am the owner and primary photographer at Rose Quartz Photography. I have been a professional photographer since 2012, but I got my start photographing and “modeling” with a friend in high school. The result was some really ridiculous, amateur hilarity that was taken very seriously at the time, inspired by America’s Next Top Model. #smize

My favorite sessions to photograph are couples that absolutely adore each other, senior graduates who love to showcase their passions, and women who need a little reminder of the beauty everyone else sees in them.

Some of my favorite things are my cat, having a garden that's too big to handle, and eating chips and guacamole while kayaking.

Kayse



Yay! You booked your session, now what?

Now you need to: Pick your outfits. Decide on whether or not to have a professional hair and makeup artist. Figure out if you want to get a mani pedi. Start dreaming up your perfect badass power playlist.

Yeah, it's a lot! Let us help you begin. We'll give you a quick run down of what to expect, what to bring, and what the heck to wear.

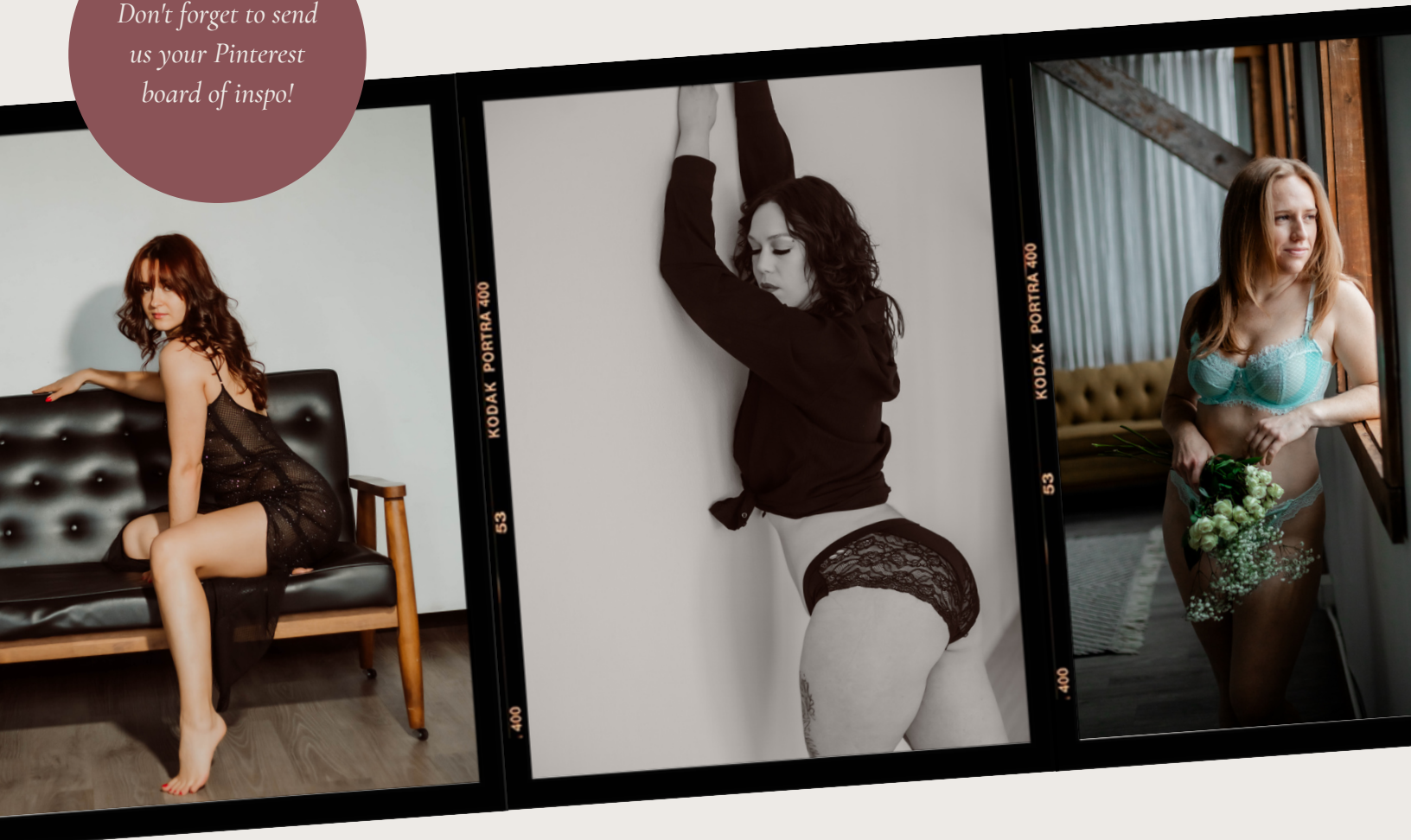
WHAT TO *expect*

We'll start our sesh by going over your outfit ideas to make a game plan. If we have an onsite makeup or hair artist, you'll spend time with them, getting ready, and then you'll hop into your first outfit! Everyone feels nervous at first, but after the first few minutes, folks usually feel pretty excited and start enjoying the freedom of the session!

