

Boudoir Session Prep Checklist (18+)

A quick guide to feel confident, prepared, and relaxed.

Before your session (24–48h)

- Hydrate and get good sleep
- Moisturize skin (avoid new products right before the shoot)
- Avoid tight clothing on the day of the shoot (prevents skin marks)
- If you shave/wax: do it 24h before to reduce irritation

What to bring

- 2–4 looks (lingerie, bodysuit, oversized shirt, robe)
- Neutral underwear (as backup)
- Heels or clean socks (optional)
- Simple accessories (earrings, necklace)
- Lip balm / small touch-up kit

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Outfit tips (simple + flattering)

- Choose pieces that fit perfectly (fit matters more than price)
- Solid colors photograph best (black, white, nude tones, deep red)
- Bring one “classic” look + one “bold” look
- If you want privacy: consider a robe/shirt for “implied” frames

What to expect (how it works)

- We confirm style + boundaries
- Guided posing (step-by-step)
- Breaks when needed
- Private selection gallery + discreet delivery

Privacy & comfort

- Your content is private by default
- Publishing only with your written consent (opt-in)
- No-face / anonymous options available

Want to book?

Message me with your town + preferred date range.

Bareform Studio by AVPhotography