



Lingerie Guide

For Your Boudoir Session

EMBODY PHOTOGRAPHY



**NOT SURE WHAT TO
WEAR FOR YOUR
UPCOMING BOUDOIR
SESSION?**

You booked your boudoir session! Yay!

But what to wear?

Shopping for lingerie can be stressful, but it doesn't have to be.

Part of rocking your boudoir shoot is having the right pieces that make you feel beautiful and sexy as well as knowing what flatters your body.

This guide will help you decide what you should bring...and what is best to leave at home.

THINGS TO CONSIDER

Bring at least one piece that makes you feel fantastic! You know that outfit that you put on and it instantly makes you feel like a goddess? Yeah- bring that.

Bring more than you think you will need. We will go through everything when you arrive for your shoot and we will select outfits together that will look great.

Shoes? Bring 'em. Also sexy boots. the higher the heel the better. It honestly does not matter if they are comfortable or if you can even walk in them. #SorryNotSorry.

STOCKINGS. GARTERS. BELTS.

Thigh highs? Stay-up? Stockings? What is the difference and do you want to bring these?

Stay ups are stockings that have the rubber material on the inside which will help them "stay up" on their own without the use of a belt. The rubber at the top is thick and if you want to wear formal or classic lingerie that includes a garter belt, the clips on the belt will not work with the stay-ups because the rubber at the top will make it difficult for the clips to attach.

You can still totally bring stay-ups, just know they will be worn on their own with no belt.

If you love the classic boudoir look of a garter belt, then you need to bring stockings. These stockings will not stay up on their own, and they will slide down your leg without the belt holding them up. I have a few belts in the studio wardrobe that you can borrow, but don't forget to pick up your stockings to wear with it. There is a bit of an art to attaching the clips to the stockings, but don't worry, I can easily help you, and I will show you how to do it as well.



CONSIDER BODYSUITS

I am a HUGE fan of bodysuits. There are many styles out there, and they are all very flattering on every body type. You can opt for full coverage or sheer. Cups in the top for support, or delicate lace. Thong back or full coverage. Different textures like lace, sheer, fishnet, velvet, silk... the options are endless.

BRA + PANTY SETS

There are TONS of options out there. Make sure you have a proper fit especially for your bra. You don't want a too tight fit so you are spilling out, or too loose and you have gaps at the cups. Also, be careful of too much push up in your bra. They can make you look unnatural. Also make sure the area near your armpit looks nice and smooth and you are not coming out of the cups. This will make it much more flattering in camera.

A WORD ABOUT PANITES

To make your tush look great, opt for cheekies or brazilian bottoms over thongs. Full coverage bottoms do not flatter, but we can always pull them up a bit to show more "cheek". Do not bring a g-string. They are not flattering on anyone and I won't shoot it.



WHAT ABOUT BABY DOLLS?