We will incorporate the poses you may have shared with us from Pinterest or elsewhere. With that being said, don't be worried if you cannot get your limbs to exactly match the model's in the photo - we may need to adjust it ever so slightly to make sure it flatters YOU!

HEY!

Don't forget to send
us your Pinterest
board of inspo!







WHAT TO WEAR

& how to prepare

Outfits

Start by deciding what you feel most and least confident about. If you'd like some stomach coverage, teddies are a great option. If you love flaunting your booty, cheeky panties are so flattering and fun! Choose outfits that make you feel best.

We usually recommend 2-4 outfits, but bringing accessories like a cute hat or some fun boots can be a great way to add more variety to your looks. Add some variety to your selections - a cute little two piece along with a fun, long sleeve lacey teddy adds extra variety to your gallery.

Hair and Makeup

Feel free to freshen up your brows a few days before your session. Schedule fresh haircuts and color one week or more before your session so that you're sure you like the result. If you're getting hair and makeup done, ask the artist if they have a preference for how far in advance you wash your hair. Arrive with a clean face to a makeup appointment. If you're doing it yourself, be sure to do a practice run with any new products. Keep your lips hydrated all week!

Nails and Hands

Manicures can help your hands look a little more neat for your session. They'll be visible in a lot of photos, so make sure your nails are looking fresh and clean. Neutral nail polish colors are often best. If you're wearing rings, be sure that they're cleaned up and polished if needed.

Body

While we understand that you might feel great with a spray tan in January, spray tans and fake tanner will photograph as orange and cannot be fixed in post production. If you plan on waxing, but sure to leave a few days for your skin to heal. If you prefer to shave, do so the day of, but go slow and use a sharp razor to avoid razor burn. We've heard good things about using Tend Skin after shaving the bikini line area! The week before your shoot, be mindful of sunburns! If you plan to get a facial, please do so two weeks in advance in case of rashes and reactions.

THE SESSION

information

Consultation & Payment

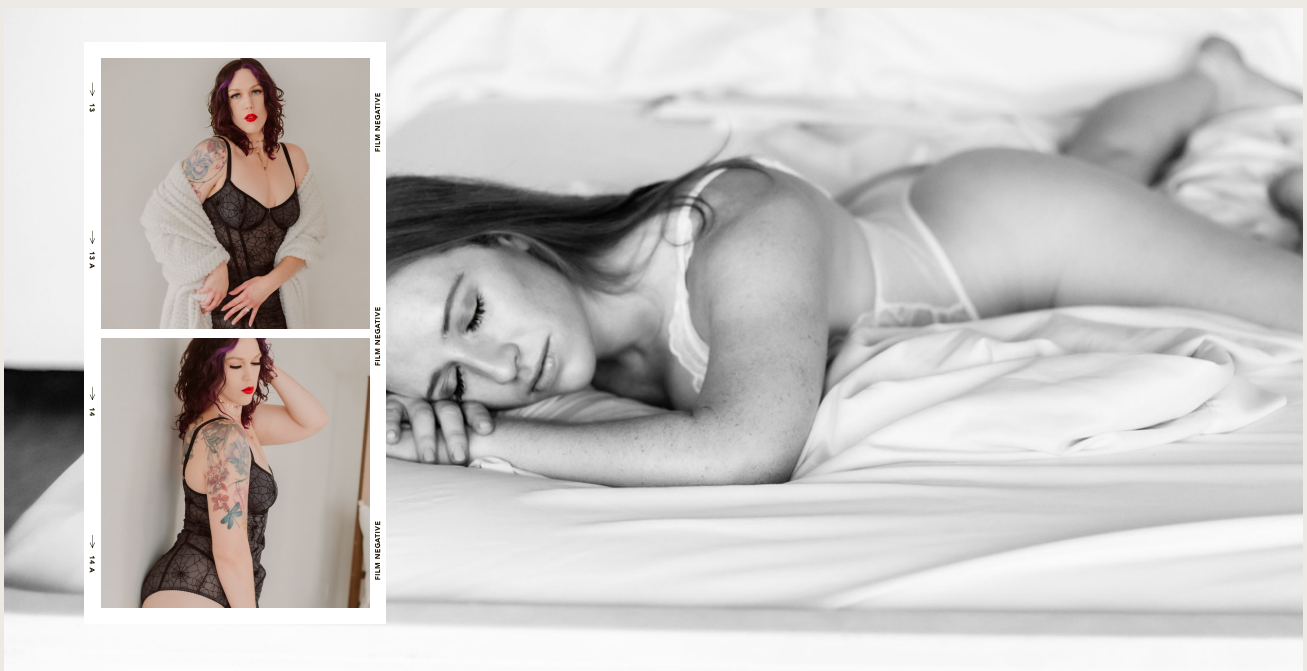
If you've got a lot of questions, please ask! We can hop on the phone, Zoom, or email back and forth about outfits and ideas. We love doing boudoir sessions the most, and will be just as excited as you are!

