



SUGGESTIONS FOR PHOTO SUCCESS



BY HEATHER LEYSE PHOTOGRAPHY

PHOTO SESSIONS CAN BE BOTH FUN AND STRESSFUL. THE KEY TO MAKING PICTURE TAKING A GREAT EXPERIENCE FOR EVERYONE IS TO BE PREPARED.

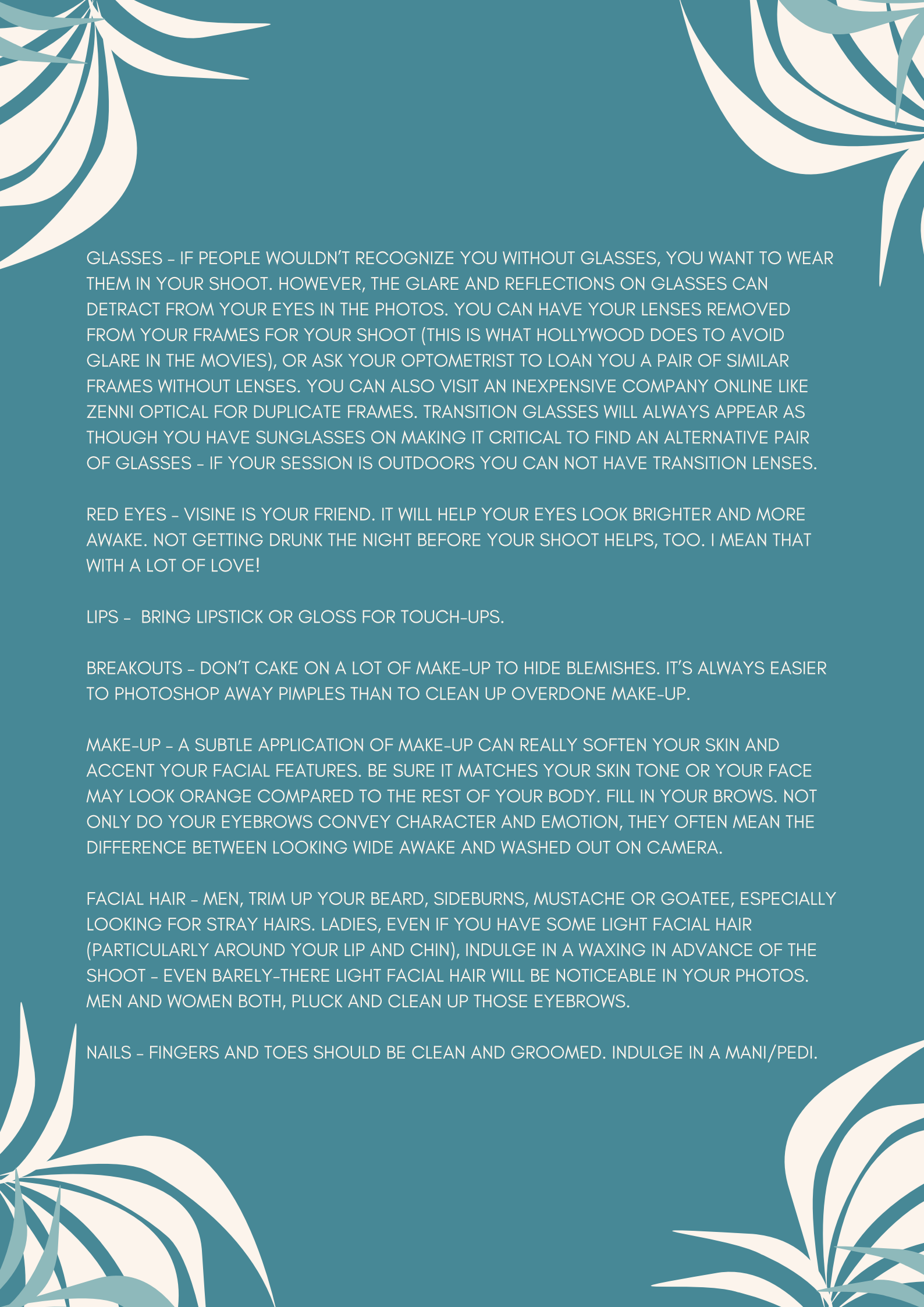
I'LL START OUT BY SAYING THAT PLENTY OF REST AND HYDRATION IS THE BEST PREPARATION FOR ANY PHOTO SHOOT. IT MAY BE TOUGH TO FULLY ADDRESS ALL THE ITEMS ON THIS LIST BEFORE YOUR SESSION, ESPECIALLY IF YOU ARE PREPARING A GROUP, BUT ACCOMPLISHING EVEN SOME OF THESE WILL GREATLY IMPACT THE FINAL IMAGES.

EAT! - BE SURE TO EAT SOMETHING BEFORE YOU LEAVE FOR YOUR SESSION SO YOU'RE NOT HUNGRY DURING THE SHOOT. I CAN'T STRESS THIS ENOUGH! YOU WILL LOOK BETTER, BE MORE FOCUSED, AND HAVE ENERGY THROUGHOUT THE SHOOT. STAY AWAY FROM CHOCOLATE AND COLORED FOOD/DRINKS.

