

ROSE QUARTZ PHOTOGRAPHY

FAMILY SESSION

*Information &
Style Guide*





HELLO

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. 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.

With love, Kayse





YAY! YOU BOOKED YOUR SESSION, NOW WHAT?

Now you need to: Pick your color combos. Pick your outfits. Pick your hairstyles. Decide if the dog will come with you. Shop for cardigans in case it's chilly out. Practice your smile. Do you trim your daughter's bangs or not? Ahhhh!

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.

During your session, we'll guide you through a mix of formal and informal poses, so you'll have a variety of pictures to cherish and share. We typically start with more formal poses and gradually move into fun, relaxed ones like hugging, snuggling, and even some playful tossing.

If you've shared poses from Pinterest or elsewhere, we'll try to incorporate them as well. Don't worry if you can't match them perfectly; we'll make adjustments to ensure the poses flatter you and showcase your unique beauty!

We can't wait to create beautiful memories with you!





Make Memories!

PREPARING FOR YOUR *Family Session*

How to choose a location

When it comes to choosing a location, consider places that offer diverse backgrounds and lighting options. Working in full sun can be challenging, except during golden hour or sunrise, so we prefer locations with ample shade when the sun is shining.

Our go-to favorite locations are state and county parks, as they provide prairies, woods, and waterways. This variety ensures that your photos will have different scenic backgrounds, and we'll have options for capturing both shade and light.

However, we're open to incorporating places that hold special meaning to you. Whether it's a barn, family cabin, or any other location you have in mind, just let us know, and we'll do our best to accommodate it. We have some fantastic recommendations for locations in the St. Cloud area if you need assistance in making a decision.

Time of Day

For the most stunning light in your photos, we highly recommend scheduling your session within the 3-hour window before sunset or just after sunrise. The hour before sunset, known as the 'golden hour,' offers the most beautiful and flattering light—our absolute favorite! On the other hand, midday is not ideal for portraits due to intense shadows and harsh sun rays. As a result, we never schedule sessions during this time unless there are exceptional circumstances.

Be careful about sun exposure

You probably don't want giant tan lines or a sunburned nose in your photos. These things are almost impossible to remove in post production, so use plenty of sunscreen when outdoors. If it does happen, just choose an outfit that covers those lines and apply lots of aloe the days before your shoot.

On the Day of Your Session

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 positioned 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 and give us a few smiles.

What to Bring

Most importantly, pack water - if your mouth gets dry, your lips likely will too. Bringing a bag to carry keys, phones, lip balm, and your outfit swaps is also helpful. Long haired people might also bring a hair brush and/or hairspray. Be sure to bring any special props you want in your photos as well, such as blankets, stuffed animals, or wagons. These make your shoot unique to you, so we love incorporating them! If you've got littles, be sure to pack a few snacks. They really come in handy when a kid isn't cooperating. Sometimes a banana saves the shoot before a meltdown hits, but be sure the snacks won't stain their mouths and teeth!



What to Wear

This is probably the most complicated part. Let us help you figure out some color schemes and make some suggestions to help you coordinate your outfits.

#1 Choose your palette first.

Choose neutrals (ex. grey, white, tan, etc.), jewel tones (ex. emerald green instead of kelly green), or muted colors (ex. mauve instead of neon pink). If you choose bright colors, viewers' eyes will be drawn to your clothes.

Bright colors also can cause color cast on your skin, and is often hard to totally remove with editing. Yellow is most prone to this, so if you choose to wear any shade of a yellow top, be sure it's a v-neck or scoop neck - yellow especially reflects a color cast beneath your chin.

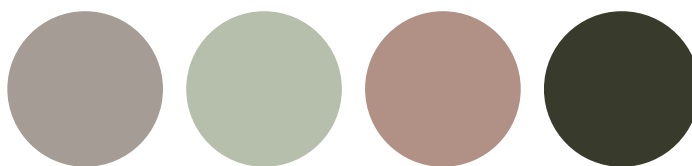
Also remember that colors that are very close to your skin tone will make you look washed out. Most notably, pale skin with a blush pink top tends to make you look very washed out.

