

BOUDOIR

BY PHOTO NOTTINGHAM





WELCOME TO BOUDOIR

Boudoir photography is undoubtedly the most rewarding thing we do as a studio. It’s truly amazing to watch the transformation of a lady who’s literally shaking with nerves in reception into the confident woman who strides out of the studio with a huge smile on her face.

The first question I ask is “What’s your story?”

Lots of our ladies jump into a boudoir experience for a reason and I love to know what brought them to us. Our photographers, retouchers, makeup artists and designers have tailored every aspect of the shoot from the preparation to the finished portraits in your home and I’m thrilled to show you what that means to our clients in the following pages.

We’re a really friendly team, so please pick up the phone if you’d like to talk things through or to arrange a coffee and a chat at the studio.

S. McIntyre

Stuart McIntyre Director/Owner

Photographers
Stuart McIntyre
Marija Davies

Hair & Make-Up
Sarah Vinter

Reception
Michelle Horton

Retoucher
Natalia Shymansky
Maria Ivchenko

Designer
Jono Renton

CONTENTS



CREATE YOUR OWN
BOUDOIR STORY / 04



MEET YOUR STYLIST / 08



JESS' STORY / 10



PAT'S STORY / 14



RACHEL'S STORY / 16



CELEBRATING YOUR
EXPERIENCE / 20



DARE TO BARE / 24



LOVERS ESCAPE / 28



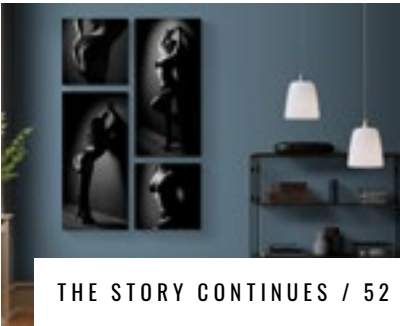
TRACEY'S STORY / 38



WHAT TO WEAR / 42



SISTERS DOING IT
FOR THEMSELVES / 44



THE STORY CONTINUES / 52



CHECKLIST / 54

CREATE YOUR OWN BOUDOIR STORY

You may be reading this magazine because you have already taken the first step and booked for your boudoir shoot, or you may just be thinking about taking the plunge. Either way, here's our guide to what to expect when creating your own boudoir story...

1. Book your boudoir shoot

If you are ready to take the plunge then you can either buy a shoot on our website or call Michelle to book into the studio. As well as finding you a suitable appointment slot, Michelle can answer any pressing questions you may have about the experience.

2. Join Ladies in Lace

Ladies in Lace is our exclusive private Facebook Group where a community of our wonderful clients is waiting to answer your questions. Many share their experience (and sometimes their boudoir portraits too) in this closed group. Of course you aren't obliged to share your own images but you may surprise yourself! This is the place to go to find out exactly what a boudoir experience entails, from those that have already been to us.

3. Discovery call

Before your appointment, Suzy will give you a call to reconfirm the date & time, and also answer any remaining questions you may have. Don't be surprised if we probe a little into the reasons for doing your photoshoot. Most of our ladies have a story to tell and we will love finding out about yours!

4. Shopping

The number one question we are asked is what should I wear? We have built up more than a good idea of what looks good over the years and you can read our advice on **page 48**. However, we would suggest taking out one of those wheelee suitcases, look through your wardrobe to see what you have and think of props and accessories you can bring to personalise your portraits. Throw it all in the suitcase and use your time at the photoshoot with your dedicated stylist to choose what will work best. We also find that a bit of retail therapy before your shoot and treating yourself to some new lingerie can be a real confidence boost!

5. One Week Before

Around a week before your shoot, think about visiting your hairdresser to tidy your hair and refresh any roots. Visit the salon for waxing to give your skin time to heal.

6. The Day Before

Paint your nails and moisturise well, or treat yourself to a manicure and pedicure. Wash and dry your hair, ready for tomorrow's styling. Pack your bag and check your travel plans to ensure that you know where you're going and that you'll arrive on time.

7. On the day – Arrival

Aim to arrive around 10 minutes' early for your appointment. Our friendly team will put you at ease from the second you arrive at the studio, and if that doesn't work the complimentary glass of prosecco is sure to help! Our new location in the village of Awsworth has a welcoming reception area and we will be sure to put your name in lights.

8. On the day – Make up & Styling

Don't worry, we won't expect you to get into your lingerie straightaway. First things first, your friendly stylist Sarah will take you to our dedicated make up area for your hair & make up consultation. Sarah will discuss with you how you usually style your hair and apply makeup at home, and agree with you a look for the photoshoot that will make you feel elegant & confident. Sarah often takes this time to have a chat with you about the shoot, what your expectations are and the look you are going for.

