



Congratulations on booking your boudoir portrait session.

It's going to be an amazing experience. One of the keys to success is bringing a proper wardrobe with you that is not only beautiful, but flatters your body as well.

Here is a cheat sheet that will help you to shop and know what to bring with you to your session. I hope you find it helpful. Please feel free to ask me questions at any time to help you through the process as well.

Anna xx



QUICK LIST OF LINGERIE STYLES

BRA & KNICKER SETS

There are so many different options out there for lovely bra/knicker sets. When shopping for these, proper fit is extremely important. Be careful of push up bras as they can sometimes make you look unnatural.

Make sure the area near your armpit looks nice and smooth and you are not coming out of the cups.

CORSETS

Corsets are meant to cinch your waist and give you killer curves. They usually have ties in the back that help create your shape. They can be hard to put on, but don't worry – help will be on hand for you!

Whilst corsets are amazing at creating curves and cleavage, they can be a bit lacking in support, if you are blessed with a chest.

BUSTIERS & BASQUES

A bustier is similar to a corset in coverage, but it has cups built in that give nice breast support. They don't normally cinch the waist like corsets do, but there are some hybrid styles out there that combine a little waist cinching and breast lifting.

BABYDOLL

A babydoll is a short, sleeveless, loose-fitting nightgown. It sometimes has formed cups called a bralette for cleavage with an attached, loose-fitting skirt falling, in length, usually between the upper thigh and the belly button

TRYING ON TIPS:

Take a really good look in a mirror at the fit of your lingerie - make sure cups are well fitting.

For many poses, you're likely to be lying down - sometimes lingerie can look AMAZING when you're stood up, but will not give good support when lying down (corsets, I'm looking at you!). So, always have a mix of items so that there's something that will work for every pose.





SUSPENDER BELTS, STOCKINGS & HOLD UPS

A Suspender Belt is a belt worn around the waist or hips with attached garters or fasteners to hold up stockings. Sometimes suspenders are built into lingerie so a belt isn't needed.

For suspender belts, you need normal stockings, not hold-ups. There is an art to attaching stockings. If your suspender straps are brand new, I recommend practising attaching stockings a few times, as the straps can be stiff.

If you can't get the knack, don't worry - your stylist will be able to help you.

If you're despairing at suspenders don't worry - switch to hold ups! If you're concerned that your hold ups are TOO grippy (there's a nice fit, and then there's "these things are pinching me" then actually, often JUST stockings, without the rubber gripping part, will be fine for the purposes of your portrait session.

Dark colours tend to be more flattering on legs. Fishnets are a firm favourite for always looking amazing.



SHAPEWEAR

Shape wear is a type of tight-fitting underwear intended to control and shape the figure. There are many beautiful options out there these days. (Not the ones that are meant to be hidden, but styles that flatter and are also pleasing to the eye).

SLIPS

Think of them as dresses that are meant to be worn under a dress, often with cups built in for support, so lean towards those if necessary. Some slips can fit into the shape wear category but many do not.

CLOTHING

Clothing is a fantastic option for boudoir! It might sound counterintuitive, but think about a FAB leather jacket; or ripped jeans and a sexy bra; or off the shoulder jumpers; or a sheer T-shirt. There are so many options for clothing that can be just as sexy, if not sexier than lingerie.

You can also bring something of your partner's if you want to - maybe THEIR leather jacket, shirt or favourite t-shirt?



Now that you know a little more about the different styles, read below and determine which is the best for you!

Want to show off those hard earned abs and a little more skin. Bra and knicker sets are a great option. Things to think about are the style of knickers you choose (the amount of coverage) and what type of bra suits you best. I know its tempting to pull out a bra you might wear every day – but try to look for something a little sexier, special. Something that is meant to be seen!

Hey there....Need a lift? So you've had a baby, or lost some weight, etc... and you may feel you need some lift in the breast department (I hear you!). I know most women are tempted to go straight for push up bras... but resist the urge. Before you try on push-ups, look for demi cup bras, or underwire bras that offer strong support without adding too much size. This is typically more flattering proportion wise. Good support is more important than padding any day. This is not to say that there aren't some good push up bras out there, just be really aware of how any bra fits and flatters.

Whatever your shape, one gorgeous, well fitting bra and knicker set is an essential to bring along.





Let's get to the bottom of this.... If a great bum shot is on your list, I recommend bottoms that show just enough, but not too much. I prefer 'cheeky' or Brazilian bottoms over thongs. Many teddies and body suits are cut in the back to show off some cheek - those are a great option too! (beware of string teddies though – they don't always flatter!)

Legs Legs Legs – lots of options... We all want long gorgeous legs. Here are a couple of tips for that! Look for high cut undies, teddies, bodysuits. The higher the leg opening the longer your legs will look. Also bring a pair of skin coloured shoes with you. These will make your legs look even longer than they are.

Need a lift but don't want to show too much skin? Bustiers are for you! They offer amazing support while giving you a little more coverage, all while flattering your shape.

Wrestling with arms? Arms are sometimes a concern for women. Well, let's ease that concern. Look for long sleeved body suits or throw a crisp white shirt over some killer lingerie. Presto - no worry needed.

How to do coverage, correctly... Even though boudoir is about shedding layers, I do understand many women don't want to show too much skin or they are concerned about parts of their body that they might not want to show off. Here are some tips to cover, boudoir style:

If you are worried about showing your stomach think of shapewear (the gorgeous kind! Not the kind that hurts!), slips, bustiers and corsets. A beautiful lace robe over a bra and knicker set is a great choice. So is a plain white tank top or shirt with lacey undies. There are also many variations of short and stretchy lace dresses available which allow for bra (or not!) and knickers underneath.

If you have stretch marks or scars you want to cover, look for more opaque materials, but stick with a style that will still show off your shape – like a bodysuit or a slip. The worst thing you can do is hide behind a lot of fabric – we want to see your gorgeous shape no matter what you wear or how covered you are.

SHOES

Please bring at least one pair of black heels with you. No ankle straps please. If you want to bring more shoes, fantastic!! Just keep in mind, the higher the heel – the better!!

JEWELLERY

Feel free to bring any jewellery you might want to wear. We can help you choose what looks nice with your outfit and what will flatter depending on the poses that we are going to work with. Statement pieces are always eye-catching.

PROPS

If you want to bring a prop or two to show off your interests and personality, that's great. Just be careful that it doesn't get too costume like. Less is always more. Props are a great chance to get creative about your own interests OR your partner's. We've had everything from guitars to guns, so let your mind run free!

COLOURS

Black is always classic and looks great on everyone, and strong 'jewel' colours work well. Keep white/nude/ivory for bridal boudoir.

WHERE TO SHOP

Here are some great websites to browse:

www.foxandrose.com
www.buttressandsnatch.co.uk
www.figleaves.com
www.whatkatiedid.com
www.dolcifollie.co.uk

**Always bring more outfits with you than you plan to wear,
this way we have options!**

I also recommend bringing at least one outfit totally out of your comfort zone.

You don't have to wear it, but you just might want to!

Last minute nerves or in a "what to buy?" panic? Call me! Anna xx