

Makeup / Hair:

Men – Makeup/Grooming included: Shave the morning of the photo shoot. Unless you plan to shoot with facial hair and shave for a different look.

Women – Makeup/hair included: Come with a clean face, without makeup residue. Arrive with your hair dry and styled as you like it, as if you're going to work or to an audition. Your hair will be groomed, maintained and changed throughout the session.

Helpful Tips.

Avoid alcohol, recreational drugs and salty foods the night before your shoot.

Avoid stressful things like running late.

Feel free to bring your favorite music.

If you prefer a certain angle of your face or something you don't like, let us know.

If something is bothering you that can affect your expression, tell us about it.

You want to put your best face forward so it's important to relax and have fun!

Pay extra attention to your skin before your photo shoot. If you don't currently have a skin care regimen, consider starting one at least a week before your appointment. The following suggestions will help you for this shoot and in the future.

CLEANSE: Cleanser removes dirt and should be used to remove makeup at night. Going to bed with makeup, clogs the pores and promote dull looking skin. A gel cleanser or facial soap for oily skin and a creamy cleanser for dry skin. Use twice daily, morning and night.

EXFOLIATE: Exfoliation is a process of removing dry, dead skin from the face, allowing the moisturizer to penetrate to its full extent. This gives the skin a glow and helps the makeup go on smoother. For dry skin or sensitive skin, choose a gentle exfoliate for your skin type. Use 2-4 times before the shoot. An exfoliate can either be a facial scrub, a facial mask or micro-dermabrasion.

MOISTURIZE: Use a hydrating moisturizer with sunscreen during the day and (dry skin type) a moisturizer without sunscreen at night. Even if you have oily skin, you still need to use a moisturizer with sunscreen. Choose one for your skin type. Use lip balm for dry lips every day before your shoot if you have chronic dry lips.

Beauty products can be found at any health food stores, beauty supply store, drug store or department store. I am partial to skin care containing Antioxidants like Vitamin C, Vitamin E, Vitamin A, Coenzyme Q10, Alpha Lipoic Acid, Pycnogenol and Green Tea. Products typically found at Whole Foods, Vitamin Shoppe or Kiehl's. For breakout skin use products with Tea Tree Oil. It is a natural antiseptic, natural antibacterial for the skin.

Avoid getting sunburn or too tan prior to the shoot.

Drink lots of water, carry it with you everywhere you go.

Drink Green Tea. It's great for the skin. Drink it instead of coffee before the shoot.

Avoid greasy, junk food, they can cause skin breakouts.

Eat Flax Seed, Salmon, dark green leafy veggies.

Take a good multivitamin with antioxidants and Omega 3 oil/Fish Oil Supplement.

Get rid of facial hair and wax or tweeze eyebrows.

Refresh your hair color, get rid of dark roots a few days before your shoot.

Do not make any drastic changes to your hair prior to the shoot.

If you need a trim, do it a week before.

If your hair looks better when it's slightly dirty, don't wash it the morning of the shoot.

If you wake up with puffiness under the eyes, place ice, frozen food, cold soda cans over them for 10-15 minutes.

Green Tea bags help with puffiness and dark circles. Place used Green Tea bags in the refrigerator until cold.

Sliced cucumber placed over the eyes works as well.

Put your moisturizer in the refrigerator, as the coldness will also help reduce puffiness.

Bring your own mascara, favorite lipstick or gloss, your regular styling products to the session if you have them.

To All Models/ Actors- Please Follow these guidelines at all times:

Please arrive on time for all bookings. Do not show up **late!**

If you are going to be late, you MUST notify the Photographer.

Never leave a shoot early without prior consent of the Photographer.

Please behave in a professional manner at all times.

Do not take breaks without the clients consent or approval.

Do not show up with ANYONE if over the age of 18, you are an adult.

If you are under age, you must bring a parent or guardian.

No cigarettes or smoking ANYTHING.

Model is responsible for their own transportation to shoots.

Model is responsible for their own actions and conduct at any time, place or under any circumstance. You are an adult and should know what you are doing at all times.

The Photographer is not liable for the model's behavior under any circumstance.

I have thoroughly read and completely understand that the Photographer will not be held accountable for my conduct.

Welcome to the business!