9. On the day – Shoot

Are you ready for your close up? Almost all of our ladies feel nervous at the moment they step out of the dressing room, but we work very hard to put you at ease. After a few minutes, we guarantee that you'll forget you are in your lingerie and totally relax. We try a number of different poses and outfits on the day to give you a variety of portraits to choose from. Sarah will be on hand to ensure that every detail is perfect from the tip of your toes to the curls in your hair. Don't worry if you've never done anything like this before, we will help you into flattering poses that make the most of your figure

10. On the day – Design Consultation

Once you have had your shoot, we guarantee that you will be feeling on top of the world. What better time to view your portraits than on the same day in our dedicated design consultation studio? See yourself on our big screen and choose the portraits that you love and want to display at home – or keep for yourself. Don't forget that all of our boudoir experiences include £250 to spend in the studio.

11. After your shoot

Once you've placed your order, our professional retoucher Natalia will make as many or as few tweaks to your portraits as we've agreed with you. Your products will be available to collect 3 to 4 weeks following your session. We love to see our Ladies in Lace return to collect their portraits!

Shhhh...

Having completed the experience, why not pass on the secret to someone you love who has their own story to tell. Our beautifully presented gift certificates make a wonderful present and include £250 to spend in the studio



MEET YOUR STYLIST

The styling of your shoot is so important not only to how you look in the photos, but also how you feel when you step in front of the camera. Our stylist Sarah is a professionally qualified makeup artist with a great deal of experience in the industry, but most importantly she's the warm and friendly face who'll guide you through your boudoir photoshoot.

"When you arrive we'll sit down together for a consultation, discuss how you usually style your hair and apply makeup at home, and come up with a look for your shoot. You can show me images on your phone and cut-outs from magazines for inspiration, or I'm happy to draw on my experience to suggest colours and styles I believe will suit you. When you're ready, I'll take you through to the studio and help with your outfits and poses during the shoot. I can make sure your hair's in the right place, your lipstick isn't smudged and your stockings are level; all the little details that make a difference to the finished portraits."



SARAH'S TOP TIPS

Body - Exfoliate your body in the bath or shower on the morning of your shoot and moisturise to ensure your skin is soft and glowing for the photos.

Nails - Don't forget to give your hands and feet some attention. You needn't book a professional manicure and pedicure, a file and polish at home will do wonders..

Hair - Arrange a cut (and colour if you choose) with your hairdresser in plenty of time and wash your hair the night before the shoot to ensure it's clean, dry and ready for styling.

Face - Cleanse, tone and moisturise before the shoot and come to the studio bare-faced to prepare your face for makeup application.

