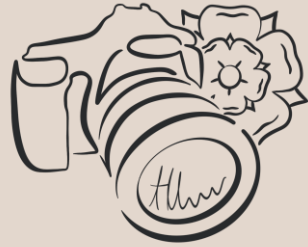


Boudoir Photoshoot: Your Personal Guide



Discovering your beauty, your way

introduction

Hi! I'm Hannah, and I'm here to guide you through everything you need to know about a boudoir photoshoot.

You may be super nervous or extremely excited...Or both, and that's normal! This resource will help to guide you through what you need to know, how to prepare, what to look out for on shoot day and tips to get the most out of your session.

If there's anything I don't cover, please reach out and I can help with any questions!



why have a boudoir photoshoot?

If you're looking to boost your self-confidence, boudoir photography could be an empowering experience for you. It provides a safe and comfortable space for women to explore and celebrate their bodies, and to see themselves in a new, more positive light.

Boudoir photography is a private and intimate experience, so it's important to choose a photographer who respects your privacy and personal boundaries in a respectful manner and can make you feel comfortable throughout your experience.

In addition to boosting your confidence and self-esteem, boudoir photography can be a perfect gift for weddings, anniversaries, birthdays or other special occasions. It can also be a unique and thoughtful gift for your partner, or offer you the empowerment to see yourself in a sensual way.



summary

My priority above all things is making sure that you are comfortable and feeling beautiful. This is what will give you a great experience and amazing images.

As women, we all have doubts and insecurities. Whether you're doing this for yourself or someone you love, I will work with you to ensure we get the best version of you possible in a gentle way – I am your ultimate hype girl!

If something doesn't feel natural or comfortable, please say. No photographer should ever ask you to do something that doesn't feel right. My shoots are completely collaborative and I work closely with all my clients to achieve a version of themselves they are **obsessed** with.



can I bring a chaperone?

If you'll feel more comfortable with a friend by your side, that's fine with me. An extra set of hands and eyes is always welcome!

Please note if you want photographs together, I will need to plan for this in advance. If they are just there for moral support, I can brief them while you get ready & they can help to ensure you are comfortable throughout the shoot.

If we are shooting in a small space, I ask that they try to avoid getting in the way of lights where possible, but I can usually work around this!



do I have to wear lingerie?

Not at all. This is your shoot, celebrating you – in any way this makes you feel comfortable. I will never push your boundaries.

The possibilities are endless – If you want images of this nature without actually showing anything, we could wrap you in a bedsheet or a towel, or a shirt. Many women choose bodysuits as these can be more classy and flattering. You could wear a loose fitting, oversized shirt and play with that.

Or – just wear what you're comfortable with! I love shooting people in classic jeans or their favourite dress. Let's discuss if you'd like more thoughts!



before the shoot

Like everything, preparation is key!

The more prepared we both are for your photoshoot, the more we can relax and enjoy the experience on the day.

Here's my guide to preparing for your shoot:



preparation

KNOW YOUR GOAL

Are the images for a photo album for example?

MOODBOARD

Create the perfect reference shots of looks you love

LOCATION

Let's choose the perfect location to tell your story

PRACTISE POSING

Fun times in front of the mirror!

OUTFITS

What makes you feel beautiful?



know your goal

If you know what your images are for, this can help me recommend the best style of images for you.

For example, if your images are for a printed photo album, it might be that landscape works better for you over portrait imagery or vice versa.

If you're sharing your images on social media, I can provide different crops for you so they're all ready for Instagram for example.

If they're just for you or someone you love and you just want digital files you can treasure – this is perfectly fine too!



moodboard

I don't do anything without a moodboard. Personally, it's my holy grail during the shoot.

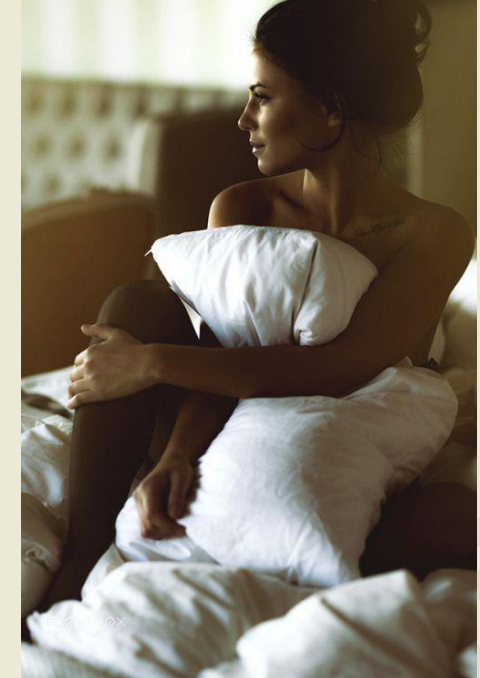
If you can put together some images you **love**, it's so much easier for me to make a visual reference of what you're looking to achieve.

The more images and ideas you have, the better for our shoot. But don't worry, I can help you to create this if you're stuck.

In the next slides I'll show you real examples of moodboards I've put together with previous clients to achieve their dream photographs.



