



# Headshot Prep Guide

## Preparing for your Headshot.

Having your picture taken can be overwhelming, here are a few tips to get ready for your headshot session.

We will chat with you, laugh with you and have some fun to get your personality and the confidence and approachability you are looking for in your headshot.



## Clothing

- Bring many options that you feel great in. (que superman pose)
- You have the option to bring different looks from casual to professional.
- Timeless classy pieces are a great place to start.
- Solid Colors (Jewel tones look great on most people and on camera)
- Simple small patterns
- Remember to have your clothes pressed, clean and hair/lint free.
- Layers are great and can add some interest without taking away from you.
- Do you wear glasses? Feel free to bring a few pairs, just make sure the lenses are clean.

## **Grooming**

### **Men**

- getting a haircut a few days before is a great idea.
- If you have dry skin or lips, remember a facial lotion and chap stick.
- If you have facial hair, trimming that up is a good idea.
- Shaving, if you shave, do it right before the shoot. If you want to come in with facial hair, you always have the option of shaving half way through the shoot for an extra look.

### **Women**

- Simple makeup and hair is the way to go. A good glossy lipstick is great.
- Start simple and we can add more as we go.
- Blend, Blend, Blend your make up,
- Don't try new beauty products in the days leading up to your shoot
- Groom any unwanted hair on chin or upper lip
- Keep the jewelry to a minimum, big jewelry can date your headshot quickly and can be distracting!

Having a hair and makeup artist is a great way to go. Not only will you look great, but you will feel great too. We have a great couple of options for you if you want us to book that for you!

### **Misc. tips**

Expressions. Try practicing some different expressions in the mirror, don't worry, no one is watching. I'll guide you on your way to a great look.

We are looking forward to your session. Don't hesitate to call or email with any questions. <sup>i</sup>