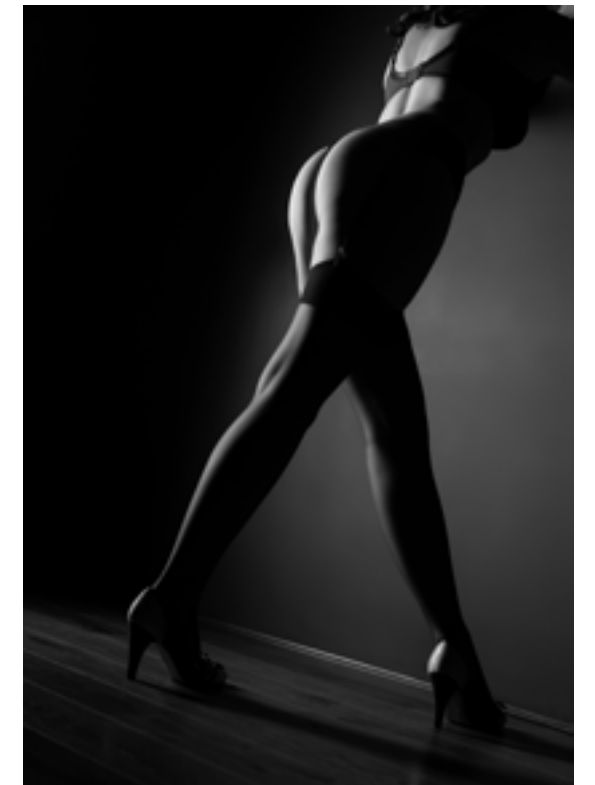


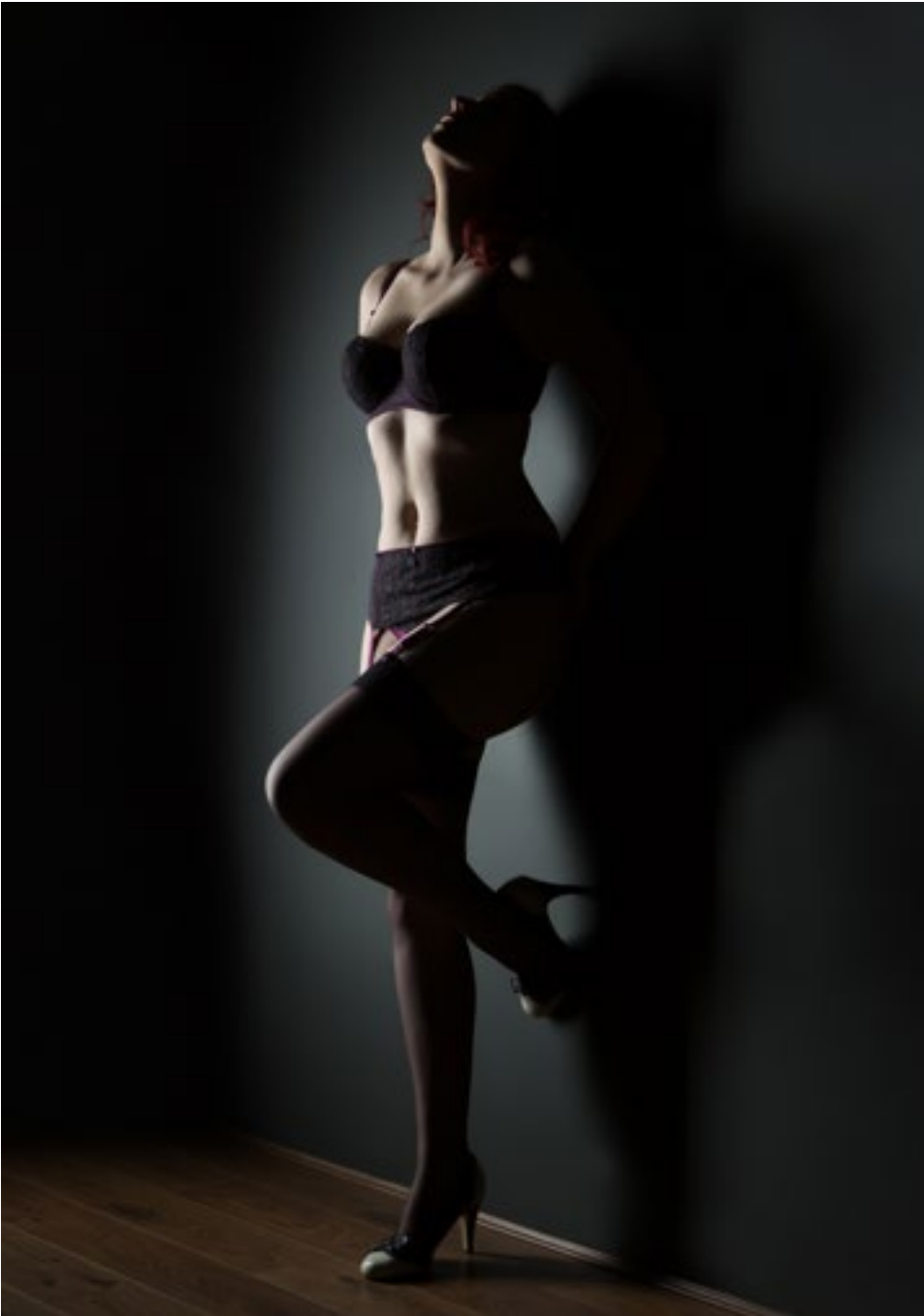
JESS' STORY

Jess booked her photoshoot for no other reason than to prove to herself that she could! As a mum of one she always puts others first, so this was also a great opportunity to do something special for her and feel glamorous for the day. Her purple lingerie with stockings and suspenders were the perfect outfit for sexy silhouettes and we loved the detailing on the set she chose. It can be quite tricky bending and arching to create shapes with your body, but her stylist Sarah helped her into each pose and Jess was a natural in the studio. For us, these seductive portraits were the highlight of her finished album.

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"I saw an advert on Facebook for the shoots and thought 'why not'. I wanted to see if I had the confidence to do the shoot and thought it would give me a picture to treasure. As it turns out I came out of the shoot with so much confidence and I still think back to it if I need a boost! Everyone was so professional and supportive. I would definitely recommend this to everybody. Give it a go, you have nothing to lose."