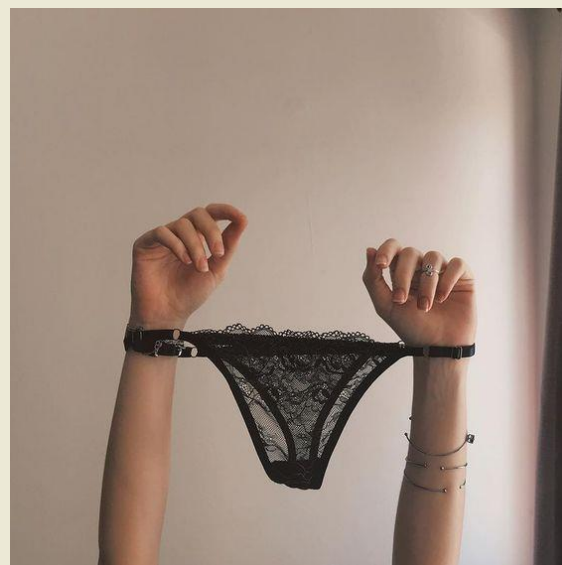
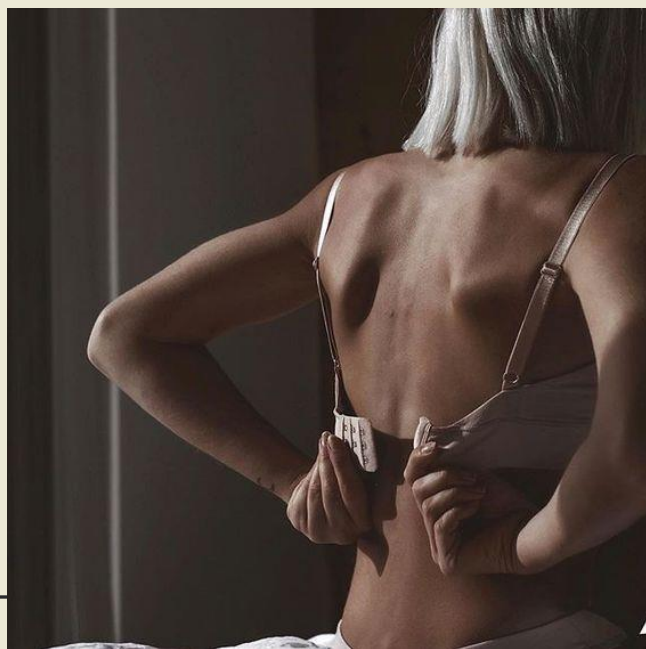
bedsheets



flower bath



close ups



location

Once we have a visual reference for your perfect photoshoot, we can plan locations. This varies client to client depending on imagery, style and what might be readily available.

I have my own lighting equipment and can be flexible with regards to space. I'd recommend looking out for gorgeous natural light where possible, privacy and the setting...If your moodboard images all include a bed, let's get on a bed!

Options typically include:

- Your own space, living room, bedroom or bathroom. (I live in a small house too so don't worry if this isn't an option!)
- Photography studios
- Hotel rooms & AirBnB's.

Please find the following slides for locations I regularly recommend, and things to look for.



Photography Studios



Hotels / Air BnBs



Other ideas that might suit you



practise posing

The thought of posing at all can be daunting for some women, never mind posing in lingerie! Completely understandable, however I'm here to guide you right through it.

We all have a preferred side or something we're not so keen on – While that makes you all the more beautiful, it's important to feel your best self on the day.

I'd recommend practising in front of a mirror prior to the shoot with things like facial expressions and positioning of your hands. Find your best side. Take some selfies on your phone that make you feel good!

Here are some basic poses you can look at practising.



pose inspiration



Standing Up

When posing standing up, try crossing one leg in front of the other to create an elongated, flattering silhouette.

You can also try putting your hands on your hips or in your pockets for a relaxed, confident look.

Experiment with angles by tilting your head or turning your body slightly to the side and looking away.



pose inspiration



Back to the Wall

When posing with your back against the wall, try leaning back slightly to create a curve in your back.

You can also try putting one foot in front of the other and angling your body to one side.

Use your hands to create different shapes and angles, such as putting one hand on your hip or running your fingers through your hair.



pose inspiration



On the Bed

When posing on the bed, try lying on your side and propping yourself up on your elbow. This creates a relaxed, comfortable look while still showing off your curves.

You can also try lying on your back with your arms above your head or crossed over your chest. Experiment with different leg positions, such as crossing one leg over the other or bending one knee.



pose inspiration



High Heels

When posing in close-ups of high heels, try standing up with one foot forward and the other foot slightly back. This creates a dynamic angle that shows off the curve of your leg and the height of your heels.

You can also try sitting down with your legs crossed and your high heels pointed towards the camera.

On a sofa, practise getting comfortable and feeling sexy without sinking into it. Play with the arms of the sofa and where you can rest your head.



pose inspiration



Lingerie

When posing in close-ups of lingerie, try lying down with your legs slightly bent and your back arched. This creates a flattering angle that shows off the curves of your body and the details of your lingerie.