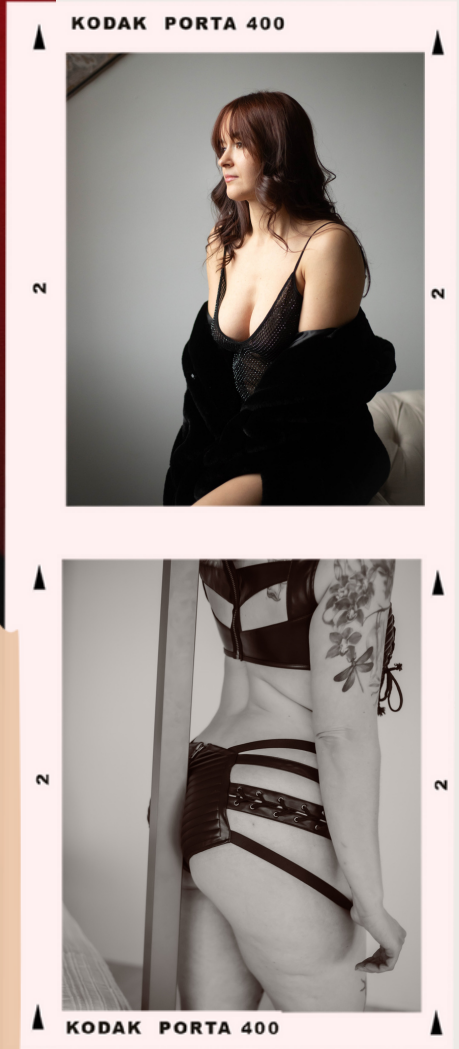
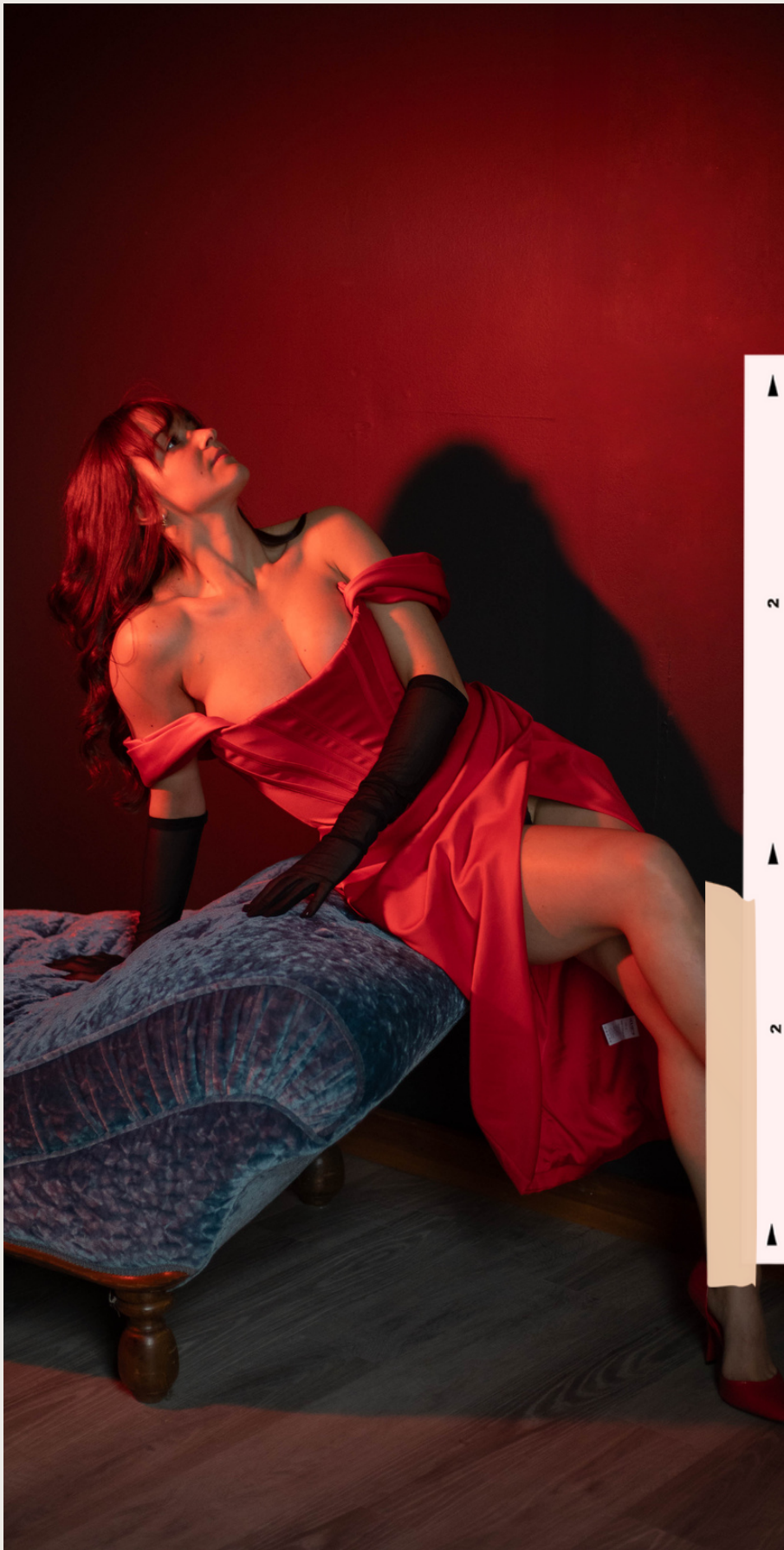
The session day