PAT'S STORY

Unbelievably, my inspiration came to me one evening as I was looking at an article about boudoir shoot whilst eating a mango! I laugh hard when I think about how I became a member of such a great family of people - apparently I had rung the year before! Anyway I turned up on the day with all my regalia, excited and nervous. I enjoyed my glass of prosecco whilst waiting. The whole shoot was phenomenal. I was made to feel comfortable and safe. First time was about 7 years ago? Could be more.... I've been back three times and on one occasion I opted for an Implied Nude shoot, which in my mind was the best!

*I love the experience and I do it for me. My last shoot was to celebrate my transition from black hair to grey. Truly a special occasion marked in style. Stuart took the photos for me..
Excellent job!!*

My intention is to one day pass my portraits on to my granddaughter. But not quite yet...

RACHEL'S STORY

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It was my last year of my 40's (a very scary thought!), I'd had a relationship breakup after over 10 years, and wanted something to boost my confidence and get myself back again.

New hairstyle? maybe... A holiday retreat? hmm... Diet...? always good but... a Boudoir shoot? Oh, now there's a thought!

So I treated myself to some stunning underwear and off I went...





"This is by far the best decision I have ever made. What an amazing experience from beginning to end. I couldn't ask for more from Photo Nottingham. The team made me feel so relaxed from the minute I made contact to the end of the photo shoot and beyond.

When the time came for me to walk through the door, I was so nervous. I'd never had a boudoir shoot before and wow does it ever transform you, I didn't recognise myself! My hair and make-up were done beautifully by Sarah and everyone was so patient with me. I felt really quite special knowing that this was it, me, yes me being photographed, being outside my comfort zone but what you get is so rewarding.

A few days later I returned to view the photos on the big screen! Wow, that was really the game changer for me. To see myself looking incredibly beautiful, I nearly didn't recognise myself! I chose the photo album which I still love today and have some portraits on my wall just to remind me, when I'm feeling down, yes that is me & be proud!

Why didn't I do it earlier was the question I kept asking, so don't delay, just go with it and enjoy the moment. You will not be disappointed! This team is amazing!"





CELEBRATING YOUR EXPERIENCE

Imagine how lovely it would be to have a box of positivity waiting for you whenever you felt like you needed it. Something special that you can take out from time to time to reflect on an uplifting and inspiring experience. Something to give you that shot of confidence that we all need sometimes. That's exactly what our boudoir boxes offer our Ladies in Lace. A lasting memento of how awesome you are. These decorative boudoir boxes are finished with black lace and ribbon and can hold up to 20 portraits

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"It's taken a while to have the confidence to share my experience of my boudoir shoot as my mental health has struggled since my shoot in September... However, I decided to look back on my gallery yesterday and it really helped to give me the positive boost that I needed so I finally feel able to share with you all. Thank you Sarah and Marija for making me feel so special during my shoot" - Laura, Boudoir Client



Or for that extra special treat, why not invest in our Ladies in Lace Collection? Featuring three of our most popular products, including an album or boudoir box, a 50" Madison high definition Alumini panel with a brushed texture and a wallet alumini – perfect to gift to a loved one, this is the ultimate indulgence.



DARE TO BARE



Lots of ladies come back for a second shoot with us, specifically to shoot for a nude fine art piece for the wall. Elegant, subtle, strong & powerful fine art nudes are designed to go on display in your home

When we first started shooting these portraits, some of the team at nkd() waxing volunteered as models to create some very personal artwork for their city centre salon. As intimate waxing specialists they're extremely comfortable with nudity at their salon, but they all told us how nervous they were before their photoshoots.

We took the opportunity to ask the experts at nkd() the questions you may be too shy to ask before your shoot.

Why should I wax before a boudoir photoshoot?

ou should only ever get a wax because you want to. If you're happy with the hair that god gave you, then by all means leave it where it is in all its natural glory. If you do prefer the look and/or feel of hair-free skin though, then we believe waxing is a great option for many reasons. Waxing removes the hair from the root, unlike shaving for example when you're just cutting the hair off at the surface of the skin. Some people find they get a five o'clock shadow as soon as later on in the same day they have shaved, which is the hair just underneath the surface of the skin starting to show through. Waxing, on the other hand, will give you far longer-lasting results.

How far in advance of my shoot should I book my waxing appointment?

