

Stephanie Marie  
BOUDOIR  
PREP GUIDE



# Hey BABE!!!

I'm so excited you booked a boudoir session with me. I know you're probably feeling a lot of mixed emotions right now: excited, scared as hell, antsy, nervous, did I say excited already??

I promise this experience will change how you feel about yourself.

You've taken a big step in trusting me and I promise to take the best care of you!

This guide will help you prepare for your session. There is a TON of information included, but PLEASE read through the whole guide.

It provides you with all the best tips to make this experience the BEST it can possibly be. (Plus, I can always tell who doesn't read this... wink!)

If you have questions about anything I may not have covered, please feel free to drop me an email. Happy lingerie shopping and I can't WAIT to see you!

WRITE DOWN MY ADDRESS:  
486 Sugar Creek Ln.  
North Liberty, IA 52317

xoxo,  
Steph

info@stephaniemarie.com  
319-855-8060





Let's face it - not everyone is going to feel comfortable wearing a thong and a smile. Wear something you are mentally and emotionally comfortable in. When you're uncomfortable, it will show in your photographs. Wear what is "YOU" and makes you feel confident! And please don't forget - you can email me with photos ANYTIME before your session.

*Simple is best.* A great pair of panties and a push up bra can go a long way. You don't have to have all the bells and whistles for your images to be sexy. In fact some of the most beautiful images I've photographed have been with women wearing a sexy off the shoulder sweater and a pair of panties.

If your shoot is for someone special and you want to wear something of theirs, please buy it in your size to avoid things being too big and baggy or too small.

\*\*\*I WILL NOT PHOTOGRAPH BABYDOLLS OR SKIRTS OF ANY KIND\*\*\*

The use of props is limited to ONE prop in total. This includes hats, boots, sports themed items, work-related items, wedding items, etc. They are distracting.

\*\*Avoid tiny prints like little stripes, polkadots, animal prints

\*\*Avoid neon colors and extremely vivid colors such as bright orange or bright pink. Extremely bright and saturated colors do not photograph well.

\*\*Avoid fabrics that have a sheen or shine to them.

Solid colors photograph best - black, white, maroon, grey, blush pinks, and any jewel tones are beautiful.

## *Shopping for lingerie:*

[www.VictoriasSecret.com](http://www.VictoriasSecret.com)

[www.NewLook.com](http://www.NewLook.com)

[www.AdoreMe.com](http://www.AdoreMe.com)

[www.Anthropologie.com](http://www.Anthropologie.com)

[www.FreePeople.com](http://www.FreePeople.com)

[www.ThistleandSpire.com](http://www.ThistleandSpire.com)

[www.Forever21.com](http://www.Forever21.com)

[www.Aerie.com](http://www.Aerie.com)

[www.forloveandlemons.com](http://www.forloveandlemons.com)

[www.gooseberryintimates.com](http://www.gooseberryintimates.com)

[www.agentprovocateur.com](http://www.agentprovocateur.com)

[www.HipsandCurves.com](http://www.HipsandCurves.com)

[www.Fredericks.com](http://www.Fredericks.com)

[www.yandy.com](http://www.yandy.com)

[www.asos.com](http://www.asos.com)

[www.hm.com](http://www.hm.com)





## PREPARING FOR YOUR SESSION

If you're getting a facial or any sort of waxing done, please do so at least a week before your session to avoid irritation and redness.

Drink a lot of water before your session. It cleanses the skin and removes toxins.

Avoid salty and spicy foods the week prior to your session to reduce any swelling, bloating, or redness of the skin.

Brush your teeth right before heading in for your shoot. Feel free to apply lotion but avoid those with glitter or shimmer in them.

AVOID THE SUN. A nice bronzed tan is fine for photos but red, burnt skin is not. And PLEASE - NO SPRAY TANS. There is a \$20.00 charge per image on ANY tan line/burn line/spray tan discoloration I will need to fix when I retouch your images.

Make sure hair touch ups - color and cuts - are done at least a week in advance.

A professional manicure and pedicure are encouraged.

Try on your outfits to make sure everything fits just right and that you're happy with how they look on. Iron any pieces as needed and be sure to remove and cut out any tags or labels.