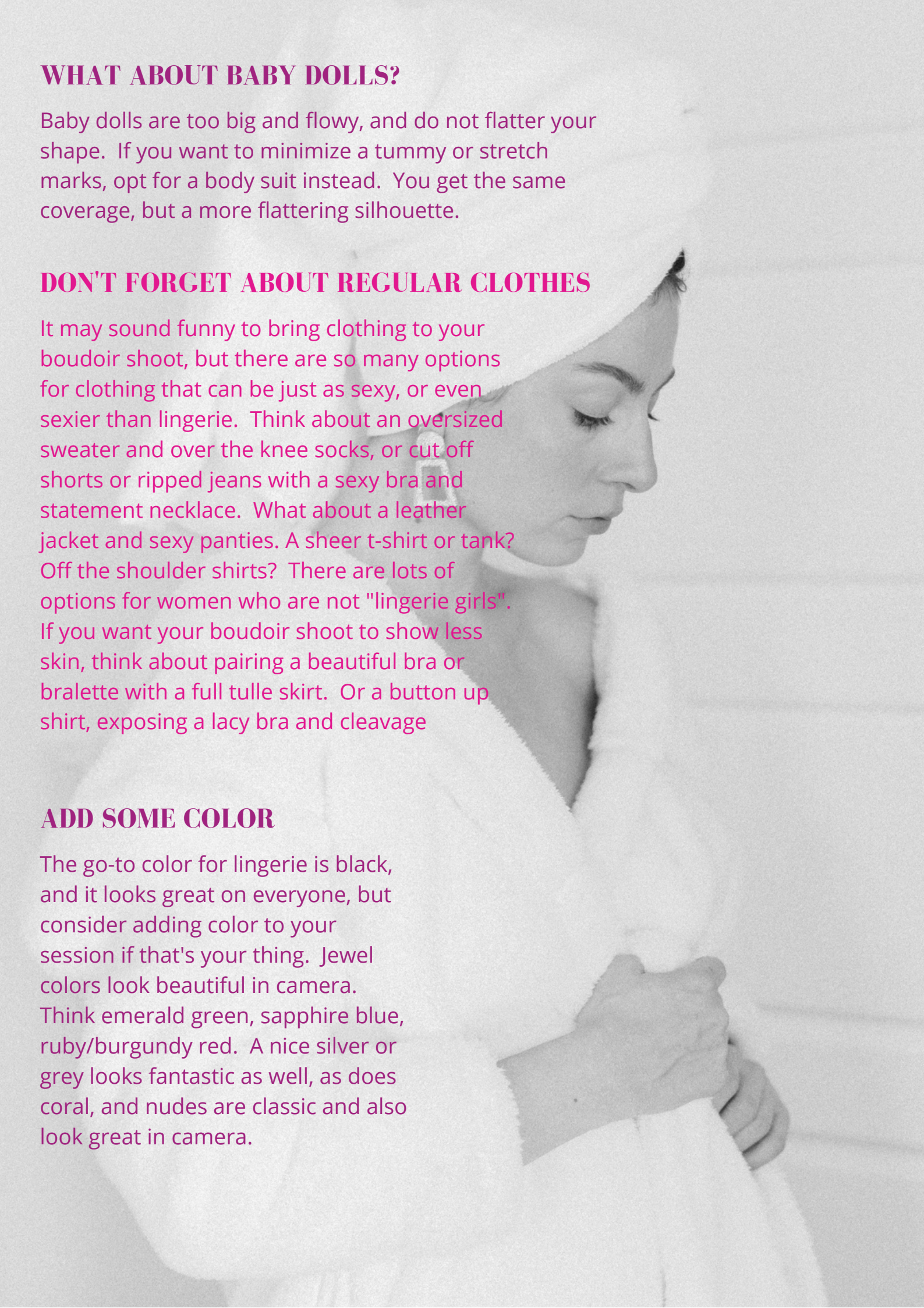
Baby dolls are too big and flowy, and do not flatter your shape. If you want to minimize a tummy or stretch marks, opt for a body suit instead. You get the same coverage, but a more flattering silhouette.

DON'T FORGET ABOUT REGULAR CLOTHES

It may sound funny to bring clothing to your boudoir shoot, but there are so many options for clothing that can be just as sexy, or even sexier than lingerie. Think about an oversized sweater and over the knee socks, or cut off shorts or ripped jeans with a sexy bra and statement necklace. What about a leather jacket and sexy panties. A sheer t-shirt or tank? Off the shoulder shirts? There are lots of options for women who are not "lingerie girls". If you want your boudoir shoot to show less skin, think about pairing a beautiful bra or bralette with a full tulle skirt. Or a button up shirt, exposing a lacy bra and cleavage

ADD SOME COLOR

The go-to color for lingerie is black, and it looks great on everyone, but consider adding color to your session if that's your thing. Jewel colors look beautiful in camera. Think emerald green, sapphire blue, ruby/burgundy red. A nice silver or grey looks fantastic as well, as does coral, and nudes are classic and also look great in camera.



JEWELRY

Feel free to bring in any jewelry you might want to wear. We can decide together what you will wear with your outfit and if it will work with the pose we choose. For example, chandelier earrings will not look great if we are doing a laying down on your back pose, but will look fantastic if you are upright. Also consider a body chain. Those look super sexy and will really kick up the sexy-ness of your images. You can wear them nude or pair a body chain with a bra and panty set.

LET'S TALK PROPS

A word about props. I am not a fan of props for your session. I like the focus on you and props can tend to get costume-like.

However, if there is something subtle you want to bring it to show off your interests and personality, then bring it and we can decide if it will work.

SPORT JERSEYS.

I am not a fan of you wearing anything that is oversized and that doesn't flatter or show your shape, so if your partner's jersey is huge on you, but you want to incorporate yours and his favorite sports team, consider bringing in one that is meant to fit you.



BE BOLD

I like to recommend you bring in at least one outfit that is totally out of your comfort zone. You don't have to wear it at all, but once we get into shooting and you feel more comfortable, you may just want to bust it out. Speaking of going outside of your comfort zone, don't totally dismiss nudes either. I love shooting nudes because they are the most flattering, and the female body looks best without straps and elastics and buckles pinching and pulling. I also love nudes, because those are the photos that surprise most women when they see themselves nude at the reveal. Remember, nudes don't have to mean showing everything if you are not comfortable with that, a strategically placed hand or sheet makes for a beautiful implied nude, where you don't show anything but you can tell that you have nothing on.

Don't worry, we won't do any nudes if you are not comfortable, and we will wait till you are warmed up a bit to decide.

STILL HAVE QUESTIONS?

If this all seems like a lot, remember I am just a phone call or an email away...and if in doubt, just bring it all in and we can go through it.

I am looking forward to having you in the studio and I can't wait to make you feel like a supermodel!



See You Soon!



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