We recommend that you book your wax 2 – 3 days before your photoshoot. While the vast majority of our clients do not suffer from any “plucked chicken” effect after waxing, due to the superior type of wax and the superior waxing techniques we use, it is still best to give the skin a few days to settle down after a wax. Some clients who have particularly sensitive skin, or who are not used to waxing, or have in the past repeatedly shaved the waxed area, may experience some temporary redness of the skin or some bumps, in the day or so after waxing. Remember to make sure that your hair is long enough when you come in for your treatment. We recommend that you don't wax, shave, or remove the hair in any other way for a minimum of 3 – 4 weeks before your appointment otherwise the results you see will not be as good or as long lasting

What do I need to do to prepare for my wax?

It goes without saying that you should shower/bathe on the day of your wax and put on clean underwear, for your sake and ours! In the run up to your treatment, we recommend that you lightly exfoliate the area 2-3 times a week and moisturise daily, using suitable products. By this we mean an exfoliator that isn't too grainy which could scratch the skin, and no exfoliators or moisturisers that are heavily perfumed which could irritate this delicate area. Exfoliating will help to remove any trapped hairs just under the surface of the skin which we can then remove, while moisturising will keep the skin soft and supple, which will allow your regrowth to grow through without any problems .

Do I need to do anything after my wax?

Absolutely, yes. Following the correct at-home aftercare procedures are vital in making sure you get the best results from your treatment, for as long as possible. After all, what's the point in spending all that time and money finding a reputable salon and the best waxing therapist who can give you the perfect wax, if you are not going to look after the area at home to prolong the results? So just like before your wax, we also recommend that you exfoliate and moisturise regularly after your treatment as well. Doing so will prevent those oh-so unsightly ingrown hairs that can blight an otherwise perfectly-preened private part..

What's the difference between the different types of bikini wax on offer these days?

At nkd (), we offer four different types of bikini wax, ranging from the basic bikini right through to a Hollywood wax, meaning that we offer a treatment to cater for all tastes!

Basic Bikini Wax

A basic bikini wax involves the removal of all hair which would sit outside a standard pair of knickers. So this is any hair on your thighs, the edges of your thigh creases and along the top, underneath your tummy button. A basic bikini wax is ideal if you want a quick, economical bikini wax and a very basic tidy up. It will fit the bill perfectly if you just want to make sure that nothing pokes out of standard knickers or swimwear, by which we mean nothing high-cut or skimpy. It can also be a good entry into bikini waxing if you want dip your toe in the water, so to speak, before properly taking the plunge, with a more daring kind of wax (read on for more details of what we mean by this)!

G-String Bikini Wax

A G-String bikini wax goes one step further than a basic bikini wax. This means that more hair is removed from around the sides, including a bit from each side of your undercarriage. Imagine wearing a skimpier pair of knickers than your standard big pair of pants – no hair would sprout out the side of these, but a triangle of hair would still be underneath the knickers. This wax is ideal if you like your knickers or swimwear skimpier than your average pair of granny pants or if you just want that bit extra off, without going for a fully-fledged Brazilian or Hollywood wax!

Brazilian Wax

Brazilian waxes are now commonly-requested treatments in beauty salons up and down the country. Almost all hair from the genital region is removed during a Brazilian wax, leaving just a “landing strip” of hair (or triangle) on top of your pubic bone. Or to put it more bluntly, a Brazilian wax is where all hair is removed from the labia, perineum and anus. That is to say from your undercarriage and behind! A Brazilian wax is now an extremely popular choice, as a lot of women simply prefer the feel of having all of their pubic hair removed from below and around the back, but want to retain a small amount of hair on top for aesthetic reasons. Once you've had a Brazilian wax, you'll very rarely go back to having a Basic or G-String bikini wax!

Hollywood Wax

A Hollywood wax is very similar to a Brazilian wax in that all pubic hair is removed from the labia, perineum and anus (so from underneath and behind). But while a Brazilian wax leaves a small strip of hair on top, a Hollywood wax removes absolutely everything from the pubic bone as well, leaving you completely bare down there/as naked as the day you were born! nkd () carries out more Hollywood waxes than any other type of wax – by a considerable margin

LOVERS ESCAPE

For boudoir clients looking for something a little different, we can curate once in a lifetime experiences like the ones that we created for two special couples on location at Stubton Hall. The studio just didn't cut it for these couples for their second shoot, and so partnering with Terri England from A Fine Experience, we put together these incredible boudoir shoots bringing out their individual personalities and the chemistry they share.



