

PORTRAIT SESSION PREP

SLEEP

01

The night before your session is an important one. Get snuggly and relax. A good nights sleep means you will be alert and ready to shine in your session.

Listen to some calming music on route and remember there's nothing to be nervous about this session will be a collaboration.



02

EAT

A good meal before your session will give you the energy to hold focus during your session.

Nothing too heavy or bloating. Avoid that chocolate bar or coffee directly before the session we don't need anything in the corner of your mouth or stuck in your teeth. Feel free to bring a toothbrush if needed.

CLOTHING

03

Whats your style? What represents your casting? We will discuss your clothing options in the session and pick exactly what's going to look best on camera. More options the better!

I find solid colours work best, earthy and pastels even better or a strong pop of colour. A jacket can bring a specific casting choice. Think about necklines. Bring something with some detail but no big logos or distracting patterns.



04

HAIR & MAKEUP

Natural makeup or no makeup is advised. Discuss blemishes with me and I can work on them in post production, badly hidden spots are harder to remove then the spots themselves. Fake tan and heavy foundation will be noticeable. Some lip balm is essential in case of dry lips.

You want your hair to be in a style you'd usually have. No drastic colour changes unless it's something you're going to stick with for a while. Bring bobbles, a brush and hair product in case. I have facilities if you'd like to shave mid session.

JEWELLERY

05

Subtle jewellery can work but is it needed? Big hoops for a characterful shot. There will be moments no jewellery be nessesary. The choice is yours.



Check out more inspo on my insta
[@photography.pke](https://www.instagram.com/photography.pke)