

Less is More

BOUDOIR

PREP GUIDE



SHOP FOR PIECES THAT COMPLEMENT YOU AND MAKE YOU FEEL AMAZING. I CAN HELP WITH SUGGESTIONS OR I CAN OFFER A PERSONAL SHOPPING EXCURSION.

BRING ADDITIONAL ARTICLES OF CLOTHING JUST IN CASE OF A SUDDEN RIP OR DAMAGE; FOR EXAMPLE, STOCKINGS CAN GET RUNS IN THEM, IF APPLICABLE.

STAY HYDRATED AND USE LOTION AS OFTEN AS POSSIBLE. YOUR SKIN WILL BE MORE SUPPLE AND LUMINOUS.

DO NOT FAKE TAN, IT TENDS TO RUB OFF ON LINENS AND ITS NOT ALWAYS 100% EVEN.

GET A MANI-PEDI WITH PINK HUES, NUDES OR EVEN A CLEAR POLISH.

IF YOU WAX, BE SURE TO DO IT CLOSE TO THE SESSION TO AVOID RED BUMPS. SAME GOES FOR SHAVING, HOLD OFF FOR AS LONG AS YOU CAN AND SHAVE THE MORNING OF THE SESSION.

DON'T DO ANYTHING DRASTIC WITH YOUR HAIR. A TRIM IS FINE, A REGULAR DYE IS OK...BUT DON'T DO SOMETHING YOU'VE NEVER DONE BEFORE.

TRY NOT TO EAT SALTY FOODS AND/OR CARBONATED DRINKS THE DAY BEFORE.

CONTACT ME

MOBILE 317.732.855
WWW.LESSISMOREBOUDOIR.COM
@LESS_IS_MORE_BOUDOIR

112 N. WALNUT, STE 1000
BLOOMINGTON, IN 47404

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REMOVE ALL PRICE TAGS FROM CLOTHING, LINGERIE AND PANTIES. THEY'RE NOT FUN TO EDIT IN PHOTOSHOP.

CREATE A PLAY LIST OF YOUR FAVORITE SONGS THAT MAKE YOU FEEL GREAT ABOUT YOURSELF.

DOUBLE-CHECK EVERYTHING IS PROPERLY PACKED AND READY FOR THE SHOOT: HEELS, JEWELRY, AND ACCESSORIES. USE THE PACKING LIST I PROVIDE IF NECESSARY

WASH YOUR HAIR THE NIGHT BEFORE AND GET PLENTY OF REST.

WEAR VERY LOSE CLOTHING TO THE STUDIO ON THE DAY OF THE SHOOT. TRY TO AVOID WEARING A BRA OR FITTED PANTIES TO MINIMIZE MARKS ON YOUR SKIN.

USE CLEAR DEODORANT PLEASE.

EAT SOMETHING LIGHT, BUT FILLING, BEFORE YOU LEAVE THE HOUSE.

PLEASE DON'T COME TO THE SESSION INTOXICATED. (LET'S AVOID THAT ISSUE ENTIRELY.) IF YOU'RE NERVOUS...LET'S CHAT SOME MORE.

BRING COINS FOR THE PARKING METER.

RELAX AND LET'S HAVE SOME FUN!



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