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Tips for before your session:

- ~Get the full beauty treatment. While you are fabulous just the way that you are it is wise to get your hair and make-up done professionally. It is also great if you have a mani/pedi done prior to the session, your hands and feet will be in the images. And finally if you are one to get bikini line bumps, it is best to get a wax of that area as well.
- ~The morning of drink lots of water and wear loose fitting clothing. Avoid tight fitting undergarments as they are the most likely to leave elastic pressure lines on your skin.
- ~Wear a clear deodorant instead of the white, powdery kind so that your clothes will stay the color they should be.

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Tips for after your session:

- ~Getting into and holding some of the most flattering poses can give you a surprise work-out so don't be surprised if you're a little sore that evening or the morning after. Be sure to drink lots of water and take a little ibuprofen if needed.

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Things to remember to bring:

- ~A robe if you will feel more comfortable being covered between shots.
- ~As many outfits as you wish but remember that most likely we will have time for 3. You can bring whatever you want to try out. And we can talk about what we think might work best.
- ~One of your guy's ties. Or a tie that you have at home.
- ~Sexy shoes, and accessories for your outfits. They may not all work, but it is better to have too much than to have too little.
- ~If you can bring some extra lipstick in the color that you are wearing so we can do touch ups. And some lip gloss as well.
- ~A positive attitude. You are beautiful, you are sexy, you are fabulous! These images are going to be AMAZING!