First, know that everyone feels awkward at the beginning of any shoot. You're not the only one! Nobody ever knows where to put their hands. Sometimes we don't even know where to put your hands until you're sitting in a pose either. We come with plenty of ideas in mind, and we'll tell you if something looks a little awkward. Just be yourself! Be sure to eat beforehand and drink plenty of water.

After the session

Within a few days after your session, you'll have your sneak peeks! You'll receive your full gallery of portraits within 2-3 weeks, as a digital download, and a print release so you can print wherever you like.





SESSION PREP TIMELINE

THE MONTH BEFORE

- Start shopping! Find your dreamiest, cutest outfits!
- Book any appointments for hair, waxing, makeup, and nails.
- Share with us any inspo you have, like Pinterest boards

ONE WEEK PRIOR

- Drink plenty of water.
- Avoid getting sunburns.
- Be careful with your skin! Moisturize your face and lips, and don't try new products at this time.
- Do any hair changes one week before your sesh.
- If you have tight hamstrings, stretch!
- Prep your outfits - remove any loose strings and CUT OUT TAGS!
- Clean jewelry.
- Get waxed if you're doing so.

THE NIGHT BEFORE YOUR BOUDOIR SESSION

- If you're not waxing and wish to remove hair, shave the night before.
- Eat well, don't drink alcohol, and get some good rest!

THE DAY OF YOUR BOUDOIR SESSION

- If you're getting your hair and makeup done, arrive with clean, dry hair and a clean face. Moisturize beforehand.
- Do not wear tight clothing, including, socks, bras, and undies to avoid having lines and red marks on your skin.
- Hydrate and be sure to eat.



other tips

- Remove all tags from clothing!!
- Use clear deodorant please.
- Bring lipgloss or lipstick for re-application.
- Need an excuse to tell your significant other? Tell them you're going to a makeup party!
- Being nervous is totally normal and to be expected.
- Wear loose clothing the day of - even down to your socks, undies, and bra!
- Pack a pair of flip flops for walking around the studio. It's impossible to clean up dusty or dirty looking feet in Photoshop.
- Don't worry about blemishes! All of your final images will be retouched as needed.
- Stretch!!!!





FAQ

Can I bring someone to my session?

Feel free to bring a friend! Sometimes it's nice to have someone come along to make you laugh and feel more comfy. We love having someone along that can manage the Spotify playlist!

What should I bring to my session?

Pack outfits, accessories, lip balms or lipstick, lotion, some flip flops, and water with a light snack.

Should I get professional hair and makeup done?

I highly recommend it! It is not a must, by any means, but the impact that really well done hair and makeup has on your boudoir portraits is quite amazing! I have a few hair and makeup artists that I can recommend!

How long does it take to get my photos?

Within a few days after your session, you'll have your sneak peeks! You'll receive your full gallery of portraits within 2-3 weeks, as a digital download, and a print release so you can print wherever you like. Then we'll move forward with things like albums, if requested.

Do you offer printing services?

We have a print shop available via your Pixieset gallery - you can order image right from your digital gallery. You'll receive a print release so you can print wherever you like, as well.





THANK YOU

get in touch!

This is going to be SO MUCH FUN! Boudoir sessions are such a fun, fabulous way to honor your self. We're ready to turn on some good jams and make you feel gorgeous.

 [facebook/rosequartzphotos](https://www.facebook.com/rosequartzphotos)

 rosequartzphotos@gmail.com

 [@rosequartzphotos_boudoir](https://www.instagram.com/rosequartzphotos_boudoir)

 320.249.8296 for emergencies only



WWW.ROSEQUARTZPHOTOS.COM