

- QUICK GUIDE -  
WHAT TO WEAR  
FOR YOUR PHOTO SHOOT

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# PHOTO SHOOT QUICK GUIDE FOR WOMEN



- **THINK TEXTURES:** Textures like lace and ruching add visual interest without overwhelming. Look for textured tops in solid colors. Avoid patterns as they may detract from your face.
- **SLEEVE LENGTH:** 3/4 length and long sleeves are universally flattering and slimming. Sleeveless is excellent for a more relaxed look or when paired with layers like a jacket or form-fitting cardigan.
- **JEWELRY THAT SPEAKS YOUR STYLE:** Subtle? or bold? You choose.
- **GROOMING:** Facial waxing should happen 3-7 days before your shoot. Haircuts and color are recommended a week or more before your date.
- **UNDERGARMENTS:** A good-fitting bra or shapewear is key. Bras that lay flat and don't pucker are a must for fitted tops and dresses. Look specifically for T-shirt bras or Shaper bras to manage bulges. Shapewear in a couple of colors can also come in handy.

Want to go more casual? Sweater sets, casual jackets with light tops, or relaxed button-down blouses are great starters. Jeans and a well-fitted t-shirt are excellent choices if you want super casual.

# PHOTO SHOOT QUICK GUIDE FOR MEN



- **FOR A SLEEKER LOOK**, tailored is best. Look for slim-fit shirts and jackets. Avoid boxy or loose shirts, as they will make you look bigger on camera.
- **AVOID PATTERNS:** Avoid patterned shirts and graphics as they may detract from your face. The one exception is ties– print ties are a-ok!
- A **COLLARED BUTTON-UP SHIRT** and a suit jacket is your best friend. You can't go wrong with a white shirt and a dark fitted jacket. Go without a tie for a more relaxed look or with a tie for a more professional look. Choose a suit that doesn't bunch up when you button it or sit down.
- **BRING COORDINATED BOTTOMS:** Many shots are 3/4 length. Bring pants or jeans that match your selected shirts; that way, if your knee or hip is in the frame, you'll be stylishly covered.
- **COORDINATED SOCKS AND SHOES:** Though we won't be photographing full length, you'll still want to bring the right footwear. Sometimes feet come into the frame with cross-legged poses.
- **DISTRACTING SUIT PATTERNS:** Clothing with tight grid or small herringbone patterns can have a moiré pattern effect on camera, so steer clear of those. Thin stripes that are a little further apart are okay.
- **CONSIDER ACCESSORIES:** You may want to do shots with or without glasses. Even holding glasses can create a statement. Bring rings, watches, and cufflinks as desired.

Want to go more casual? Polo shirts or button-down shirts work well. Adding a pullover sweater or vest is another way to vary your look.