COLOR PALETTES WE LOVE

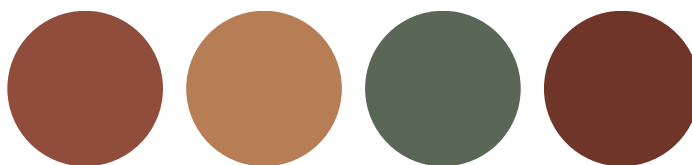
Tan and Cream



Sage and Mauve



Bronze and Sage



Blues and Neutrals





















#2 Don't match. Coordinate.

Now this doesn't mean everyone has to 100% match with khaki pants or jeans and a white shirt! You want to complement each other's outfits by choosing colors that work well together.

Muted tones look beautiful together in a family picture. When picking patterns, choose smaller ones that won't pull attention away from the main subjects. When thinking about texture, choose different ones that will give photos some interest such as lace, corduroy, denim, and knits.

COLOR MATCHING IDEAS

AND HOW TO WEAR THEM

IF YOUR MAIN COLOR IS:	CONSIDER THESE COLORS IF YOU ARE LOOKING FOR A CONTRASTING OUTFIT	OR CREATE A TONAL OUTFIT WITH THESE COLORS
 MAROON		
 BLUSH		
 HONEY		
 NAVY		
 RUST		
 SAGE		

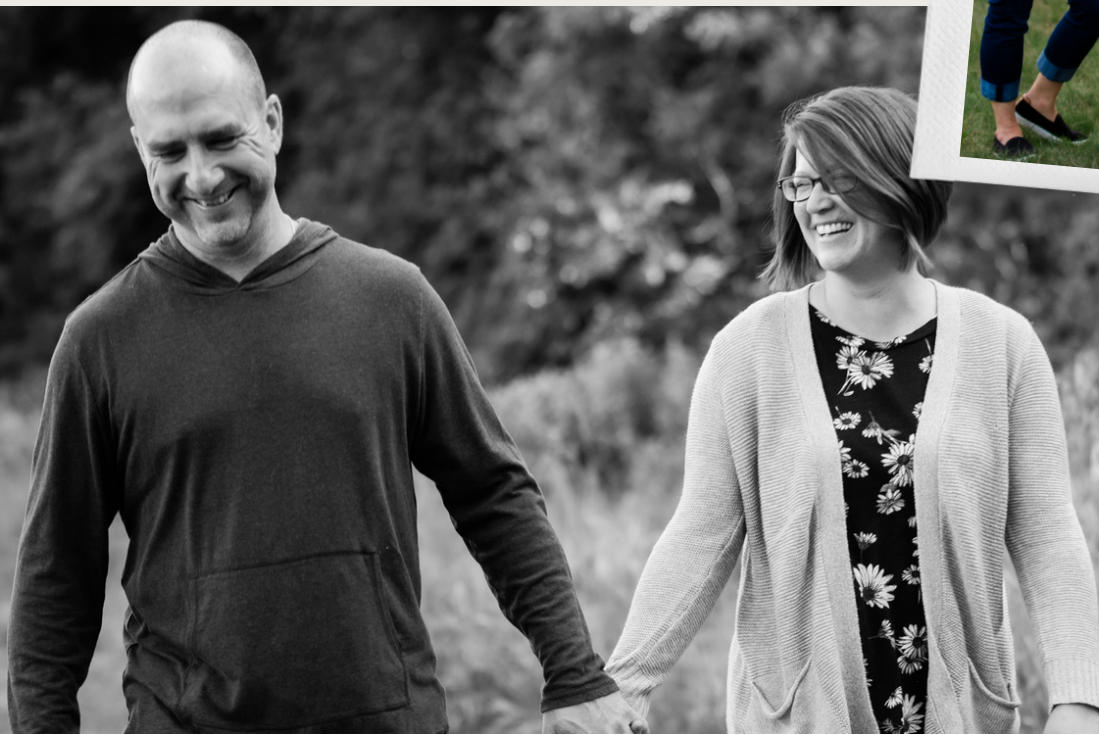
#3 Clothing Pieces

If you've got kids, bring a spare outfit along, especially a shirt. Sometimes they are having a drooly day or take off running into a puddle.

