

Boudoir

MELBOURNE

BOUDOIR PHOTO SHOOT
PREPARATION GUIDE



ABOUT ME

Have you ever felt that fear has held you back in your life at some point?
Perhaps it has kept you in an abusive relationship or stopped you from asking for a pay rise or promotion?

Anyone can make someone look beautiful. Helping someone **FEEL** beautiful is the **REAL** challenge.

I've been a professional photographer for many years. Clients leave the studio and start to notice **their lives improving quickly**. What I have found is that they have been up-levelled through transforming fears and embracing their true **#fearlesslyfeminine**.



Let me give you an example. I worked as a Flight Attendant for 5 years. It was my dream job since I had been in primary school. In 2005 I was successful for this dream position with a regional airline in Western Australia. There was one small problem.....

I WAS TERRIFIED OF FLYING!

Can you just picture me down the back of a 40 seater aircraft on my first day holding onto my crew seat for dear life?

I eventually overcome my fears and enjoyed flying. But I haven't always been able to turn my pain into power.

My fears meant that **abusive men could smell my wounds from a mile away**. Through a string of abusive relationships, I found the courage to turn my pain into power and I now share this experience with other women, just like you.

Women who face or have faced adversity to show them how they can shine their light through this amazing life-changing experience.

I CANNOT WAIT TO SHARE THIS SPECIAL EXPERIENCE WITH YOU!

xx Jac



My first week on the job



WHY THIS GUIDE?

I WANT YOU TO.....

I have decided to put together this guide as a way of helping women realise that they don't need to lose weight or stress out about their bodies before their shoot.

Often women can hide behind fear and make excuses that only hinder themselves. I'm here to help you push past those fears and change your life RIGHT NOW.

Before I really started focusing on the importance of posing and well-fitting lingerie, I found I spend a lot of time photoshopping unsightly muffin tops from women who weren't even that "curvy". Ill fitting bras and lingerie made my job extremely difficult. I have found that certain pieces of lingerie photograph better than others.

Posing and lingerie has become the essential part of not just getting good images, but getting that "OH MY GOD!" reaction when a client sees them for the first time.

Photoshop is inauthentic

So I've made it my mission to get things right in camera. Thanks to a comprehensive preparation guide which is given after booking, all that's needed now is a few quick edits and a skin smoothing filter and the images are good to go.

Understanding what types of lingerie flatter the best, can not only help women to feel awesome, but excited and confident. It can make you lose 10kg instantly and bring about that alluring confidence.

Where do I buy lingerie?

Intimo Lingerie <https://www.intimo.com.au/>

Curvaceously Yours <https://curvaceouslyyours.com.au/>
(Scroll down to end for discount code)

Honey Birdette <https://www.honeybirdette.com/>

Bra's N Things (great for plus size stockings)

<https://www.brasnthings.com/lingerie/suspenders-stockings.html>



LESSONS IN LINGERIE

I love lingerie - it's super fun stuff!

Ok so let's look at what types of lingerie you should be looking for when shopping for your outfits (or just in general)

Lingerie makes all the difference between an "mmmmm it's nice" photo to an "OMG! I'M HOT!" photo.

So here are some no no's for photography and alternatives which will make you look much slimmer (AND HOTTER!)

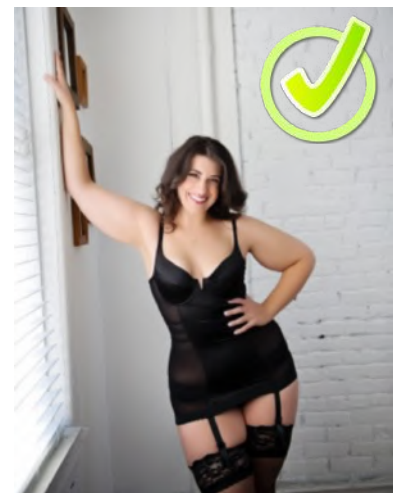


NO: Baby Dolls

They're pretty and feel nice but we'll take a sexy slip over a Baby Doll any day!

YES: Slips

More flattering and creates slimming effect.