You can also try standing up and using your hands to draw attention to specific parts of your lingerie, such as the lace or the straps.



pose inspiration



Hands

When posing in close-ups that focus on your hands, try using your fingers to create interesting shapes and angles.

You can also try placing your hands on different parts of your body, such as your hips or your shoulders, to create a flattering curve.

Experiment with different poses and angles to find the ones that work best for you.



pose inspiration



Face

When posing in close-ups of your face, try angling your head slightly to one side or the other. This creates a more dynamic look and helps to highlight your features.

You can also try using your hands to frame your face or create interesting shadows.



pose inspiration



Play with your hair

If you have long hair, throwing this over your face creates a playful look which can help to tease the camera.

Consider framing your hair around your face, messing this up or completely throwing it towards the camera for more of a candid look.



outfits

Main advice...Wear something you're comfortable in! Consider the location and what colours will compliment you in this environment.

Sexy lingerie is great, but if it digs in a lot and you feel restricted, you might also want to bring something that fits a little better. Less can be more!

Dress up your outfit with accessories, beautiful earrings or bracelets. You can bring an oversized shirt to play with or a dressing gown which adds some more depth to the story you're conveying.

I'd also recommend cutting tags out of everything you're going to wear – this saves me so much time in editing when they're poking out!

On your way to the shoot, wear something comfortable that won't leave lines on your legs or arms – This will make editing a lot easier!



hair & makeup

When it comes to makeup, it's always good to start out minimal. It's easier to darken your eyeshadow and lipstick than it is to take it off. Depending on the shoot style and theme, I'd usually recommend starting natural and glowy, then building up to a classic look with a bold red lip.

With hair, this all depends on yourself and personal preference. Some girls prefer to tie this up for some shots then have this loose and wavy, but it all depends on you.

On the day, bring back up hair and makeup tools to top up – You might sweat it off or want a touch up!



professional hair & makeup -

If you're getting hair and makeup professionally done, I'd recommend doing this before the shoot in the morning. Give yourself plenty of buffer time in case this runs over.

Any makeup artist or hairstylist that you request for your shoot will be a separate contract and clients will be required to pay them directly when they carry out the work. By booking their services you will also agree to their terms and conditions.

If needed, I can look to make recommendations where possible for makeup and hair stylists in your area. Please provide me with as much information as you can with location, style and budget and I can look to source someone suitable for our shoot.



during the shoot

Posing is hard work, you will definitely be a bit worn out after the shoot! I'd recommend having some water and snacks available if you need them.

As we shoot, I will show you the images on the camera as we go along and work with you to find what works. We might find an angle that isn't quite right, or something amazing we want to play with more. I work very collaboratively and will ensure you are always happy and comfortable.

Depending on the amount of time we have, I'd recommend a few spare outfits and accessories that we can swap in and out of to ensure you get more looks. A typical shoot for me usually includes 3-4 looks, but this varies on location, theme and timings. I'd generally recommend a minimum of 3 hours to ensure set up of lighting and enough time to change.



editing

My editing process does vary depending on the shoot. I typically make visual changes to the photograph to brighten, tone and grade the environment and flatter my model. I can also fix aspects such as chipped nails or rogue plug sockets in the background.

When it comes to editing, I do prefer minimal retouching as I like to keep you looking beautiful as you are. I do smooth skin out, and typically remove the odd mole in the instance they are distracting at first glance.

If you have beauty spots, scars, acne or stretch marks you would like me to remove, this is fine but it might take me a bit longer depending on the photograph (these can be a bit fiddley!).

At the same time, if you would like images without any post-production, I am more than happy to accommodate this.

If you prefer your edits doing a certain way, e.g. dark and moody or in black and white, this is fab – Just let me know!



post-shoot

You will receive contact sheets of unedited photos within 48 hours via email or WeTransfer dependent on the size. I will ask you to choose 25 images you love, and I will get these edited and sent over to you digitally (within 10 working days of you selecting your images) to enjoy.

Where possible, I will try to provide additional images if we did several sets of varied looks!

All images are treated confidentially. If you're happy for me to share the images you can advise, but I understand when it's a gift for yourself or someone else how special and private these are and I will respect this.

If you need help with finding a print supplier, I can assist with this.



how can I get started?

If you'd like to discuss your boudoir shoot in more glorious detail, I'd recommend a quick introductory phone call where you can get to know me and I can find out more about what you're looking to achieve.

Following this guide, I'll ask about purpose & goal, potential moodboards and locations you might have available. I can then make recommendations for poses, outfits or how to feel like your best self on the day!

Please note, a £50 deposit must be made to secure your photoshoot date. This fee is refundable for up to 7 days from the time of the deposit payment in the event of a change in plans.



thank you

I hope this has helped you with preparation for your gorgeous boudoir shoot!

Please be aware acceptance of my T&C's is required for all bookings:
<https://www.hannahlunn.co.uk/pages/individuals-terms-and-conditions>

If you have any questions I haven't covered in this guide, please don't hesitate to get in touch so we can create your dream shoot together!

hannahlunnphotography@gmail.com | 07469943666 | www.hannahlunn.co.uk

