



Prepare For Your Headshots

I am so excited that you have chosen me to take your headshots. I have put together some tips that I know will make you look and feel great on the day of your session. I know it looks like a lot of information, but honestly – it's an easy read. Contact me with any questions. We are going to have fun!

Do's & Don't's

- Drink lots of water and be well rested so your eyes will not have dark circles.
- Avoid caffeine, alcohol, cigarettes, salty foods and sun to make your skin look great.
- Wear clothes that are comfortable and that make you feel good. If you feel good, you look good.
- Brush your teeth and floss right before your session.
- Be sure to examine your face, eyebrows, chin and lip area to determine if any plucking or trimming is needed.
- Don't cut your hair the day before your shoot! It will look like you just got a haircut.
- Make sure your jacket and shirt fit you well and they are pressed.
A poor fitting jacket or shirt will be obvious in the photos (especially around the neck).
- Avoid wearing bold stripes, plaids, checks, dots and prints, they are confusing and do not photograph well.
- Avoid solid black which will photograph flat, and lack detail and dimension.
- Avoid light colors that approximate flesh tones such as beige, tan, peach, pink, white, and yellow.
- Blue/green/turquoise shirts/blouses or accents can help emphasize blue/green/hazel eyes.
- For professional headshots – we recommend you remove facial piercings or multiple ear piercings.

Women

- Darker shades are more flattering and slimming, but remember – black is not always the best color. Try navy, dark-gray, chocolate, forest green, deep teal, eggplant or a rich caramel.
- Keep jewelry extremely simple - small is better. The picture is about your face, not your jewelry.
- Make-up should be clean and natural. Use a small amount of eyeliner and mascara.
- Wear a layer of translucent powder - your face will appear flawless in photos. Shine disappears, pores seem smaller, skin looks even, and blush is smoother.
- Avoid shimmers or products with lots of sparkle or shine.
- Avoid overly-bright colors.
- Although the focus will be on your face, take care of your nails in case they end up in the shot.

Men

- The standard business look is a dark suit jacket, pressed and well-fitting dress shirt and a dark tie.
- A casual business look is often a jacket and open dress shirt, shirt and tie (no jacket), or dress shirt on its own.
- Polo shirts are a good look for some businesses. Be sure the shirt is in good condition and fits well.
- For a no-jacket casual look, bring colored shirts - ideally darker than your skin tone but try to avoid black.
- A white dress shirt by itself is a bad idea - unless you plan to wear it with a jacket or sweater.
- Loud ties divert attention from your face. Stick with simple.