CLOTHES - A GOOD RULE-OF-THUMB IS TO TRY AND WEAR CLOTHING THAT DOESN'T DETRACT FROM YOUR FACE: YOUR CLOTHES SHOULD BE FREE OF LOGOS! YOU ALSO WANT TO BE AWARE OF LARGE BUSY PRINTS. WHAT YOU INTEND TO WEAR SHOULD BE LAID OUT OR HANGING, CLEAN AND IRONED THE NIGHT BEFORE. IF YOU'RE WEARING SOMETHING THAT WRINKLES EASILY, DON'T WEAR IT IN THE CAR ON THE WAY TO THE SHOOT, JUST CHANGE AT THE LOCATION. WOMEN: BE CONSCIOUS OF SHIRTS THAT ARE LOOSE ON THE ARMS. WHILE IT MAY LOOK GREAT ON, THEY DO NOT PHOTOGRAPH WELL.



HAIR - IF YOU PLAN ON GETTING A HAIR CUT, DO SO ABOUT TWO WEEKS BEFORE THE SHOOT. FOR MEN, A FRESH CUT A COUPLE OF DAYS BEFORE THE SHOOT IS FINE. IF YOU'RE DOING AN OUTDOOR SHOOT, BE READY TO PUT YOUR HAIR UP AND MAKE IT LOOK NICE IN CASE OF A WINDY DAY. PHOTOS CAN HIGHLIGHT FLYAWAYS, SO MAKE SURE YOUR STYLE IS SLEEK. POMADE WILL HELP, BUT USE LIGHTLY. BRING A COMB, BOBBY PINS, OR OTHER FAVORITE ACCESSORIES FOR TOUCHING UP DURING THE SHOOT.



GLASSES - IF PEOPLE WOULDN'T RECOGNIZE YOU WITHOUT GLASSES, YOU WANT TO WEAR THEM IN YOUR SHOOT. HOWEVER, THE GLARE AND REFLECTIONS ON GLASSES CAN DETRACT FROM YOUR EYES IN THE PHOTOS. YOU CAN HAVE YOUR LENSES REMOVED FROM YOUR FRAMES FOR YOUR SHOOT (THIS IS WHAT HOLLYWOOD DOES TO AVOID GLARE IN THE MOVIES), OR ASK YOUR OPTOMETRIST TO LOAN YOU A PAIR OF SIMILAR FRAMES WITHOUT LENSES. YOU CAN ALSO VISIT AN INEXPENSIVE COMPANY ONLINE LIKE ZENNI OPTICAL FOR DUPLICATE FRAMES. TRANSITION GLASSES WILL ALWAYS APPEAR AS THOUGH YOU HAVE SUNGLASSES ON MAKING IT CRITICAL TO FIND AN ALTERNATIVE PAIR OF GLASSES - IF YOUR SESSION IS OUTDOORS YOU CAN NOT HAVE TRANSITION LENSES.

RED EYES - VISINE IS YOUR FRIEND. IT WILL HELP YOUR EYES LOOK BRIGHTER AND MORE AWAKE. NOT GETTING DRUNK THE NIGHT BEFORE YOUR SHOOT HELPS, TOO. I MEAN THAT WITH A LOT OF LOVE!

LIPS - BRING LIPSTICK OR GLOSS FOR TOUCH-UPS.

BREAKOUTS - DON'T CAKE ON A LOT OF MAKE-UP TO HIDE BLEMISHES. IT'S ALWAYS EASIER TO PHOTOSHOP AWAY PIMPLES THAN TO CLEAN UP OVERDONE MAKE-UP.

MAKE-UP - A SUBTLE APPLICATION OF MAKE-UP CAN REALLY SOFTEN YOUR SKIN AND ACCENT YOUR FACIAL FEATURES. BE SURE IT MATCHES YOUR SKIN TONE OR YOUR FACE MAY LOOK ORANGE COMPARED TO THE REST OF YOUR BODY. FILL IN YOUR BROWS. NOT ONLY DO YOUR EYEBROWS CONVEY CHARACTER AND EMOTION, THEY OFTEN MEAN THE DIFFERENCE BETWEEN LOOKING WIDE AWAKE AND WASHED OUT ON CAMERA.

FACIAL HAIR - MEN, TRIM UP YOUR BEARD, SIDEBURNS, MUSTACHE OR GOATEE, ESPECIALLY LOOKING FOR STRAY HAIRS. LADIES, EVEN IF YOU HAVE SOME LIGHT FACIAL HAIR (PARTICULARLY AROUND YOUR LIP AND CHIN), INDULGE IN A WAXING IN ADVANCE OF THE SHOOT - EVEN BARELY-THERE LIGHT FACIAL HAIR WILL BE NOTICEABLE IN YOUR PHOTOS. MEN AND WOMEN BOTH, PLUCK AND CLEAN UP THOSE EYEBROWS.

NAILS - FINGERS AND TOES SHOULD BE CLEAN AND GROOMED. INDULGE IN A MANI/PEDI.