

Advice & Tips for Models How to prepare for a Photo Shoot

Most professional models know by experience about what needs to be done before a photo shoot. If you do not have a lot of modeling experience I suggest you look over the following list of things that will help you for this shoot and in the future. The more of these guidelines you follow the better your shots will turn out.



Body hair: Be sure to take care of all hair removal prior to a shoot, but leave at least 2–3 days between when you wax/shave any sensitive areas (such as your bikini line) and your shoot date. This time is necessary to allow for any irritation to disappear before your shoot.



Nails: Take care of your nails. Be sure that your nails are neat and well maintained. Short nails are preferred. A natural, non-colored, or French manicure look is preferable. If you plan on posing barefoot, be sure your feet and toes are in good condition.



Hair: Check your hair! If it has been a while since you had a trim, now is the time. Just be sure your hairdresser knows that he/she can't go too wild this time. If your hair is dry, opt for a deep conditioning treatment. If you colour your hair, get a refresher or have your roots done. Now is NOT the time to try new hair colour/style or beauty treatment! Do NOT arrive to your shoot with damp or wet hair expecting it to be completely styled! Bring a hair brush along as the photographer will want to show your hair off with various looks. Wear your hair natural and down, unless you have been given other directions by the photographer or your agency in advance. Bring a couple hair clips or rubber bands to put your hair up or in a different style.



Teeth: If you plan on showing your smile, be sure that your teeth are ready for prime-time. If your teeth are discoloured, you may want to consider having them cleaned/whitened.



Eat — Eat something light before the photo shoot. You will need your energy.



Water – The secret for beautiful skin. Drink plenty of water starting a week in advance of your photo shoot. This will hydrate your skin.



Rest: Get plenty of rest the night before our photo shoot. Your energy will shine through in each pose!

 Please bring a robe, or blanket, or large towel (something easy to take off and put on) to cover up with and keep warm if necessary.

 **Posing:** Practise different poses in the mirror at home – different faces (smiling, seductive, happy etc) (look in magazines for ideas)

 **Sun block:** Between now and the photo shoot please be conscious of exposure to the sun and use sun block

 **Skin Care:** The day before and of your shoot Exfoliate your entire body and face and moisturize using a non-greasy, non shimmering lotion.

 **Clothes:** Make sure that your clothes are not busy. No florals, pinstripes or pictures. Plain colours are best. Busy clothes can take attention away from the model. Don't wear tight clothes (bra or underwear) prior to our photo shoot since these leave strap marks and take a while to go away. Wear a button front shirt to protect hair and make-up so you don't pull it over you head to remove it.

 **Deodorant:** If you are going to wear a sleeveless top, do not wear deodorant. It will show up in the photo. If you wear perfume to the photo shoot (not recommended), make sure it's very light. Photographers studios are not always large and strong perfume will overwhelm the photographer and the others who have to work with you.

 **Jewelry:** Be careful about the jewelry you're going to wear – again this can be distracting.

 **Avoid breakouts:** No matter what the temptation, stay away from new makeup and skin care products just before a photo shoot. You could be in for a big, unwanted surprise by having a reaction to these new experiments. Just stay with what you know works for you.

 **Makeup:** Discuss if a make-up artist will be on the set, if so arrive with clean hair and absolutely no make-up. All traces of makeup should be gone from your skin. All eyeliner and mascara should be gone. Your face should be clean and product free when you arrive.

 **Lips:** Avoid dry lips by putting Vaseline on your lips before bed and the morning of your shoot. Exfoliate your lips by brushing them when you brush your teeth.



Eyebrows: Have your brows professionally shaped and then keep them up by plucking the strays every few days. I will Pluck strays the day of the shoot but probably will not have time to shape your brows.

Tidy up: everything about you from head to toe should be at its best and clean. (fingernails, toenails, nose hair, back of neck shaved, etc.)

Check on makeup, clothing and prop requirements. Unless you're already working professionally (and often even if you are) you will probably have to supply your own. Make sure you have what you need.



72 hours before your photo shoot, avoid the following items (these items can give you oily skin and swelling):

- a. Red meat
- b. Alcohol
- c. Caffeine
- d. Spicy foods
- e. Retin A and Alpha Hydroxy creams (causes skin peeling that will show with photo makeup)



Tan Lines: For body (lots of skin showing) shots, be sure you get rid of tan lines by visiting a tanning booth a few times.



Skin: Coconut Oil or shea butter is great for keeping the skin glowing. Treat your body with TLC from top to toe.



Music: Bring your own CD's. The music you like to listen to will help you relax.



Be on time. (On time is 30 minutes early)