REBECCA & ADAM'S STORY

Rebecca had been for a boudoir shoot with us previously and wanted to do a couples boudoir with Adam. We talked through some ideas and when Rebecca mentioned that she might like some portraits alongside Adam's motorbike, a few ideas started to form. We were all delighted at how the shoot went, and the backdrop of Stubton Hall created some stunning portraits for them to display at home.

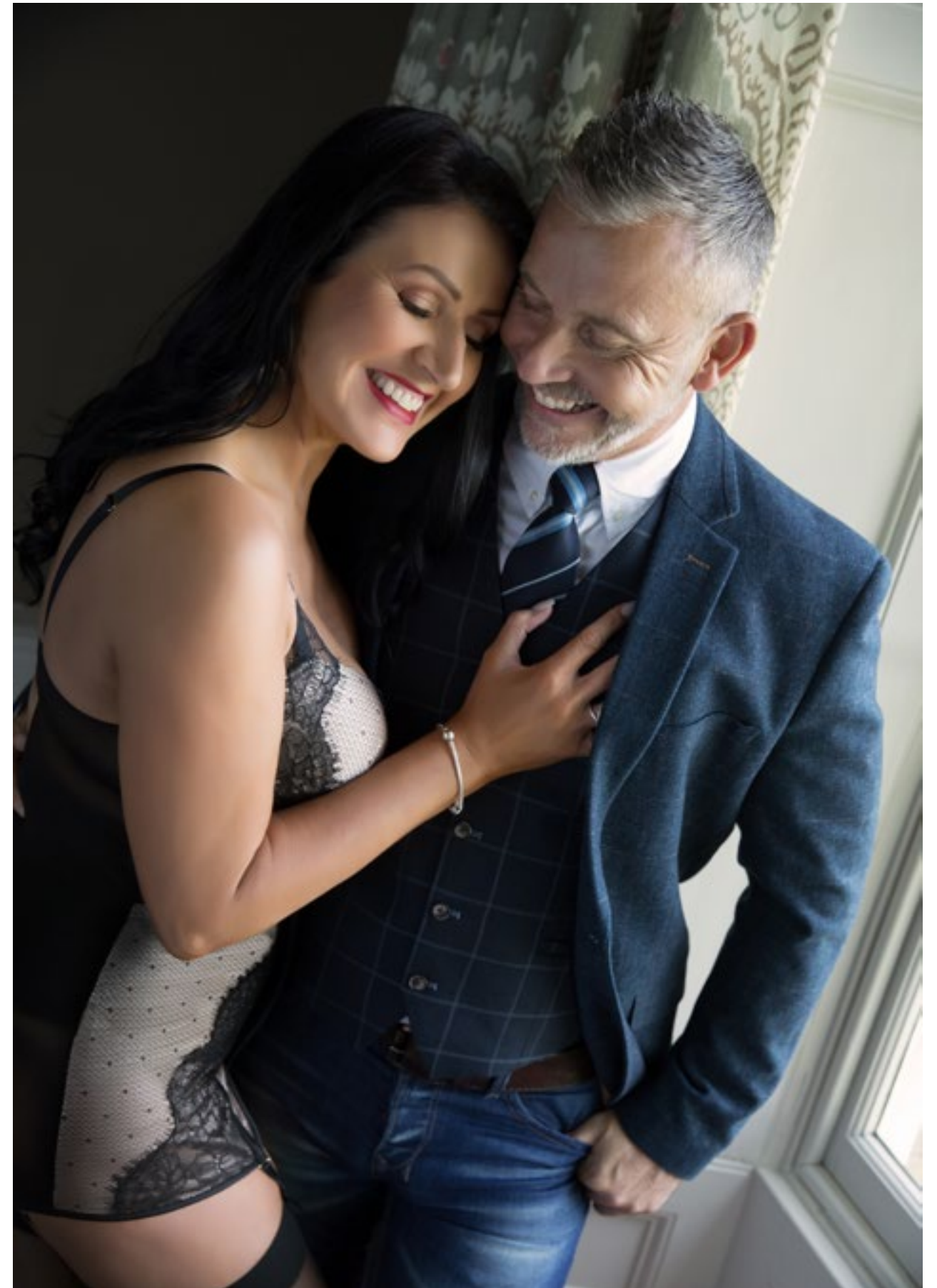




ANNE & JARED' STORY

Anne & Jared were looking for a special way to celebrate their new relationship. As a busy midwife, Anne had previously enjoyed her boudoir shoot with us and found the experience of doing something for herself empowering. She was looking for a way to celebrate her new relationship with Jared, and jumped at the chance of a photoshoot on location at one of Nottinghamshire's most elegant country houses.





