WHAT 2 WEAR

a guide to successful senior portraits

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litchfieldhillsphotography.com

BE unique brave bold you!

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general information

1. DAY BEFORE

On the day before your session, prepare and press your clothes. Arrange them by outfits and group them together on hangers so that nothing gets left behind.

2. PRIVATE SHOWING

Have a show at home and try on all of your outfits. Make sure that you are happy with your choices and that they fit properly (ill-fitting clothing will not photograph well).

3. RELAX

Relax and get plenty of rest the night before your session. Without a good night's rest, your eyes may look tired or have dark circles under them.

4. EAT & DRINK

Have a light meal on the day of your session and be sure to drink plenty of water to stay hydrated.

5. BE EARLY

We strongly encourage you to arrive 10-15 minutes before your scheduled appointment. Be aware that there is usually someone scheduled right after you, and tardiness will cut into your allotted session time! If you need to apply make-up or style your hair at the studio, plan another 15 minutes advance arrival to do so.

6. TRAVEL CLOTHES

Wear your regular street clothes to your session. Once you get to the studio, we'll discuss your wishes and options and decide which outfit to start with.

clothing tips

A few suggestions to lower your stress level.

DARK SIDE

Darker colored clothing is concealing and will make you look thinner.

AVOID SUPERSIZING

Be careful with loose or baggy clothing; they can tend to be unflattering and can actually make you appear heavier.

BE UNIQUE

Clothing selection is important for showing who you are and your personal style. Don't wear a "popular brand" t-shirt and expect your images to be unique. But remember, your portraits are about YOU. The clothing should be thought of as an accessory.

NO ADS

Avoid clothes with slogans, logos, or other distractions. Your face, eyes, and expression want all of the attention.

THINK COLOR

Wear colors that go best with your complexion, hair coloring and eyes. If you have blue eyes, wearing a blue shirt can make your eyes "pop" and enhance their color in your photos.

DIAL IT DOWN!

Bold stripes and large patterns stand out and tend to draw attention away from the most important part of your photographs: YOUR FACE!

AVOID WASH OUT

White clothing can wash out a fair complexion. Be extra careful about wearing white in the winter months when your tan is more faded.

BE SEASONAL

In order to ensure variety in your session, bring different styles and colors of clothes. Your photos can represent all seasons, so bring a wide range of clothing despite the current outdoor temperature.

COVER UP

If there's something about your body that you don't like, cover it up. It is amazing how many people come to their session wearing a sleeveless shirt & say they hate their upper arms!

accessorize

Bring on the BLING!

ABOVE THE SHOULDERS

Bring attention to your face with accessories such as hats, hair pieces, scarves, and bold necklaces. A scarf or a bold necklace can transform a simple outfit into a statement piece and offer a variety of looks for one clothing change.

BELTS

Defining the waist with a belt or a tie creates an hourglass shape.

SHOES

Heels lengthen the leg line and slim the body while making your legs look fabulous! But, don't spend a lot of time hunting for shoes for every outfit because most of your favorite shots will be from the waist up, and focused on your face.

BACKDROPS GALORE

We will choose sets, locations, and backdrops to coordinate with your clothing to ensure you look your best. If you notice a backdrop that you like, let us know and we'll try to make it work with your outfits.

fashion inspiration

Look to the pros for some great ideas!

FASHION HOMEWORK

For photo session homework, we recommend watching MTV, browsing fashion magazines, and window shopping at the mall! Pay attention to how items are put together to create a unique style or look. Also watch TV shows like "What Not to Wear" to get ideas about accentuating your body type and good general tips on fashion.

BODY TYPE

When looking for style inspiration, look to people with a similar body type to you (athletic, slim, pear, hourglass, etc.) and see what works well on them and what doesn't. Hardly anyone has the shape of a mannequin or a model, so don't expect the clothes that work well on them to work well on you.

Check out our website and facebook for ideas. If you like particular backdrops or sets, pay attention to what style of clothing the subject is wearing in those images.