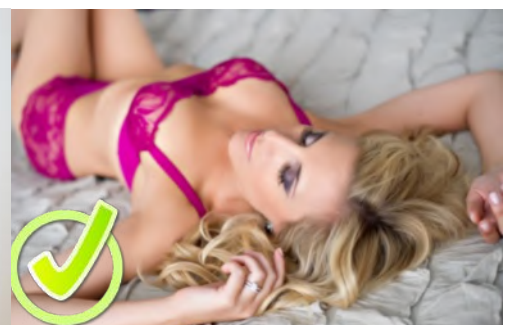
NO: Push Up Bras

Different poses can create a large gap or even "spill out" which is unflattering and a photographer's nightmare to correct.



NO: Incorrect Fit

Get re-fitted if needed.



YES: Well-fitted flattering bra

No unsightly gaps or "spill out" resulting in a breathtaking image.

LESSONS IN LINGERIE

Underwear

As a Rule - we recommend not to bring G Strings and Low Cut underwear to your boudoir shoot.

"Cheeky", high waisted undies with plenty of tummy coverage are best type of knickers for slimming.



DON'T

- Bring low cut or V Shaped Underwear
- G-Strings
- Bring pieces you aren't 100% in love with



Bodysuits & Teddys (Jac's fav)

I love bodysuits as they are not only slimming and versatile, but they hide mummy tummies and are super pretty showing off your shape but also very forgiving.

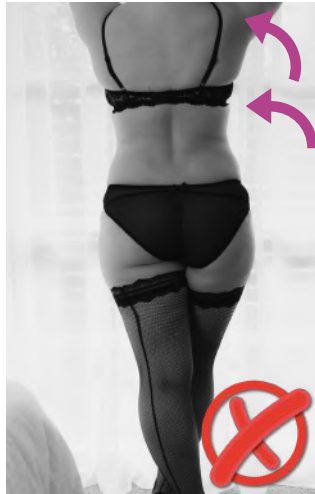


LESSONS IN LINGERIE

IMPORTANT - SIZING

When purchasing, always go a size bigger for your photoshoot.

Don't make this mistake I made of buying ill fitting lingerie. You can see the bra is and underwear is too tight and I am spilling out all over.



Corsets, Bustiers & Waist Cinchers

Where applicable, make sure the undies and top meet or else you will get the dreaded muffin top effect.

A corset is more rigid and they tend to have lace fasteners.

A bustier is more flexible and tends to have hook and eye closures.



LESSONS IN LINGERIE

Cut up T-Shirts, Jumpers, Knee high socks, short shorts

Cut up t-shirts, off the shoulder oversized jumpers,
Any look can be created.



Heels

It's a good idea to wear any new heels around the house a few times before bringing them to your photoshoot.

I find cheap and cheerful boudoir shoes from Ali Express

<https://www.aliexpress.com/>

I recommend measuring your foot length first before ordering and if in doubt about sizing, always choose larger where you have the option.

If you are lucky enough to own a pair of Louboutins, by all means please bring these. Alternatively you can get a pair of red bottom heels cheaply online.

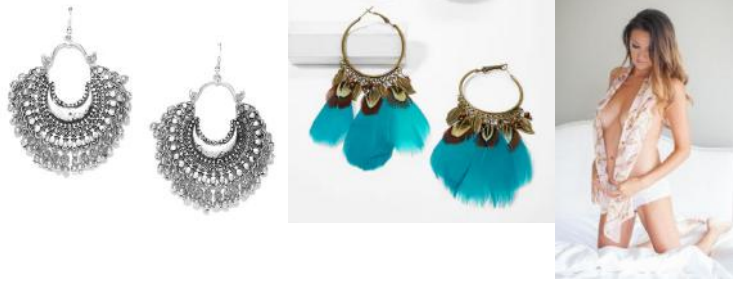


LESSONS IN LINGERIE

Accessories & Props

Earrings, scarves, feathers, necklaces, rings.

