

Welcome Pack!



A GUIDE TO:

Prepare for your photoshoot



Welcome!

Firstly, thank you for booking your photography session with me ! I know you are probably full to the brim with questions about what to wear, worries about how to pose, and generally have questions about how to prepare for your photoshoot. Not to worry! I have created this neat little guide to help cover all of this and more, so you can feel at ease when you get ready for your shoot!

This guide is broken down into:

- LOCATION VS STUDIO
- HOW TO STYLE, MATCHY MATCH & TEXTURE
- STYLE INSPIRATION
- PREPARING FOR YOUR MATERNITY SESSION
- WHAT TO PACK FOR A NEWBORN SHOOT
- GETTING READY FOR A CAKESMASH
- HOW TO POSE NATURALLY

Location Vs Studio

Let's start by talking about where you're having your session, Location vs Studio! Both are great for different reasons, but how can you prepare for both of them?

Embrace

The biggest thing I recommend is for your approach to match mine, and that is to simply be open to what we might face and go with the flow!

Not all things happen how we envision, but when we choose to embrace, we relax and the resulting images always feel more wholesome, pure and natural! As your photographer, you can rest assured that I will work my hardest to get those lovely candid photos, but it works a billion percent better if your attitude matches this approach.

So remember, **go with the flow & embrace!**

Weather

With location shoots the most common questions I get are about weather. Dull weather isn't bad, we can create lovely images in grey weather! Please remember that my style is to capture emotional connection and natural beauty, whether it's candid or posed! Even in the rain, this can be achieved and images will look stunning regardless! , we all know that Cornwall's rain isn't just normal rain!

Where possible, I give the option to reschedule to the nearest date available if a location shoot is everything you want. But please note that due to availability I cannot guarantee how far away from the original date this may be. Alternatively, depending on the amount of people for the session, a studio session might be advised as an alternative with sessions that are time dependant such as Cake Smashes or Maternity shoots.



How to Style!

Let's talk clothing! I LOVE when a client asks about what to wear to their shoot! It's such an important step in the planning and I beg clients to not skip over this step or leave it until last second, because it really is a huge factor as to what the resulting image will be!

Clothing helps to set the feel of your photos. I've created a simple guide to help you figure out what will help you as an individual or as a family, look great at your shoot! Thinking about colour choice, texture, and the season/weather, my advice is to keep to neutrals where possible, but this doesn't mean white or nude! Take a look!

Step One - Choose a Colour Scheme!

Keep in mind the location and which season you are in! If you're having a location shoot the colours around you will either clash or enhance the vibe! Here are some gorgeous colour palette ideas for different seasons to help inspire those neutral tones!



Top Tip - Matchy match!

Once you've chosen a colour scheme, try to match in with the other members of your shoot. Achieving a nice blend of colours makes you feel like one unit, if someone turns up completely different it can clash and be eye catching (for the wrong reasons) in the final images produced.

Step Two - Add Texture!

It's all about the texture! Texture literally gives the image feeling! In the cooler months, I advise lovely warm, snuggly and chunky knitwear for that cozy vibe, while in Summertime beautiful lightweight, floaty outfits, linens and cottons give that wild and free summer feeling!

Clothing that gives a real feel to what we are trying to achieve!

The Take Away...

MATCHY MATCH & ADD TEXTURE!



THINGS TO TRY & AVOID!

The main piece of advise I share with all of my clients it to try and stay away from clothing with large logos or pictures across them, also bold/clashing patterns which are completely different to each-other. These types of clothing styles take away from the relaxed, wholesome and candid final image style I strive for and I ask clients to avoid them where possible so as to maintain this creative image style.

Winter Inspo Beach



Spring Inspo Beach



Summer Inspo Beach



Autumn Inspo Beach



STYLE

INSPIRATION

Winter Inspo Woodland



Spring Inspo Woodland



Summer Inspo Woodland



Autumn Inspo Woodland



Maternity Sessions

Congratulations Mama! I know first hand it can be tricky to decide what to wear in your beautiful new shape, so I'm here to help raid your wardrobe!

For the classic maternity silhouette studio images, dark and fitted clothing works well, I always suggest a black body-con style dress if you have one. The style itself gives a lovely shape to your bump and allows the lighting at the studio to glow around you. For other shots, floaty clothing helps set a romantic mummy-to-be vibe and also looks great on location!

Keeping neutral and muted with colours where you can is perfect for maternity shoots. As mentioned in the styling section of this pack, this doesn't mean avoiding colour, but choosing muted and paler options rather than vibrant 'in your face' colours, again try to avoid clashing patterns or clothing with bold logos.

Another element to consider is underwear, wear what is comfortable and makes you feel good! If you don't want your bump on show, body suits are a great alternative, still allowing to show off your shape!



Newborn Sessions

Newborn sessions held at the studio are relaxed and super chilled! If you have specific clothing or props that you'd like your newborn to be photographed in or with, you are more than welcome to bring them along! However, at the studio I have an array of different coloured wraps and a forever growing wardrobe! So If you're unsure what to bring, I'll have you covered! Again neutrals and paler colours work well for those 'romantic' / 'dreamy' images.



Cake Smash Sessions

These sessions are great fun to plan! Starting with a theme, then onto the location/studio, cake, props, decor and of course their cute little outfit!

When you have a theme in mind, let me know asap so I can source anything that can enhance the session, and don't forget to tell me what type of cake your little one would like including any allergies!

All of the above (excluding outfit) is included in the session price. So all you need to bring with you is something cute to wear and a spare change of clothes for afterwards! Please note that if your cake smash is outdoors to dress your baby appropriately for the weather!

Cornish weather can sometimes take over... I do my best to rearrange if conditions are not suitable, however to allow myself time to edit before their birthday or due to availability, a cozy studio session might be advised as an alternative. Every effort will be made to mimic the intended location feel in the studio if this is needed.

How to Pose naturally

Ok... So now you have the look, what's left but learning how to pose?... Or how to not pose!

We've all been there where we've been asked to smile, looking straight into the lens, and then we get the photos back and can't stand the way we look! Luckily for you I'm here to support you through the posing throughout your session and trust me when I say, anyone can do it once they're shown how!

Relax & have fun!

Firstly RELAX! My approach on the day is super chilled, I take my time when getting to know you and feel like I get the best out of my clients from my relaxed vibe.

Posing clients isn't something I do in a way which you are left feeling ridged and awkward. My main goal with each session is for you to just have fun! Though sometimes I might ask you to briefly hold a static position, mostly I will give you simple posing prompts which involve movement for natural images, (example: slowly walk across the beach holding hands, or, everyone look at Dad and tell him he smells!) And while you have fun in your session, you are able to relax! From this and I am able capture the candid images of true connections and emotion.

If you have any other questions about your shoot, I am here to support and guide you, so please do ping me a message! I look forward to our session!

See you soon! x



If you have any more
questions about your upcoming
shoot, please make contact.



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