Wear loose fitting clothing to your session to avoid any marks or indentations on your skin. (tight leggings, socks, waistbands of jeans and tighter fitting bras will leave marks.)





Client did own  
hair + makeup

BARE FACE

Makeup by Lindsey Faber,  
Hair by Michelle T-K

# HIRING MAKEUP:

(\$75, takes one hour)

Lindsey Faber:

Lindsey.Michelle.MUA@gmail.com

I'm an extremely honest person.  
So you must know that I really  
believe that if you're going to  
invest in this experience, you NEED to hire Lindsey.

WHY? Because she knows the lighting in  
my natural light studio, (so you don't look washed out),  
she knows my editing style, and she connects  
with each of my clients and really brings out  
the best in every woman.

Don't wear makeup often? Scared of looking  
like you have too much on? Lindsey knows  
what to do. She is a PRO at not only doing  
"no makeup" makeup looks, but super glam  
and everything in-between.

## How to prep for makeup:

Come to your appointment with clean, moisturized skin.  
Do NOT wear any makeup to your appointment!  
Don't worry about acne or undereye circles.  
Those are always retouched in the editing process.

Please gently exfoliate and remove dry skin the night before.

If you have an idea what you'd like for makeup, please bring  
examples. Keep in mind, however, that Lindsey may explain  
how it will or won't work for your facial structure or eye shape.

It can be difficult to work around unruly or untamed eyebrows  
or facial hair. Please find a reputable place to shape and remove  
these areas at least one week before your session date.

## BOOKING HAIR: (Approx \$65, takes 30 minutes)

Michelle Theisen-Konrardy@ Meraki 2- (563) 357-6001

Emily Becker at Blaze Salon - (319) 338-4247

Please show up to your appointment with CLEAN, blowdried upside down hair.

(As much volume as you can WITHOUT the use of ANY PRODUCTS!!!

They will apply products as needed.

If you need them to wash/dry your hair, or put extensions in,  
make sure to include that in your appointment time and understand  
it costs more for these services.

DO NOT PUT PRODUCTS IN YOUR HAIR!!!

\*\*PLEASE AVOID ANY UP-DO'S - Hair looks best completely down!\*\*

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\*\*I'm SO dang proud of you for taking a leap of faith.

You're putting yourself in such a vulnerable position

and I am so honored you chose to work with me.

I can promise you this will be amazing, fun, and life-changing.