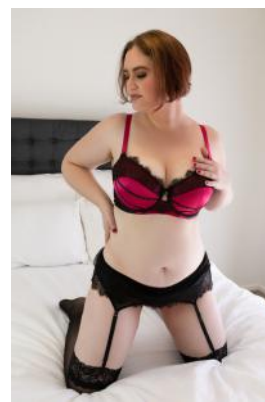
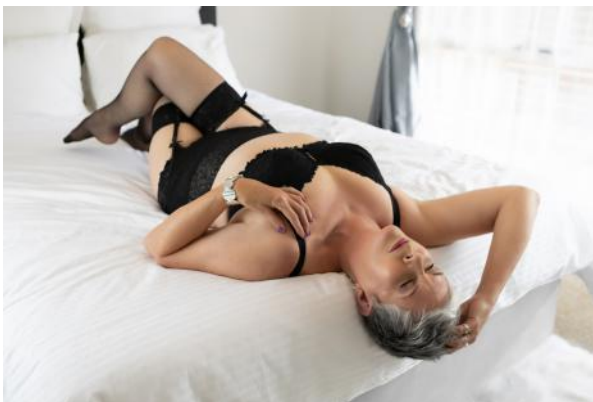
Bring along your partner's football or sports scarf or shirt for extra cred!



Stockings, Suspenders & Hosiery

I usually guide my clients to purchasing stockings that are generous in the upper thigh area to avoid them digging in. If possible avoid the "stay up" type stockings with the rubber part inside as it can make clipping on the suspender belt difficult.

I have found Bra's N Things great for the wider band of stockings (although they do have the silicone inner)



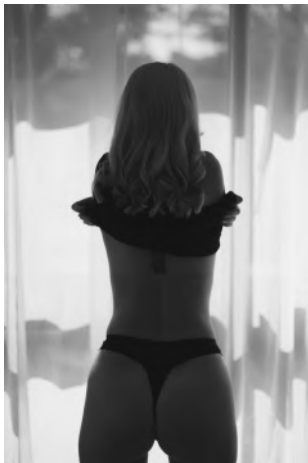
POSING

Posing is so important - and not only this, but the angle in which the photographer photographs you can either show off your curves and flatter you, or make you look heavier. Here are some poses that are perfect flattering. In fact, a professional photographer can pretty much turn any pose into a stunner.



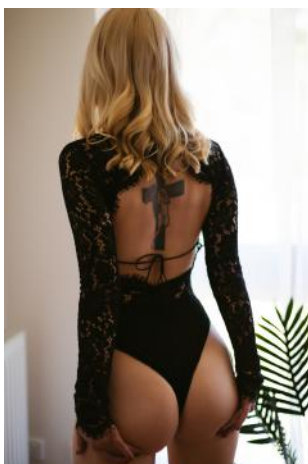
Pose 1 - Simple Start

We start with an off the shoulder t -shirt or jumper



Pose 2 - Transition Shot

Usually done as a suggestive silhouette



Pose 3 - Movement

Cheeky backside pose which looks great on just about any body type



Pose 4 - Buttoning up a shirt

Simple yet elegant pose with maximum effectiveness



Pose 5 - Heels on Couch

It's harder than it looks! The red bottom heels make it worth your while



Pose 6 - Bed Lying Down

A bed pose which is simple yet suggestive



Pose 7 - Grand Finale

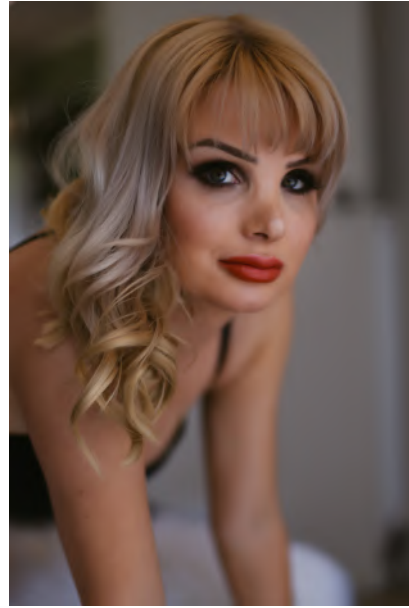
A challenging yet rewarding pose which looks great on everyone

LOVE YOUR LOCKS

Schedule an appointment with your salon if you need to touch up your roots, freshen up your colour, get a hair treatment to smooth out your locks, or get a trim to get rid of split ends.