TRACEY'S STORY

"In just a little under three years, I have turned 50, left a twenty four year relationship, lost three and a half stone in weight and become a GlamMa! I embarked on a period of growth with the beginning of this new chapter, taking on some long held fears in the only way I know how – head on and in style! I faced my fear of heights by taking myself to the viewing platform at the top of the Blackpool Tower, I took myself on holiday over the New Year period and faced my fear of water by attending a spa day swimming lengths. Freud would doubtless be proud of my engaging his theory of desensitisation."





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The final frontier was an issue I have had all of my life... poor self-image. Always avoiding mirrors wherever possible and wearing figure hiding clothes. What better way to challenge myself than with a Boudoir photo shoot! The day came, having wrangled over what to take to wear, pushing myself to take a selection of daring skimpy items, and I was nervous to say the least. The warm welcome I received put me immediately at ease, a glass of bubbly during my makeup and hair certainly helped to calm my nerves too.

Sarah and Marija were amazing. They helped me decide which items to wear and posed me with precision and confidence (right down to my little finger). I put myself totally in their hands and felt completely at ease, totally forgetting how little I was wearing! My bottom, long have I reversed out of rooms for fear of it being seen, was out more that day than ever before! The results were astonishing... I could hardly believe that it was me in the end results. Now I have a permanent reminder of how I can actually look, rather than the unhelpful harsh way I have always previously seen myself. Thank you, thank you, and thank you.

I would recommend, indeed encourage, anyone and everyone to take the plunge – you won’t be disappointed. Though this is not a cheap undertaking, it is ABSOLUTELY worth every penny. And a whole lot cheaper than therapy! Good luck to all future Boudoir Ladies, go for it – you won’t regret it.

WHAT TO WEAR

Bras vary dramatically in style, so choose something that fits well and suits your shape. Bralettes can be very pretty for petite ladies, whereas structured underwired bras are best for voluptuous ladies.



Knickers come in different shapes to suit your body; high-waisted designs smooth the tummy and add a vintage touch, whilst brazilians and thongs accentuate your bum.



Corsets are perfect for accentuating your hourglass shape. Longer lengths that overlap your knickers are more flattering for most, whilst under-bust corsets work well with a simple bra.



Basques streamline your figure and most have integral suspenders that look great with stockings. Look out for pretty detailing like sheer panels, lacing and ribbons.



Bodies smooth your shape and offer support to your tummy. Curvier ladies, make sure to choose one with underwiring to support your bust.



Stockings are undoubtedly a sexy choice, but don't forget to try them on and choose a style with a wide band at the top to keep a smooth line on your thighs.



High heels are essential for any boudoir photoshoot to elongate your legs, so dig out your favourite shoes that you can't walk in but are too beautiful to ignore.



Boots give an edgier look to any outfit and work brilliantly with black lingerie. Choose a length that suits your legs, from funky biker boots to sexy thigh-high heels.



Jewellery can complete an outfit and tell a story, be it chandelier earrings to add a touch of glamour or a long string of pearls for a vintage look.



Sexy accessories like a mask, handcuffs or a whip can be integrated into the photoshoot in a subtle way - so don't be shy if you'd like to bring them along.



Your partner's shirt can be worn over your lingerie or with nothing at all for a sensual, playful look. It could be his best work shirt or his well loved band t-shirt, choose something he'd like to see you in.



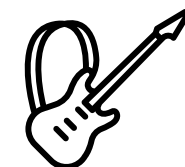
A robe or kimono offers a classic, elegant look and is really flattering. Choose silky material to skim over your body or sheer material for a racier look.



Your favourite jacket looks great over lingerie, be it a leather jacket for a rocky look or your smartest blazer for a classy yet mischievous image.



Props that represent you or your partner's hobby or career can really personalise your portraits. We've photographed ladies with an electric guitar, a samurai sword, a classic novel, riding boots and saddle, a motorcycle helmet, an Xbox controller.....



SISTERS ARE DOING IT FOR THEMSELVES

FRANKIE'S STORY

I first heard about this experience when my sister sent me the link to enter a competition to win a shoot. I entered on a whim not ever expecting to win, amazingly we both won. We were totally excited and started to plan our outfits.

I decided to go through with the shoot as a 1st wedding anniversary present for my husband and also thought what a great present to myself for my soon to be 30th birthday

At first I was super excited but the closer the date came the more nervous I became. I was worried about looking and feeling silly and unattractive. After having two children I have extra weight and this has left me with far less confidence in my body. Showcasing it was vomit inducingly scary! My sister and I went on a little fitness mission a few weeks before to get us prepared but nothing stopped the nerves.

