

Tips for your Photo Shoots !

General Preparation.

1. Prepare your own artistic input . Keep copies of pictures from magazines or internet you find inspiring and share 'm with the photographer in advance.
2. Practice different positions in front of the mirror to see what does and does not flatter your body. Make sure you know the best angles and features to accentuate.
3. Study poses in magazines and bring them to the shoot so you have a few in mind if you run out of ideas.

Body Care.

1. Make sure you have had enough sleep.
2. For body shots, be sure you get rid of tan lines.
3. Drink lots of water, carry it with you everywhere you go, and keep sipping.
4. Try to eat way ahead of time before your shoot. You don't want to have a crazy looking "pooch", especially in swimsuit shots.
5. If you have facial hair and you are woman you need to have it waxed before the shoot. Peach fuzz will show up on your skin, in fact it will look worse in photos than it does in person.
6. Make sure your hair is clean. If you know if there is going to be a hair stylist on the shoot, wash the day before. If no stylist, get your hair done the day before.
7. Dark hair roots will look even worse in photos. Refresh your hair colour a few days before your shoot. If you do not colour your hair, try "shades" or a toner just a shade lighter than your hair to make it shine.
8. Exfoliate your skin a week before your shoot. It will help give your skin that healthy glow and eliminate the scaly look

that skin can sometimes have in photographs.

9. Avoid dry lips by putting Vaseline or Elizabeth Arden 8-Hour cream on your lips before bed and the morning of your shoot.
10. Fingernails and toenails should be clean, one length, well manicured, and the polish should be colourless or French, unless this shoot calls for colour.

On the day itself.

1. Arrive on set early. If there's a traffic jam, you'll be glad you had slack. NEVER be late. No excuses. Remember first impressions are everything.
2. Do not appear at the shoot with less or more people with you than you had agreed.
3. It is a good idea to carry your own mascara with you.
4. Bring accessories: purses, sunglasses, hats, earrings, necklaces, a fake wedding ring (for couple shots) and a pair of glasses to your jobs, etc.
5. Bring baby oil or lotion, especially for swimsuit shoots.
6. A genuine smile shows in the eyes, not the mouth. Make your eyes smile for the camera.
7. If you want, bring your own music.

Something about clothes.

1. Shoes can make or break a picture. Unless required for the shoot: be aware that trashy sandals, mules, thick or high soles (high heels are fine) are not associated with elegance and style.
2. If you do have strap up sandals make sure you shoot them the last set. [I have seen shoots where models wear the strap up sandals, take them off for the next set and the strap lines are indented in the leg]
3. Remove price labels from shoes.
4. Clean/shine shoes.
5. Iron all clothing.

6. Don't wear tight jeans or things with elastic as they make marks. It's always advised to wear things that won't cause marks on the skin including strap up sandals. This is not only important for lingerie photo's but also when taking photo's with bare shoulders.
7. Unless required: do not use contrasting/coloured/patterned underwear.
8. When wearing short skirts, wear a black G-string
9. Unless you have perfect legs, bring pantyhose (tights). Use invisible/natural colours and sheer to waist (no demarcation halfway your thigh). One size fits all are to be avoided.
10. Better take too much clothing than too little. Please make sure to bring not only one kind of colour or kind but try to alternate.
11. Bring strapless and soft bras. Avoid padded and pre-shaped bras.
12. Nude coloured undergarments and tube top often come in handy.

There are more useful tips for your photo shoots.
<http://www.modelnetwork.com/thenews/stories/modeltips/index.html>

This document remains "work in progress" and is a collation of information and input I received from models from around the world. Input via email is always welcome.