

Tips for your Pin-up session

1. **Do some research and know what you want!** For our clients we start a Pinterest board to allow for sharing ideas and themes. It may sound silly, but getting in front of a mirror and practicing those silly or sultry faces will really improve your results!
2. **Hair and Makeup.** Leave it to the professionals! Hair and makeup services can be included in your session price, and covers full hair style and BeautiControl products as well as lashes!
3. **Relax! It's hard I know!** Take a bubble bath the night before your shoot and shave, wax or primp in general! Use lotion right after your bath (or baby oil) for silky smooth skin! Take this time to check your nails, give yourself a mani/pedi and clean up your eyebrows. Nails look best when they either are a light neutral color or match your outfit or theme.
4. **Roots. Touch em up!** Hair color looks most natural about 2 weeks after you dye it. Try to schedule your hair appointment around 2 weeks before your shoot. This will also give you time to fix any "mistakes" that may happen!
5. **Shoes.** Bring what you like, but wear flip flops to your shoot. This will keep the dreaded "sock marks" at bay! Anything tall and strappy is sexy! Stay away from "clunky" heels as they tend to visually shorten legs.
6. **Jewelry is up to you.** However, we tend to swap out current jewelry with period pieces like pearls. This is not to say that if there is a piece you must have we will not use it.
7. **Contacts and glasses.** Contact are fine to wear for shoots, however, please DO NOT wear colored contacts. If you want your eyes changed to another color, We can do that post editing, but colored contacts tend to slip off of the iris or just look fake in photos. Glasses are fine to wear, just make sure you try some pics without them (or as props, instead of on your face) too.
8. **Tattoos.** I love em! To keep them bright, before your shoot, please lotion your tattoos (unless you're having me edit them out) a few times. Also, bring lotion with you to apply between photos.



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9. Posing. I will guide you through poses, but you need to be proactive too! Don't be afraid to slowly move around and change your pose. You know when you look sexy so don't try to hide it! Just make sure you move SLOOOOOOW so that we can catch that perfect shot!

10. Bring your Ipod. Make a playlist to listen to during your shoot. It will calm you down, make you feel more comfortable and you will see that in your finished photos!

11. Smile. If you cannot come up with any other look, remember a smile is always good! Be goofy with it, the sillier you feel about your expression, the more cute it will look. This goes back to tip one of practicing in the mirror! Another easy one? Tilt your chin down, look up through your lashes and part your lips just a bit. Go do it now! Yeah, it looked hot didn't it?

12. While your at it. Try to press your tongue up against the roof of your mouth. This will make your face appear more slender and will help with any double chin stuff.

13. Stop hating. No. Really. Please don't walk in and tell me about how gross your stretch marks are, or how saggy your butt is! Fun fact, most women have these issues, and they are WAY worse in your mind than anyone else's! I want you to be comfortable and LOVE your body (yea, I really mean that, don't giggle). How can you love yourself if you are saying mean things about it?

14. Your photos. I will NEVER post photos without your permission. Most women are so thrilled with how hot they look, that they want them posted! It's completely up to you, and you'll sign a release if you want them displayed so there is no confusion.

Most important..HAVE FUN with it!!!