* Avoid any drastic hair cuts or colour changes before your shoot!*

Wash your hair the morning of your shoot and come with it dry.



BEAUTIFUL SKIN

Gently exfoliate your skin and face a day or two before your shoot. Drinking lots of water, moisturising, and eating healthy nutritious meals will give your skin a healthy glow.

Don't worry about bruises, stretch marks, scars or cellulite. We do skin smoothing in post processing to give your skin a beautiful even glow. But prepping the "canvas" definitely helps.

Come to your shoot with a clean, fresh, moisturised face.

HAIR REMOVAL

Shave, wax, or trim any unwanted hair before your shoot.

Wax, trim or thread your eyebrows.

TANNING

We don't recommend tanning as it can give harsh tan lines.

Please do not use self tanners or spray tans unless done by a professional.




HANDS & FEET

Get a Manicure and a Pedicure a day or two before your shoot. Pick a colour that will go well with all of your outfits or go with a french tip of neutral colour. A white french tip leans to a classic look.

If you aren't able to get a manicure or pedicure for some reason, plus at least paint your fingernails and toenails before the day of your shoot.


DO'S & DONT'S


 Eat a good breakfast before your shoot.

 Bring items that represent YOU!

 Try everything on before your shoot

 Cut out any tags that might show


 Practice your sexy faces


 Clean your Jewellery

 Starve Yourself

 Stress out

 Forget your Outfits or Accessories

 Worry about stretch marks, bruises, scars, cellulite.

 Make any radical changes in appearance just before your shoot



SHOOT CHECKLIST

- CLEAR OUR YOUR SCHEDULE FOR THE ENTIRE DAY
- Create Inspirational Pinterest Board
- Choose looks and purchase outfits & lingerie
- Touchup Roots or Hair Colour
- Manicure & Pedicure (or paint fingernails and toenails)
- Wax or thread eyebrows
- Shave, Wax, Trim Unwanted Hair
- Cut out any tags on lingerie that might show
- Pack up outfits ready
- Pack up shoes and accessories
- Clean Jewellery
- Gently exfoliate face night before shoot
- Freshly washed dry hair
- Clean, moisturised face morning of shoot
- Eat a healthy breakfast morning of shoot



PRODUCT GUIDE

DIGITAL FILES

Each Digital File is provided in High Resolution JPG Format and delivered via Online Gallery for download with a private application to store images separately and share with your significant other. We also include social media shareable files with all our collections



METALLIC WALL ART

An exquisite premium product, crystal-sharp and vibrant in colour. Our supplier offer a 60 year product warranty and are the chosen provider of high end portrait studios. These prints are incredibly light and ideal for people who rent (who can't use hooks on their walls).



LUXE ALBUMS

Hand made in Australia through our luxury high-end boutique supplier with a variety of cover choice options. Beautiful handcrafted, each album includes white cotton gloves, an album care guide and a certificate of authenticity. The paper is exceptional photographic paper has been designed to comply with the highest lifespan requirements.



INTIMO

INDEPENDENT BRA FIT SPECIALIST

EVERYDAY CONFIDENCE
BEFORE, DURING & AFTER YOUR BOUDIE
SHOOT

Introductory Offer

\$25
INTIMO
GIFT

REDEEMABLE AT YOUR PRIVATE
VIRTUAL FITTING WITH
ALI BOWLEY
INTIMO BRA FIT SPECIALIST
0431 022 801
ALI.BOWLEY@INTIMO.COM.AU

Valid until 30/12/2020
Terms & Conditions Apply.



INTIMO

SHOW THIS GIFT TO:
ALI BOWLEY
WHO CAN COME TO YOU
PH: 0431 022 801
ALI.BOWLEY@INTIMO.COM.AU

Curvaceously Yours
Lingerie

[HTTPS://CURVACEOUSLYYOURS.COM.AU/](https://curvaceouslyyours.com.au/)

AUSTRALIA'S LEADING PLUS SIZE LINGERIE STORE

20% OFF

USE CODE:

MAGIC

