

Preparing for a Portrait Photography Session

REBECCA
VANDERHOEK
photography

The key to beautifully looking portraits is to show your natural self, but ensure you look effortlessly groomed and comfortable. Whilst time and lifestyle may not make all of the below possible, here are some tips to making your portrait photos look great!

CLOTHING

Typically neutral colours, simple patterns (eg. light floral) and textures work best, Avoid logos, bold patterns (such as stripes and checks) or bold colours as they are distracting.

For women, avoid heavy layered or complex styles. I advise to opt for comfortable but form fitting clothes, avoid high cut neck lines or bat wing arms. Bring a few changes of clothes, perhaps your favourite summer dress, denim and white shirt combo, and something more formal - for day time shoots pick a few outfits you would wear to a nice lunch in a restaurant. Bring at least one dark and one light outfit.

For men, smart casual works best, avoid patterns or logos, bring at least one dark and one white shirt/ t-shirt.

For kids, again neutral is best. Some cute patterns or designs can often look cute for kids. In my experience though, simple is best. Avoid trying to match your outfits to your children. Very bright colours such as reds, yellows, greens or pinks should be avoided. Don't forget to bring a few options for the kids also! For newborns, neutral/ pastel schemes work best. Have 1-2 outfits and pale and simple swaddle.

Be sure to make sure clothes are clean, ironed and lint free before the shoot.

Feel free to contact or send photos ahead of time should you need advice.

GROOMING

The aim is to look natural, however these are photos you want to cherish in the future so sometimes its worth doing some grooming for the shoot - get hair roots touched up, blow dry or casually style hair, shave or tidy beards.

Nails should be tidy and clean. Keep nail polish colours neutral.

It's a good idea to bring a brush with you to do some last minute touch ups.

If you like to fake tan, ensure this is done a few days before the shoot to allow it time to settle.

MAKE UP

Keep your make up neutral and natural. Ensure foundation tones match your skin tones, ensure your face and lips are well moisturised. Bring along a facial spritzer to give you a fresh glow. Avoid heavy highlighters or bronzers, excessive or bright eye shadow or coloured lipsticks, particularly if this isn't something you usually wear.

You want to look and feel comfortable, don't feel because you are having your photos taken you need to pile on the make up. Bring some lip balm with you to apply before the shoot to give your lips a fresh look.

JEWELLERY & ACCESSORIES

In this case, less is more. Unless you are wanting a glamour look avoid big or bright jewellery. Wedding rings and your every day jewellery is plenty. As cheesy as it sounds, your best accessory is bright eyes and a beaming smile!

THINK ABOUT WHAT YOU WANT TO ACHIEVE

The photographer will guide and style you into poses, however its worthwhile having a think about how you want the shoot to look. Practice a casual smile in front of the mirror and flag any insecurities you have with your photographer.

PREPARING CHILDREN

It's a good idea to talk to the kids ahead of time about the photo session, explain to them what will happen so they understand and are not scared. Bring along some snacks, favourite toys, baby wipes and spare clothes for location shoots.

ON THE DAY OF THE PHOTOGRAPHY SESSION

Make sure you get a good night sleep prior to the shoot. Bring some water or snack. The most important preparation you can make is to turn up to the session relaxed, happy and comfortable. And have fun!

IF YOU HAVE ANY QUESTIONS...

Feel free to contact Rebecca on 0426 836 284 or photo@rebeccavanderhoek.com