

Getting Ready for your Headshot Session...

So, you've booked your photographer, chosen the style of shots you want and picked a location. Now what? A few days before your shoot you'll want to start getting prepared. If you're properly prepared for the shoot you'll not only have an easier and more stress free time during the shoot, but the resulting images will look a ton better than if you just winged it.

Clothes

Clothing is a form of expression and the clothes that you pick to wear will reflect your personality in the images. My best piece of advice when choosing clothes is the simpler the better.

- Solid colors look great in headshots.
- If going with a pattern keep it very simple
- Wear clothes that are comfortable and that make you look great
- Make sure your jacket and shirt fit you well. A poor fitting jacket or shirt will be obvious in the photos (especially around the neck)
- Don't overdress
- Turtlenecks are almost always a bad idea (since they crowd the face)
- Start with a simple shirt or blouse and slowly add layers.
- Bring a few changes of clothes to the shoot.
- Make sure that ALL clothes are ironed and pressed before the shoot (dry cleaned is best). Wrinkles in clothes are difficult to Photoshop out. Don't expect the photographer to do this.
- Blue/green/turquoise shirts/blouses or accents can help emphasize blue/green/hazel eyes
- Bring a lint brush or roller with you.
- Don't worry about shoes if just shooting headshots. Be comfortable. :)

For Men

- Ties look best when their tone lands between the suit and the shirt-- so a light shirt, a dark suit, and a tie in a shade somewhere between them. Some ties are too shiny-- try to stay away from really reflective, shiny, silk ties.
- If you don't wear a tie, choose a non-white shirt if possible: white shirts without a jacket and tie to break them up can lose detail in the color and folds. And if you wear a button-down shirt, it's best to wear a jacket or sweater of some kind to layer the look. If not, choose a darker color shirt or something with pockets or details to avoid it looking like a head floating on a blank, boxy shirt, and unbutton a button or two. And make sure we can't see your undershirt beneath the button-down shirt: wear a v-neck or no undershirt at all.

For Women

- Avoid big prints and busy patterns
- Different necklines will change the apparent shape of your face. Bring a variety different shirts/blouses to see what works best
- For a no-jacket casual look, bring various colored blouses - ideally darker than your skin tone
- Be stylish and fashionable, but remember, less is more, the picture is about your face and not your clothes or jewelry
- Sleeveless tops/dresses can draw attention to your shoulders/arms. Consider bringing items with a variety of different sleeves
- Remember: Select and wear clothes that make you feel comfortable. Select something that makes you look and feel good.

Jewelry

- Keep jewelry extremely simple - small is better
- Avoid jewelry that would distract from your face or that looks dated
- The picture is about your face, not your jewelry
- Consider if facial piercings or multiple ear piercings are appropriate for where your photo will be displayed

I cannot stress enough that you really should consider hiring a hair and/or make-up artist. You are paying for professional photos and make-up artists understand lighting and will make you look your best. Plus, one less thing to stress about before the shoot the better, right?! ;)

Hair

- Bring a brush and some hair product (gel/hairspray) with you to the shoot to help calm fly-aways.
- Start with your hair down and towards the end of the shoot put it up in a ponytail for a more casual look
- If you can afford it hire a hair stylist for the morning of the shoot

Makeup and Face and Hands

- Start natural. Just enough to cover up any blemishes.
- Build up the makeup as you go. Add eyeshadow and darker lipstick later in the shoot
- Try not to use matte styles of makeup. It will dry out your skin
- Bring your makeup and moisturizer with you to the shoot in case your skin does get dry or you need touchups
- Bring lip balm or lip gloss with you to help keep lips looking soft
- BROWS BROWS BROWS - Brows shape your eyes so make a point to have your brows manicured and/or waxed a couple days prior to shoot.
- Get rid of any unwanted hair a few days before your shoot...upper lip and chin hairs
- The night before brush your lips with your toothbrush to help get rid of any dead skin
- Don't do any extreme beauty regimens right before your shoot, like facial peels, tanning or extensive exfoliating. Your skin can look very irritated
- FOR MEN. Unless you want a "5 o'clock shadow"...shave the morning of the shoot to avoid razor burn. Note, A 5 o'clock shadow

can't be Photoshopped easily, so if you need to shave a couple hours before and then use cooling gel or aftershave to help with skin irritation

- Bring some oil absorbing sheets to soak up any oil or sweat that might build up during the shoot. The studio lights can get pretty hot. Some great sheets are the Clean and Clear: Oil Absorbing Sheets. You can find them at any local drug store
- Leave your colored contacts at home and bring clear contacts with you. Colored contacts can look very fake in photographs. Bring eyedrops with you
- If you can afford it, hire a Makeup artist to do your makeup and stay with you during the shoot for touchups
- Drink LOTS OF WATER night before shoot and no alcohol and get a good night sleep

Practice Makes Perfect

- Before the shoot look at your face in the mirror and see what side you like better. Everyone has a good side, find yours. Remember though, a mirror will flip your face and the camera won't so the images might look a little different than you were expecting
- If you have one eye that is visibly smaller than the other bring the side of your face with the smaller eye towards the camera. It will help reduce the difference between the two
- Try different expressions in the mirror. Do you look better stoic or perky? A good photographer will get different expressions from you during the shoot

During the Shoot

- Ask the photographer to put some music on if shooting in a studio. This will help ease some tension. Let him/her know before the shoot starts what you like to listen to
- Follow the photographer's direction. Even if it sounds a little silly. We know the best posing on headshots and the best way to shape your face. You may feel a little funny posing differently, but trust me the photos will look great
- MOVE MOVE MOVE - every time you hear the camera click...even if its just a little.
- Relax a little. Headshot sessions should be fun. Don't be afraid to let your guard down.
- Don't force your smile. It will look awkward in the images and your cheeks will be sore after the shoot. A good tip is to leave a little space between your teeth when smiling, enough to put the tip of your pinky in between. Your smile will look more genuine
- Squint, Squint, Squint!!! Squinting your eyes just a little will also help the shots look more confident and natural. The deer in headlights look is pretty horrible -haha
- Relax after a few shots and take a breather. Take a sip of water and step away from the lights every so often

After the Shoot

Not only do photographers have different shooting styles, but editing styles, as well. Let them know how you want the photos to be edited.

- Do you want any imperfections Photoshopped out? Some people like everything to be cleaned up in their headshots. (Freckles, moles, scars, etc...) While actors and actresses need to be mindful that casting directors want to see any imperfections or distinguishing marks you may have. This shouldn't be confused with blemishes or acne. This is something that should be discussed with your photographer. If he/she doesn't bring it up, then you bring it up. Don't feel awkward asking or being asked about this, if they're truly a professional then they'll expect this
- Everyone asks 'Can you Photoshop this... or this... I have a double chin, can you get rid of that? Can you make my eyes bigger?' Well, that depends. Sometimes we can, sometimes we can't. Every image is different and Photoshop can be a beast when editing. We will try our best to make you look amazing. If you don't want any alterations done, please let us know beforehand
- If you do want any major editing done, please keep in mind that it may cost extra
- Do keep in mind that as photographers we spend more time editing than shooting. Please give us a realistic time frame to deliver your photos. If you want major editing to be done, expect that it may take a little longer for them to be finished
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