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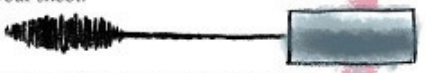
make-up tips

A little goes a long way.

LIPS: shine on the lips is great. Even if you choose not to wear lipstick, make sure to have a gloss.

LIPSTICK: if you use a liner, use the same or a similar color as your lipstick. Finish with a bit of shine or gloss in the center of your lips as a highlight.

BROWS: make sure your brows are well groomed. Tweeze stray hairs on your brow the night before your session so that it will not look red or swollen the day of your shoot.



LASHES: build a beautiful lash: waterproof mascara has more building power than regular mascara enabling you to build length and thickness. Be sure to curl your lashes before applying mascara.

FOR GUYS

If your skin tends to be shiny, bring paper blotters to remove oil from your skin.

Be sure to bring a lip balm: dry lips do not look good in photos.

FACIAL HAIR: facial hair is fine in photos. If you want facial hair and your mom prefers clean-shaven, bring along your shaving gear so you can have a quick shave at the studio. This will allow you to have facial hair in some of your photos, and be clean-shaven in others.

ACCESSORIZE: Some ideas... hats, sunglasses, your beats headphones, suspenders, ties, jackets, etc.

salon ready

GUYS HAIR: Cuts should be about a week before your session.

GIRLS HAIR: If you color your hair, MAKE SURE you have your roots touched up a few days to a week before your session. Dark roots are amplified in photographs since we are lighting your face and not the top of your head.

STYLE CHANGES: Quick, easy hairstyle changes during your session are okay, but practice doing such quick-changes so you don't lose time in front of the camera.

NAILS: Your nails will show in your photos so make sure to have fresh polish on both your hands and toes. Be sure to choose a more neutral color that will go with all of your outfits. The press-on nails actually look great in photos so don't feel like you need to go the extra expense of having your nails professionally done.

TANNING: Please do not over-do the tanning bed or sun. Your skin will have a natural luster and color if you let it rest from tanning for at least three days before your session. Tanning right before your session will swell the skin and cause you to look red in your photos.

what to bring

Things you might not have thought of.

PROPS

Props can help to show your personality and record the types of activities you are involved in. They serve as a pictorial definition of who YOU are. Some popular choices are: sporting equipment, musical instruments, posters, awards, favorite books, class ring, hunting equipment, skateboards, uniforms, and collectibles.

GIRLS...

Do not forget the proper undergarments and don't forget a strapless bra. Nude colored undergarments work best and will not show through lighter or thinner clothing.

Pack ALL of your make-up, jewelry, props, and any hair preparation products you think you'll need. It's better to have it and not need it than to need it and not have it for your session!

DON'T FORGET...

If you are planning to bring sporting equipment, be sure to pack all head to toe elements of your uniform ie: shoes, helmets, hats, socks, cleats, etc. For blended action images you will be photographed full-body and bare feet don't make the cut.

GOT PETS?

Pets are always welcome during your session, but please call ahead because there may also be other pets at the studio as well. Arrange for someone to take home large pets once they have been photographed.

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got questions?

We've got answers

WHAT IF MY FACE BREAKS OUT?

All of your finished portraits can be retouched so don't worry if your complexion breaks out right before your session.

CAN I CHANGE MY HAIR DURING THE SESSION?

Yes, but only if you can do it quickly. All sessions are based on time, and you don't want to waste camera time making drastic hairstyle changes.

WHAT IF IT RAINS ON MY SESSION?

We are at the mercy of Mother Nature. Do not worry if it rains on your scheduled session day. We will reschedule the outdoor portion of your session!

WHAT SHOULD I WEAR?

Wear clothes that reflect your personal style.
We will choose your backgrounds and sets to best complement your attire. Check out our tips for more dos & don'ts.

CAN I BE PHOTOGRAPHED WITH FAMILY MEMBERS OR A BOYFRIEND/GIRLFRIEND?

Sure! But remember these portraits are mostly about YOU. Contact us about bringing a friend.

GOT MORE QUESTIONS? *ask us!*

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