



Lingerie Guide

Whether you're a die-hard addict or a lingerie novice, a boudoir photoshoot is the perfect way to express your love of lingerie and pretend to be a lingerie model for a day.

I often get questions from readers who wonder how to buy lingerie for their first boudoir shoot, and while I don't believe in lingerie rules (wear whatever you want - who cares what the experts say), I have learned a few things from putting together my own lingerie looks over the last few years. Here are a few tips to keep in mind as you're shopping for that perfect boudoir ensemble:

★ First, take a look at your closet and find the outfits that make you feel the most confident now. What's your favorite piece? Your favorite color? Does your aesthetic lean towards lots of lace and prints or are you more into sleek, matte black? Is your preference for a more fitted, body-hugging silhouette or do you prefer looser styles that drape and just barely skim the body? Remember: there are no wrong answers here. Finding lingerie that reflects your personal style is the best way to feel comfortable in front of the camera...and also the best way to make sure you keep wearing the things you bought for your shoot!

★ To expand on the above, if you prefer looser fashions, like maxi dresses, look into [chemises, gowns and babydolls](#) for your boudoir shoot. If you're into pinup style (think fit-and-flare or wiggle dresses), then retro-inspired lingerie, like a [garter chemise](#), [bustier](#), or [girdle](#) may be more your speed. Fans of the

bodycon look may prefer a [bodystocking](#), [bodysuit](#), or [teddy](#) for their boudoir shoot. And if you're into jeans and t-shirts, then take a look at loungewear-style pieces like [rompers](#) or [pajama sets](#). There's no one way to be sexy, and you don't have to completely abandon who you are for the shoot - unless you want to, of course!

★ Still not sure what you love or feeling like your personal style is a work in progress? Start with a reliable basic, like a [robe](#). Robes are great multipurpose boudoir attire; not only can you use them to cover up between takes or while you're getting your makeup done, they're also excellent to pose in (and give you something to do with your hands if you're feeling a bit nervous about how to move in front of the camera).

★ While black is an always popular choice for lingerie, especially when it comes to "sexy" sets, don't be afraid to experiment with other colors. Shades of blush, rose, ivory, and champagne are beautiful for a boudoir shoot, as are jewel tones like teal, ruby, amethyst, and sapphire. Brighter colors help you "pop" against the background, and are great for setting the mood.

★ More than anything, remember that the world of lingerie is vast, and there's never been more to choose from in terms of size, style, color, and price. Give yourself the freedom to experiment. Boudoir photoshoots are the perfect time to treat yourself to a few new items. Try something you've never tried before; it may just turn out to be your new favorite thing!

What Should You Wear To A Boudoir Photoshoot

Boudoir photography has become pretty popular in the 21st century, with the niche industry experiencing a particular boom in business post-quarantine, according to Insider. If you're unfamiliar, boudoir photography is all about capturing people in strong, sensual, and sometimes erotic poses. However, it's never tasteless or tawdry.

The word "boudoir" is derived from the French word meaning a women's private room or salon, which echoes the art's emphasis on intimacy and its typically female focus. Instead of depicting hired models, boudoir photographers are usually employed by clients who want to picture themselves in revealing clothing, specifically lingerie. Albums full of these photos are popular gifts from women to their partners, though sometimes clients decide to have a boudoir photoshoot simply for themselves.

For example, a boudoir photoshoot might catalog a significant moment of change or transformation in a person's life that they want to embrace, such as weight gain, weight loss, or pregnancy. They can also be used to mark milestones like anniversaries or celebrate beating a disease like breast cancer. In these ways, the purpose of boudoir photography is to celebrate bodies tastefully and personally.

So, if you're thinking about scheduling a boudoir photoshoot, it's important that you wear something that makes you feel good about yourself. Really, there is so much room for personalization in your boudoir outfits, but we have a few suggestions that might help you choose.

If you search "boudoir photography," the first image results you'll get feature women in lacy lingerie sets or revealing bodysuits. In addition to giving you a great opportunity to buy new underwear, lingerie is an excellent option for your boudoir photoshoot because there are so many different types, colors, styles, and textures to choose from.

For example, a matching bra and panties set can lean on the racier side if you choose a lacy duo with a push-up bra, but a classic letter-tape Calvin Klein underwear set is a more casual look that's still sexy. Color and pattern can also influence the look, with black lingerie giving a darker or more mysterious vibe, while something patterned and colorful can be more playful.

From corsets and bustiers to garters and rompers, there are so many other different types of lingerie with which to experiment. You don't have to be totally revealing with your outfit, either, as something timeless like a silky chemise or camisole would work great. In general, it's about choosing something that makes you feel good about yourself.

Some photographers specialize in specific boudoir styles such as pinup or glam. Because of this, it may be worthwhile to consult with a photographer before you book them to ensure you're both on the same page. If you're wanting to achieve a particular look like this, then the right photographer can guide you wardrobe-wise.

Experiment with something more casual and fun

There's no need to worry if you're not much of a lingerie person because there are other directions that you can take with your boudoir outfits. For instance, you might consider wearing your partner's oversized shirt, or maybe even a slouchy sweater and socks. These casual looks are still sexy but can help you feel more confident if you prefer being covered up. Even everyday wear like jeans or a white tank top can work really well for a sexy photoshoot.

If you're still interested in wearing lingerie but want something to balance out the look, Foxlow Photography recommends adding layers. In addition to something oversized or slouchy, you can also wear a leather or denim jacket or go for something like a dressing gown or robe.

Brainstorming for specific looks with your photographer is an important step in this process, as they will instruct you on how many outfits to bring and help you select specific items that will look good in pictures. It should be a collaborative and fun process, above all, so don't hesitate to mold the experience to your own preferences.

Lightroom Preset Boudoir How to create Presets

- ★ With a photo selected, click the Edit icon.
- ★ Adjust the editing controls to get a look that you like.
- ★ Click the Presets button below the Edit panel.

- ★ Click the three-dot icon on the top right of the Presets panel, and choose Create Preset.
 - ★ In the Create Preset window, enter a name for the preset.
 - ★ Tap the Group menu and choose or create a group for your preset. The default group for presets you create is the User Presets group.
 - ★ Select which categories of edit settings to include in the preset, and click Save. Your custom preset now appears in the Presets panel, ready for you to apply to other photos.
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