

ESTHETICIAN: _____
(wax brows, upper lip, underarms, legs, etc)

DATE: _____ TIME: _____
(1 week before shoot)

FINAL CONSULT & TRY-ON SESSION
(meet with me to finalize your portrait wardrobe and styling)

DATE: _____ TIME: _____
(5-7 days before shoot)

HAIR STYLIST: _____
(hair cut, color, & gloss treatment)

DATE: _____ TIME: _____
(3-5 days before shoot)

NAIL SALON: _____
(manicure & pedicure)

DATE: _____ TIME: _____
(1-2 days before shoot)

BLOW-DRY BAR: _____
(volumizing blow out)

DATE: _____ TIME: _____
(day of shoot or day before, if needed)

LUXURY PORTRAIT SESSION

DATE: _____ TIME: _____
(day of shoot)

REVEAL & ORDERING APPOINTMENT
(plan two hours to make purchase decisions and place your order)

DATE: _____ TIME: _____
(1-2 weeks after shoot)

THE DAY BEFORE

Have a Manicure. Soft, neutral colors work best. While you're at it, toss in the pedicure (go for any color you like on toes).

Clean Your Wedding Ring. For a fast and easy DIY option, try using a toothbrush & toothpaste to clean your bling.

Shave. Touch up your body hair situation; remember underarms, and legs; and possibly forearms, bikini, and upper lip.

Tweeze Eyebrows. Double check for any strays.

Get a Blow Out. The evening before (or, ideally, the morning of) your shoot, blow dry your hair to smooth, voluminous perfection. Tell your stylist to use minimal product, avoid using hot tools (such as curling or straightening irons), and skip hairspray.

Pull Your Hair Up to Sleep. If a morning blowout isn't an option, preserve your style by piling your hair into a high, loose topknot.



PHOTO SHOOT DAY

Your focus this morning should be caring for yourself. Breathe. Remember, you are beautiful, and I will capture that for you.

- Beauty Sleep.** Be sure to get all eight hours.
- Breakfast.** Think protein and complex carbs.
- Bare Face.** Wash and apply your usual moisturizer.
- Moisturized Body.** Apply some serious lotion or oil.
- Clean, Dry Hair.** Go for a professional blow out.
- Arrive On Time.** Plan to get to the studio at 9:00 a.m.



PARKING INSTRUCTIONS (OR STUDIO INFO)
 123 Studio Address City, ST 00000 | (000) 000-0000

BEAUTY GUIDE

PREPARATION TIMELINE

Now's the perfect time to pamper yourself. Follow this timeline for stress-free photo shoot preparation.

FIRST THINGS FIRST

Make Appointments. When booking your salon and spa appointments, be sure to follow the timeline on this card. Many treatments are time-sensitive. (Example: waxing your brows shouldn't be booked too close to your shoot to avoid redness.)

Set Your Intentions. Journal about the woman you want to meet in your portraits. This will set the tone for your session, to help ensure you'll love your images. It may even change the kind of clothes you end up shopping for.

Drink More Water. We all know water is important, yet we still forget to drink enough. Start now.

Refresh Your Skincare Regimen. Wash your face morning and night, exfoliate (face and body) every other day, moisturize your full body every day, and wear lip balm constantly.

THREE WEEKS BEFORE

Finish Shopping. Finalize your shoot wardrobe. Place any online orders and make special dress rental reservations right away. Make sure you have everything you need to complete each outfit, including underpinnings and accessories.

Start Stretching. Try to stretch for 20 minutes each day before your shoot. Especially your neck, back, and hips.

Avoid the Sun. Sunburns and tan lines are portrait ruiners. Use sunscreen and stay in the shade.

Visit the Dentist. Get a regular cleaning and whiten your teeth.

Don't Pick (or Bite). Especially your skin, lips, and nails.

Optional: Get a Gel Manicure. Gel polish keeps your nails strong (and lasts up to three weeks).

ONE WEEK BEFORE

Gather and Organize Outfits. Complete the Wardrobe Prep Checklist on the "How to Prepare" panel of the Style Guide.

Final Wardrobe Consultation. Meet me face-to-face to try on and finalize your wardrobe and make styling plans.

Wax Eyebrows and Upper Lip. Get your brows waxed or threaded by a pro. Try to stay close to your natural shape, and don't go too thin. Have your upper lip waxed as well.

Wax Body Hair. Wax the hair on your legs and underarms. Depending on how revealing your outfit choices are, you may also need to wax your bikini area.

Avoid Fake Tanning. If you usually spray tan or use fake tanning lotion, take a hiatus now until after your shoot.

3-5 DAYS BEFORE

Refresh Your Hair Color. If you dye your hair, touching up your regrowth three days before your photo shoot is ideal. Keep in mind this is not the time for drastic changes.

Get a Trim. Neat, healthy hair is youthful and vibrant. If it's been a while since your last haircut, go for a subtle trim.

Deep Condition. Your salon can do a conditioning or gloss treatment, or use your favorite deep conditioner at home.

Get an Eyelash Fill. If you usually have eyelash extensions, have them refreshed a few days before your session. *(Do not get lash extensions if they aren't in your regular routine.)*

Buy Groceries. Plan a nurturing dinner for the evening before your shoot, as well as a healthy shoot day breakfast.