I believe boudoir isn't just about taking photos; it's about an

experience and it is my goal to help you understand that

YOU ARE WORTHY!!!!\*\*

xoxo,  
Steph





# WHAT TO EXPECT

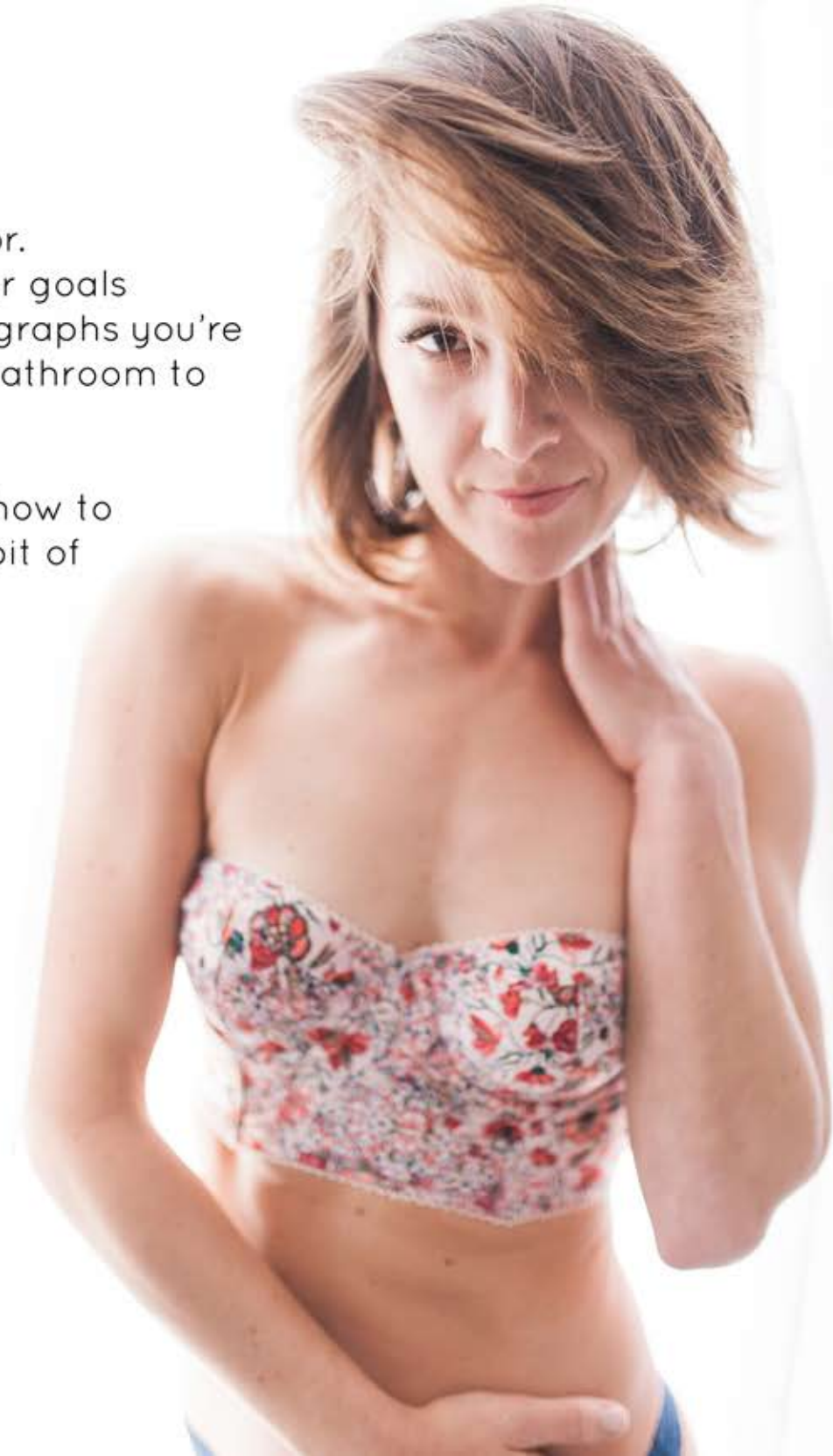
I want you to feel comfortable as soon as you walk through my door. When you arrive, we will go down to the studio and chat about your goals for the session. I'll ask you questions that allow me give you photographs you're proud of. We discuss wardrobe choices, and you go in the studio bathroom to change into your first outfit.

I coach you THE ENTIRE time. You don't need to show up knowing how to pose or know how to look in the camera with a "sexy face". Every bit of that is coached. Please trust me - you will LOVE your images.

We shoot for approximately 1-1.5 hours. I will always ask you if you want to go topless or nude. It's completely up to you if you want to!

Once we are done shooting, you'll change back into your regular clothes and we come up with a date that you'd like to come back for your ordering session. (If you live more than 30 minutes away, please contact me ASAP to set up a same-day ordering appointment!!!) This is when you purchase images you love and order your products.

After your ordering session AND once your products are paid for, I completely retouch your images and send them to you for final approval. Once you approve the images, the products you purchased are ordered and sent straight to your door!





# FAQ:

What if I need to cancel or reschedule my session?

I completely understand when things come up, but due to the fact that I'm turning clients away because I'm completely booked, I do not offer refunds nor do I allow retainer fees to be transferred to a new date. If you need to reschedule, that is absolutely okay, but I require you to pay a new session fee.

I'm nervous about how I look, will you help me with posing?

I GOT YOU. I don't want you to worry about that at all - I will pose you down to your fingertips. Some girls leave and joke that they weren't nervous at all because I was directing them the whole time. Trust me, you will do AMAZING!!!!

Will you post my images?

Part of the contract includes if you want me to use or share your images. Depending on how you answered that portion of the contract, this will determine if I share your images or not.

Do you shoot nudes or topless photos?

Absolutely! YOU DO YOU!!!

Can I bring someone with me to my session or image reveal (ordering) session?

Unfortunately, due to liability and contract requirements, I don't allow anyone but my clients to attend any sessions.

