



Under the Covers Boudoir Session Checklist

Skin Prep Checklist for Your Boudoir Shoot

- Hydration:** You need water in order to live but also to look good. This doesn't mean pounding extreme amounts of water down your throat the day or week before your shoot. It means staying well-hydrated long before that. Scientists say it can take up to 4 weeks to see skin improvements from drinking more water, so start early and stay consistent. Carry a water bottle with you to help remember to keep sipping throughout the day. Make sure there are electrolytes in the water/
- Diet:** Some people say that beauty is only skin-deep. In reality, our skin's beauty reveals the quality of fuel you put into your body. Try to avoid processed foods leading up to the shoot, as they often contain ingredients your body sees as toxic. You release these toxins via sweat and pores. Whole foods contain all-natural ingredients and are therefore less likely to cause skin problems. Overall, try to eat healthy foods if you want to get maximized skin benefits.
- Vitamins:** There are many vitamins out there that are known for improving the collagen levels of your skin. Collagen is what makes your skin plump and firm. However, I recommend talking to a dermatologist to find out what is best for your individual

skincare needs. Companies include many vitamins in skin creams, and you'll want to test out any side effects weeks or months before your shoot.

- **Exfoliation:** Build-up of dry and dead skin causes many of the imperfections we see on our own faces. This can clog and increase the appearance of pores. It can also contribute to acne. Don't exfoliate for a few days before the boudoir photography shoot to decrease your risk of redness and irritation. A once-a-week exfoliation in the weeks prior to the shoot is typically a good thing.
- **Moisturizer:** Resist the urge to stray from your normal skincare routine in the week of the shoot. A moisturizing mask or nighttime moisturizing cream may be an essential beauty step...once your skin gets used to it. While your skin adjusts, you may have breakouts or skin irritation. Definitely include a moisturizer in your skin prep. Also, give your skin a chance to recover from and conquer any side effects.

Two Months Before Your Boudoir Shoot

- Start drinking water daily. Get into the hydration habit now, because your skin will thank you! If you are not a water-drinker, then flavor it! Or try sparking water with lemons or limes. Whatever you need to do to hydrate your body (and thus, your skin!).
- Start shopping for your 3-5 outfits you want to bring. Make sure to choose items that are flattering, well-fitting, and make you feel beautiful. Avoid outfits that show areas you wish to conceal or feel self-conscious about. For example, I am sensitive about my stomach, so I chose high-waisted panty sets or teddies and bodysuits for my own session. Check out our resource guide for the [Five Best Places To Find Affordable Lingerie!](#) And don't forget to check out my personal favorite place to find inspiration!

- This is your last opportunity to get any tattoos you want presented in your session. I do not recommend getting tattoos any closer to your session than two months, to give your skin a chance to heal properly. It is next to impossible to edit out scabs and flaky skin on tattoos.
- If you get waxed or sugared, now is the time to schedule your appointment for 3-5 days before your session.

Two Weeks Before Your Boudoir Shoot

- Pay a visit to your hair stylist at this time. If you regularly get your haircut and colored, this is the time to do it, to allow for any color or cut corrections prior to your session. Don't use this appointment to experiment with your hair! We want you to love your photos, and if you have a haircut or style gone wrong, it could negatively impact your shoot.
- You don't have to do this, but... if carbs cause you bloat, cut them out starting about now. We want you to feel good at your session, not uncomfortable. Don't worry, we have tons of carbs at the studio, so we can have a carb party at the end of your shoot!
- Try on your outfits and narrow down your choices.
- Continue to drink a lot of water!

3-5 Days Before Your Session

- If you wax or sugar, visit your salon or spa and have this done at this time, to give your skin a chance to calm down if you happen to experience any redness or sensitivity.
- Exfoliate.
- Time to get that mani and pedi!
- Continue to drink all the water.

The Day Before Your Boudoir Session

- Keep drinking that water. *You are a mermaid.*
- Make double-sure your outfits fit and you want to wear them.
- Pack your bag with outfits, shoes, and any accessories you want to bring.
- Wash and blow out your hair right before bed. This is especially important if you have fine hair, so it holds a curl or wave the next day.
- Moisturize that skin!
- Get a good night's sleep!

The Day of Your Session

- Start your day off with a big ass glass of water.
- Use clear deodorant.
- Eat something light but filling. *Trust me*, you're going to burn it off. I promise!
- Wear comfortable, loose clothing prior to arrival at Supernova Boudoir to prevent lines on your skin. I recommend coming braless! You can change privately here.
- Make sure you leave with plenty of time to arrive, because #traffic.
- Have a blast! Remember, nerves are normal, but we get out what we bring into a session. So bring your positive affirmations, fearlessness, and badassery!

Some Do's and Don'ts!

- DON'T** spray tan or tan in a tanning bed prior to your session; you should come with your skin looking as natural as possible

because that's when it looks its most beautiful! Spray tans also don't photograph well and turn out a really orange in camera.\

- DON'T** try out a brand new cut or color before your session. Stick with what you know you love!
- DO** get outside your comfort zone with at least one outfit. You never know, it might turn out to be the set you love the most, and in fact, most of our clients' favorite images are the ones outside their comfort zone!
- DON'T** worry about being nervous; everyone is at first!
- DO** have an absolute blast and set your worries at my door.

Lingerie Checklist

- Coordinated bra/panty set
- Corset
- Garter belt, corset garters
- Stockings
- Classic heels
- Other shoes for different looks
- Robe, slip, bodysuit etc
- Mask
- Gloves
- Necklaces
- Earrings
- Hat or headpiece/veil
- Hair accessories
- Props you want in the photos
- A piece of clothing from your significant other