



Boudoir

CLIENT GUIDE

WHY I CHOOSE TO EMPOWER WOMEN VIA BOUDOIR PHOTOGRAPHY

Hi there and welcome, the name's Simone and you know what I admit that boudoir photography isn't exactly "practical," and that it might even be misunderstood by some. But one thing I know from being a photographer is that a boudoir session is transformational for the women who step in front of my camera.

It's no secret that women, specifically, face a brutal and judgmental world. One filled with marketing images of airbrushed "perfection," and marketing ploys to become "better" through diet, supplements, gym memberships, and more. Baring all in front of the camera – literally - may seem like a way to highlight every self-perceived flaw that women are taught to believe about themselves, but I'm here to tell you that a boudoir session has the complete opposite effect for my clients.

Boudoir sessions empower women. They give them space to unleash their sensuality, to forget about all the marketing noise, to celebrate their bodies in a way they've never done before. I may not have a "practical" job that saves lives or educates our children, but I think - no, I know - there's value in what I do as a boudoir photographer, too. The proof? Every woman who steps in front of my camera walks away with a newfound confidence in herself and feels more beautiful than ever before.

I WANT EVERY
WOMAN TO FEEL LIBERATED FROM SELF-DOUBT.
LET ME BE YOUR GUIDE TO YOUR NEW BEGINNING.

WHAT

Chances are you probably have a general idea about what boudoir photography is, but here's your chance to learn all the details.

is boudoir photography

Let's start with the word "boudoir" itself. Boudoir is a French word that literally translates to "bedroom" or "sitting room." In other words, the photographs are taken in a private space, typically somewhere with a bed, chaise or settee for the woman to lie down on. I do boudoir sessions in my home studio where there are props and furniture. I can also use hotel rooms or other locations such as and AirBNB if you wish.

As you likely know, these pictures taken in a women's boudoir are often provocative. It's just the mood that gets set when a woman's wearing lingerie or is workin' it in sexy poses! Do note, however, that there's a difference between provocative, inherent sexiness and tacky or overtly risqué. I'm all about bringing out a woman's sensual side and showcasing her face and figure and never push things overboard. I keep it ultra classy, ladies.

What you wear in your boudoir session depends entirely on what you feel comfortable with. I don't shoot fully nude photographs, but sometimes nudity is implied based on the way you're posed or the way a bed sheet is draped over you. Of course, I only shoot what you're comfortable with.

In short: boudoir photography is an opportunity to capture sensuous images of yourself for yourself.



LOOK GOOD, FEEL GOOD

Ever heard the phrase, "Strive for beauty that can be felt, not just seen"?

I want to emphasize to you what a little R&R will do for your images and soul. Beauty begins the moment you decide to be yourself.

First off, pampering yourself loosens you up and gets rid of anxiety. Who doesn't like feeling like royalty, anyways? When you feel beautiful, it will show through your images in the end.

Make sure to wear a button up or zip up shirt when having your hair and makeup done. You don't want to mess up any of the hard work, especially onto your lingerie!

Inner beauty is great, but a little mascara never hurt anyone.

When you come into my studio, this is the first thing we do. The hair and makeup artist is loose on you. No worries, as soon as they are done, they leave the building to give you complete privacy with your session!

Having fresh foundation will help smooth your skin from blemishes or discoloration. Even some false lashes will add a "WOW" factor to you! I recommend curls for my clients. This helps with providing classy photos, or you can get messy in them to give your images a bit of sass!

Think of this as a spa day for you. Kick off your shoes, make yourself at home and relax!



WHAT TO WEAR

CHOOSING YOUR BOUDOIR OUTFITS

Trying to figure out what to wear at your boudoir session?
Here's a few tips to help you out:

Wear what makes you feel sexy. Boudoir sessions are all about revealing your sensual side, so if you put something on and you feel uncomfortable, move on to the next option. When you put it on and can't help but spin in front of the mirror or think, "Heck yes!" then that is what you should wear on shoot day. Opt for outfits that flatter and accentuate whatever features you love most about yourself.

Footwear matters, too. It's so easy to go into a less-than-classy vibe depending on your footwear. my suggestion: keep it simple. Patterns, baubles, bells, whistles, and more than three inches of heel can be "too much." Instead, opt for shoes that scream "sexy sophistication." FYI: Heels can also do a lady good when it comes to posture and accentuating muscles in her legs.



SESSION TIPS

Choose your Wardrobe – Lingerie is great, but you don't have to wear it if you don't want to. An oversized white shirt or sweater, a biker or denim jacket with jeans or shorts are great. Other alternatives are bodysuits, a white sheet or blanket to wrap around you. Be sure to try on your outfit(s) prior to your session to ensure everything fits properly.

Don't Forget Accessories – Make sure you think about jewellery, shoes, props, etc. Pack anything you need to get it ready for your session. For props, I suggest bringing personal items that are significant to you.

Hair and Makeup – I highly recommend using a makeup artist. I work with an amazing MUA who will make sure that you look flawless and ready for your close up.

Location – Sessions take place at my home studio however if you have a hotel or airbnb that you would like to use for your session we can arrange that.

Exposure – Talk to me prior to the session and let me know what you are comfortable with and how exposed, or unexposed, you want to be during your session. Everyone has a different comfort level, and I like to be aware and informed of your expectations prior to your session so there are no awkward moments.



SESSION TIPS

Pre-Session Beauty Prep – I suggest getting a mani/pedi a few days prior to your session. If you wax, don't forget to pencil that into your schedule, as well. If you want to have a base tan for your photos, I recommend beginning to tan a few weeks prior to your session to avoid burning – and remember to think about your outfit and avoid any tan lines that will look bad in photos. I suggest staying away from spray tans as these can look patchy and uneven. Don't forget to get your eyebrows shaped a few days before your session.

A few days before your session, lower your salt intake to avoid bloating and also eat a light breakfast the morning of your session. Drink a lot of water leading up to your session for beautiful, healthy skin and get a good night's rest the night before. Shave and moisturise for beautiful legs. Hair is best washed the day before.

Wear a clear deodorant. Don't wear tight clothing, bras, panties, socks, etc. the morning of your session or driving to your session. These will leave red marks on your skin and we want you looking your best.

Relax – The most important thing you can do is relax. I will make sure you look amazing in your photos, so don't worry! If you're uncomfortable, it will show, so just keep calm.

Please contact me if you need any help before your session. See you in the studio!



BOUDOIR FAQ

I'm really nervous. Is that normal?

It is definitely normal to be nervous for your boudoir session, so don't worry. Most of my clients are nervous until the session has gone on for a few minutes. After it starts, you'll begin to loosen up.

How do I know how to pose?

Don't worry about posing. We've totally got you covered in that department. We know all the tricks to create the most flattering angles for you, no matter what shape or size you are.

Does the session include hair and makeup?

The session fee includes hair and makeup by a professional MUA.

What should I bring to my boudoir session?

For our sessions, I suggest at least two to three different outfits and any props you may want to incorporate.

Will my session be with a male or female photographer?

You will only have a female photographer for your session.

Do you do touch-ups?

Yes, I do some basic retouching on all of your portraits.

I'm not a model – are boudoir photos still flattering even if my body isn't perfect?

Absolutely! Nobody is perfect and every woman is sexy. If you have any specific concerns, contact me and we can talk about it!

Do you do location boudoir sessions?

We can arrange a hotel or Airbnb of your choosing. Just let me know where and we can book the location for the session.



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