

★ Boudoir Posing Guide for Curvy Bodies

Celebrate every curve with poses that flatter, empower, and feel natural. Curvy bodies are a dream to photograph in boudoir—your shape creates beautiful lines, soft shadows, and sensual flow. The key is accentuating your natural S-curve, using angles to highlight your waist, hips, and bust while keeping you comfortable. These poses work in 30-minute mini-sessions or full shoots, on beds, chairs, or floors. All can be done in lingerie, bodysuits, robes, or implied nude.

★ The Classic S-Curve (Standing or Seated)

Best for: Defining waist, lifting bust, elongating legs

- How to do it:
 - Stand with weight on your back leg, front knee slightly bent and popped forward.
 - Place one hand on your hip (push hip out slightly), other hand relaxed or playing with hair.
 - Arch your lower back gently to create an S-shape from bust to hips.
 - Turn $\frac{3}{4}$ toward the camera—never square-on.
- Pro variation: Sit on the edge of a bed or chair, cross legs at the ankle, lean forward slightly from the waist.
- Why it works: Compresses the waist visually while pushing hips and bust out.

★ The Hip Pop Recline (On Bed or Chaise)

Best for: Showing off hips and thighs in a relaxed, sexy way

- Lie on your back, knees bent, feet flat on the bed.
- Pop one hip up by pushing with that foot—creates a dramatic curve.
- Let the other leg relax or cross at the ankle for elegance.
- Arms overhead or one hand on stomach, other in hair.
- Camera angle: Shoot from slightly above to avoid distortion.
- Add-on: Drape a sheer scarf or robe over lower body for teasing coverage.

★ The Over-the-Shoulder Goddess

Best for: Back, booty, and side boob

- Kneel on the bed, facing away from the camera.
- Look back over one shoulder with a soft smile or sultry gaze.
- Arch your back to push hips out—creates a heart-shaped silhouette.
- One hand can rest on your thigh, the other in your hair.

- Lingerie tip: High-cut bodysuits or thongs enhance the curve here.

★ The Seated Straddle (Chair or Bed Edge)

Best for: Confidence, thighs, and cleavage

- Sit on a sturdy chair or bed edge, legs spread comfortably (not too wide).
- Lean forward from the hips (not the waist) to avoid belly roll.
- Hands on thighs or one on the chair for support.
- Push shoulders back, lift chest.
- Flattering twist: Cross one ankle behind the other to slim legs.
- Prop idea: Use a velvet chair or silk sheet for luxe texture.

★ The Side-Lying Hourglass

Best for: Full-body curves, especially hips and bust

- Lie on your side, bottom arm extended overhead, top arm bent with hand near face.
- Stack hips—top hip slightly forward to avoid flattening.
- Bend top knee and let it fall forward, bottom leg straight or slightly bent.
- Tuck tummy gently by engaging core (no sucking in!).
- Camera angle: Shoot from mid-level, not above, to keep proportions.

★ The Tummy-Safe Tush Push

Best for: Hiding midsection, highlighting booty

- On all fours or kneeling, facing away.
- Arch back deeply, push hips back toward heels.
- Look over your shoulder or down for mystery.
- Tummy trick: This pose naturally pulls the stomach in and up.
- Add robe or sheet draped low on hips for elegance.

★ Guide to Dressing for Boudoir if You're Curvier

Boudoir photography celebrates every body type, and if you're curvier, the key is choosing outfits that highlight your favorite features while providing comfort and support. Focus on pieces that enhance your shape without restriction—think flowy fabrics and structured elements for balance.

- ★ Lingerie Choices: Opt for high-waisted panties or boyshorts paired with a supportive bra or corset. Brands like Torrid or Cacique offer sets in sizes 14+ with underwire for lift and lace overlays for sensuality. Avoid anything too tight; instead, go for babydolls or chemises that skim curves softly.

- ★ **Accessorize Strategically:** Use long necklaces or scarves to draw the eye vertically, creating elongation. Add thigh-high stockings with garters to accentuate legs—silicone tops help them stay up without rolling.
- ★ **Layering for Confidence:** Start with a robe or kimono for easy transitions. Sheer overlays like mesh teddies add mystery without exposing too much at once.
- ★ **Color and Fabric Tips:** Darker shades like deep plum or black slim visually, while satin or velvet adds luxury. If you love patterns, choose vertical stripes or subtle florals to flatter.

Pro Tip: Bring multiple options to your shoot—your photographer can help select what flatters in the lighting. Poses like side-lying or seated with arms draped emphasize curves beautifully.