Wear clothes that feel like you... but enhanced. Love velvet dresses? Get one! Do you love blue plaid? Wear that button up. Try to feel like yourself, but at your very best. Choose all your outfits a few weeks ahead of time. If you're buying new items, wear them for a couple of hours in the days before your session. You don't want to find out the day of that you wish you had a strapless bra, or that your shirt keeps coming untucked when you pick up your kiddo, or that washing your new button up made the collar curl.

#4 Hair and Makeup

- Apply a little extra makeup than what you'd normally wear, in particular extra eyeliner or mascara.
- Wear lip balm. For real, we cannot stress this enough. Every day for a week before your session, moisturize your lips.
- If you're going to get a haircut, do it at least one week prior to your session. A super fresh cut can look unblended or blunt.
- If you're planning on some photos with a hat and some without, please begin without. Those hat hair dents are really impossible to fix in Photoshop, especially for men with baseball caps. Baseball caps will unavoidably make a face shadowy. In general, we just don't recommend wearing them.



Tips for Kids

Don't try to squeeze too many things in.

Too many outfit swaps or planned poses and they're sure to lose interest and, honestly, probably cry.

Pack snacks!!!!

Sometimes a snack break is a great way to settle them in and keep them from getting pictured out too fast. Be sure you pack snacks that don't discolor their mouth or stick to their teeth too much. Things like fruit snacks can be hard to remove from their teeth quickly. Crackers or fruit are often a good idea. If they have a favorite special treat, it can be a good reward for after the session.

Don't expect perfect!

Kids don't give us "perfect." We have to just roll with the punches. You can talk to them ahead of time about how things will go and what your expectations are (and even work on things like having them practice their smile - I often use the words, their "laugh smile" so that they're not hung up on a "cheese smile."), but they just simply will not smile pretty and be looking at us 100% of the time. We'll work on getting a nice, formal photo, but some of our faves can be the more natural, non posed photos, like group hugs.

Dads - please cheerfully participate.

Sooooo often, dads show up dreading the session, and their feelings of not wanting to be there manifest in short tempers and uncomfortable kids. We know most of you don't want to be photographed, but if you're cranky, the kids will be too.

Don't be afraid to move around.

We don't need you to stand around stiffly, if you want to give a smooch or hug, do so. If you want to play or dance, do it! Even better, if your kids have a favorite song or soundtrack, let us know and we'll play it to try to get them to dance! It's great to get some shots of you interacting as a family.

Find outfits that are solids or very subtle patterns.

While we know that most clothes for kids have fun patterns and color palettes, try to keep the colors relatively muted and the patterns simple. Dinosaurs don't photograph well, and neither do rainbow hearts.

No graphic tees!

Shirts with words on them will not photograph well.



FAQ

What should I bring to my session?

Water, snacks, extra outfits if needed, and any fun things you'd like to include for your kiddos - their favorite book, stuffed animal, etc.

Can we bring our dog?

Yes! We love including your beloved pets. It's not uncommon for folks to have an extra family member drive separately with the family pet, snap photos with the pup first, then they can take your furry pal home so they're not sitting in a hot car for an hour.

What if it rains?

The week before your session, I'll be watching the weather to make sure everything looks peachy. But if it looks like there's going to be inclement weather the day of your session, I'll reach out a few days in advance to start formulating a game plan. Typically, if the weather forecast calls for a 50% chance of rain or high winds our policy is to reschedule.

Should I get professional hair and makeup done?

I have a hair and makeup artist that I can recommend in the St. Cloud area. Sometimes this is just the perfect boost to your confidence that makes the whole session feel a little more exciting!

How long does it take to get my photos?

Within a few days after your session, you'll have your sneak peeks! Feel free to share on socials and update your profile pics. 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.

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.



Checklist

- Set date, time and location
- Review guide for style tips
- Choose your outfits
- Pack a bag with:
 - Flats for walking between photo spots
 - Second outfit (if you are doing two)
 - Touch-up makeup
 - Water bottle (for warmer sessions)
 - Snacks for little ones

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