Instantly on arrival I was put at ease, every staff member I encountered was fantastic, lovely and so chatty. They had all had the photoshoot before so could share their experiences, which was a big help!





Once I was upstairs with Sarah getting ready she made me feel totally comfortable, she made me look great and helped me look through outfits, it was like getting ready with a girlfriend! The photographer made me feel confident and they both gave great direction and before you know it I was loving it and in the swing!

I am so thankful I didn't listen to my nerves, I loved every second and could have carried on all day. My photos turned out 100% better than I could have ever imagined and it has given me the very needed confidence boost I needed!

Every woman deserves to feel that great about themselves, I urge everyone to give it a go!



LYDIA'S STORY

I saw a competition on Facebook that offered a Free Boudoir Shoot if you won and I thought well, why not. I never expected to win!

So when I did, I didn't know what to think! I was excited and nervous all at the same time. I couldn't wait to tell my sister who was just as excited and thought she would also have a look in to it.

I really thought about why I wanted to do this and there were two main reasons. My husband was due to start working away for extensive periods of time and I thought this would be the best opportunity for me to give him a little 'something' to take with him. That and I was about to turn 40 and I thought what a great way to mark my age, it's something I will probably never get around to doing again.





I couldn't wait for the day to come. My sister and I discussed outfits and embarked on a diet and fitness routine together to get ready. I did not expect the nerves that started to mount the week beforehand. I was so excited and anxious all at the same time. I thought I was going to look an absolute donkey and that the photos were going to be awful – I mean who can actually and naturally pout? Definitely not me, I look like I have a stomach bug and as for those very natural poses... well!

However, I couldn't have been more wrong. I walked in in anticipation and saw my name on the light up board, a small but very effective touch, and the staff could not have been more welcoming. After a chat and an introduction to Sarah, who was fantastic and funny and honest and made me look amazing, I was raring to go. I walked out all dressed up and OMG there is a male photographer! Stuart could not have put me more at ease and with Sarah by my side, pushing me into those very awkward positions and making sure I remained intact, I could not have had more fun. Don't get me wrong, those first few photos are hilarious. The pose, the pout, the smile, the nakedness, but after 5 minutes I LOVED every position, every stance and every minute.

After the photos are finished, it's great to go in and view your photos. I could not believe how I looked and I still look at the photos now and I cannot believe it's me. They are tasteful, beautiful and sexy. It's no easy job deciding on which ones you want. As for my husband, he was VERY happy with his Christmas present!

I recommend this to every woman just at least once in your life. It makes you feel empowered as a woman and will raise your self-esteem 110%.



Our wall art collections are designed to enhance your home. Whilst most ladies place their collections in their own boudoir, why not be brave and display your portraits elsewhere in the home? You can either share the secret that the lady in the collection is you, or keep it to yourself. We promise we won't tell...



...THE STORY CONTINUES

Imagine how lovely it would be to wake up every morning and have a reminder of how your boudoir shoot made you feel. Start the day feeling the most empowered, confident and breath-taking version of you. Feeling good about yourself is not a luxury, it's an absolute necessity. Whilst your boudoir experience is undeniably an indulgence, we are confident that you are fully deserving of the best and we want to help you discover that for yourself.



CHECKLIST

Here are some key things to do and to think about to help you prepare for your photoshoot. However, if you're ever unsure or want some advice, please call us on 01159243995.

Once you've booked in:

- ☐ Read our advice for choosing what to wear - see page 34
- ☐ Look through your wardrobe to see what you have and think of props and accessories you can bring to personalise your portraits
- ☐ Go shopping and treat yourself to some new lingerie!

The week before:

- ☐ Visit your hairdresser to tidy your hair and colour roots etc.
- ☐ Visit the salon for waxing to give your skin time to heal - see nkd () waxing's advice on page 20
- ☐ Try on all your outfits to make sure you're happy with the fit etc.

The day before:

- ☐ Paint your nails and moisturise well (or treat yourself to a manicure and pedicure)
- ☐ Wash and dry your hair, ready for tomorrow's styling
- ☐ Pack your bag and check your travel plans e.g. train times or parking

The morning of your shoot:

- ☐ Exfoliate your body in the bath or shower and moisturise well
- ☐ Cleanse, tone and moisturise your face - don't wear makeup if possible
- ☐ Don't starve yourself, have a healthy breakfast and/or lunch before your shoot



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