

SAIL OFF

PHOTOGRAPHY

Professional photography with an artistic approach.

How to Prepare for Your Upcoming Headshot Session

1) Get a restful night's sleep

A good headshot reflects the way you feel! Typically when we are tired our eyes will give us away, showing poor coloring (dark circles) or puffiness. Makeup is always a life saver in this department for color correction but it won't fully do the trick. Give yourself the best start with an adequate amount of sleep the night before your session.

2) Drink plenty of water the day before/day of

As far as skin color and elasticity goes, water is your best friend! Get ready to look bright and healthy for your shoot with step one and two.

3) Prepare!

Coordinate your clothing choice with the background you and your photographer choose. You want your clothing to compliment your skin tone, background, and ultimately not be too distracting to take away from what's most important in the photo; YOU! You also want it to reflect your message. For example, a yoga instructor probably won't want a corporate headshot in a blazer but more of a lifestyle feel in comfortable workout clothing. (This will be part of our planning process!)

4) Choosing what to wear

Let's go closet surfing...

- Solid colors are your friend!
- Neckline is important as a typical headshot is from the shoulders to mid-chest up.
- Stay away from busy patterns as they distract from your face.
- A delicate pattern is totally fine, just keep in mind the last bullet point.
- To layer or not to layer; that is the question. As long as everything compliments and it's not too busy go for it!
- Bring a few changes of clothes, just in case.

5) Hair, Makeup, Skincare and Face

Hair

Having the hairstyle you want for your headshot is important! However, to get the results you want with a natural flow and great cut I recommend getting your hair cut two weeks prior to your shoot. This gives you hair a chance to settle into the new style and not look freshly chopped!

Makeup

The amount of makeup you wear depends entirely on your personal taste! I encourage my more natural clients to focus on covering blemishes and to utilize a gentle glow approach. This can be done by booking a makeup artist in advance for your shoot or doing a few simple steps. I've found a little heavier application for headshots can be beneficial in that natural makeup tends to not show up as much in photos as it does in person.

If you are a fan of the basics, here are a few must have's for your headshot:

- Foundation
- Bronzer/Blush
- Lip Gloss for a healthy shine
- Eyeliner and Mascara

*Pro tip! Dip your face in ice water to shrink your pores before makeup application. The result is flawless and smooth looking skin! I also recommend a primer before foundation for an added smooth appearance.

Skincare

I recommend not doing any harsh skincare treatments the day of your shoot to avoid irritated skin, and no one wants bright red skin for their headshot! Earlier in the week before your shoot is completely fine to give your skin enough recovery time.

Face

For Men!

I recommend shaving right before your shoot if you desire a clean shaven look and use a gel to calm the skin before our session.

Any unwanted facial hair such as eyebrows, and upper lip hair should be taken care of a few days before your headshot session; once again to give your skin enough recovery time before your shoot!

6) The little details for the best image

The photos are great EXCEPT, your hair is all over the place and there are cat hairs and wrinkles all over your blouse. To avoid expensive retouching to remove all of that, here are some tips:

- Bring a lint roller
- Bring a hairbrush/comb/hairspray
- Iron clothes before your shoot to avoid wrinkles and carry clothes in on hangers
- Your session is right after breakfast/lunch? Bring a toothpick or toothbrush to get rid of any leftovers hanging around, they will show in your photo! Talk about saying, "cheese!"
- Prepare your jewelry and accents in advance
- Combine these into a bag to bring with you the evening before so you don't have to stress about the little details!

7) Practice!

WHAT? That's right! Take a few minutes to practice smiling and posing in the mirror. I will guide you along during the process but when clients have a favorite side or feedback, then we can get right into accentuating your choice of best features. This ensures our end result are photos you will be beyond excited to show off!

I hope you are able use this guide as a tool to prepare for your upcoming headshot session! I understand the thought of an updated headshot can be very intimidating; not knowing how it will turn out or if you will like your expression. Something I love about these sessions is the collaboration between client and photographer utilized during my workflow. I will be showing you the results as we move throughout the session and we will work together to achieve a look you LOVE! Stress free!

With warmest regards,
-Natalie