

2020

YOU'RE ENGAGED

IN THIS GUIDE

Soon to be Newly Weds: The Engagement Session Style Guide / Tips and Tricks / Do's and Don't





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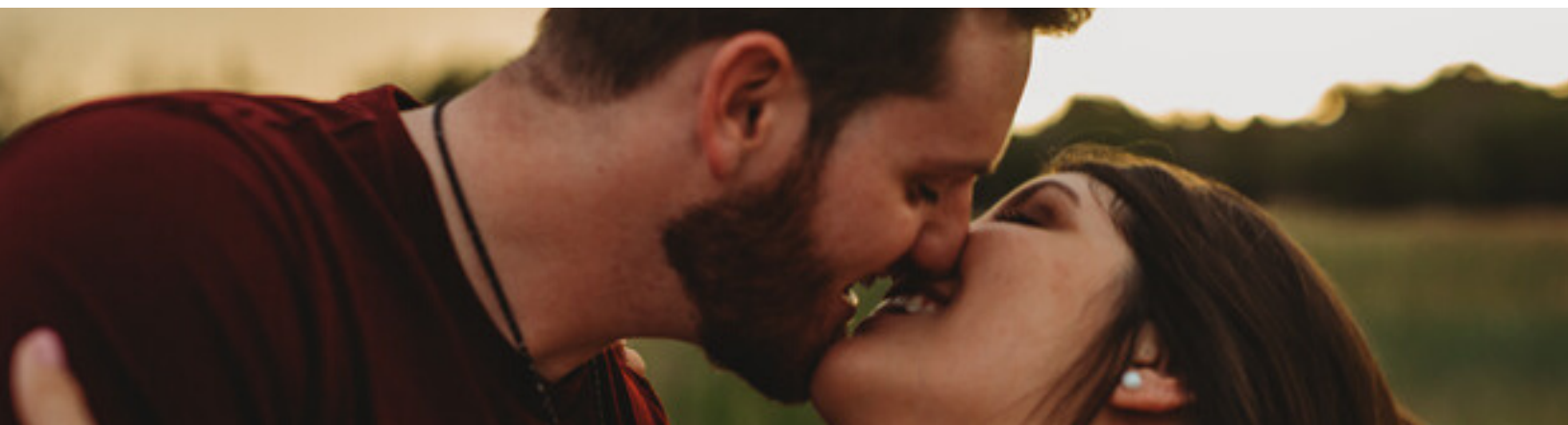
CHECKLIST

the step by step

One of the most common questions I get asked during the planning stages with my clients is

"What should we wear?"

Advice on what to wear on your photo shoot has changed over the years. No longer are white shirts and jeans on everyone the trend. I am more than happy to discuss your clothing choices, help you narrow down your decision or give you a direction to focus on as well as make sure that your clothing coordinates well with the locations chosen for your photo shoot!



COORDINATE OUTFITS



Now this doesn't mean everyone has to 100% match with khaki pants or jeans and a white shirt! You want to complement each other's outfits by choosing colors that work well together. I find that if everyone is wearing the same clothing, people will all tend to blend in together and there won't be too much pop and life to the images. Coordinate VS. Matching.... let's not get cheesy!

Colors are everywhere around us and bring things to life... why not bring your images to life as well! Again, be sure the colors you use coordinate with each other and you don't just end up looking like one big rainbow family! When picking patterns, choose smaller ones that won't distract attention away from the main subject/s.

Use patterns sparingly.... if one person is wearing a print, try to avoid putting someone else in a competing pattern.

When thinking about texture, choose different ones that will give photos some interest such as lace, corduroy, denim, etc.

Avoid large logo's, emblems and graphics like "GAP" and "Old Navy" because again, these will typically distract attention away from the subject. We want your faces and emotion to show, not promote the clothing company you purchased from!

A photograph of a man and a woman kissing in a field. The man is wearing a light purple shirt, and the woman is wearing a dark sleeveless top. The background is a blurred green field.

USE COLORS & PATTERNS



BE TIMELESS

For some fashionista's, this may be a difficult concept, however you are going to want these images to stand the test of time. Pick outfits that aren't considered too trendy, but will be able to be enjoyed and displayed for many years to come. One example of something that is timeless is a neutral color palette (think organic tones!). When in doubt go for a classic look and style that still allows you to incorporate your own flair into the outfit with fun accessories. Still be YOU, never forget that!

Perhaps the most important “rule” in my book. The purpose of these photos is to hopefully capture each individual as they truly are, to capture the family, the relationships, and people in the photos just as THEY are. Forcing children to wear outfits that are uncomfortable and unfamiliar to them may cause some anxiety and stress to them which in turn will inhibit really capturing their personalities during the session. Same goes for adults. Wear clothing that YOU feel good in and the pictures will eliminate those feelings. If your child wears a pair of rain boots everywhere he goes, it makes the most sense to have him wear them for pictures as well - we’ll just plan the session for a rainy day and bring along some fun umbrellas =). Remember, you want to capture everyone as they are NOW!

Let your
personalities
SHINE



Obviously you want your images to make sense. One typically wouldn't be wearing jeans, boots, and a jacket to the beach in the Summer so why would you for pictures? Dress the part and be aware of your location. For example, if you are shooting at the beach, ladies wear a pretty dress and sandals, put Him in a short sleeve shirt and shorts or pants. You will want to make sure that everyone is on the same page and coordinates in both colors AND styles. For beach sessions we'll all kick off our shoes since we'll end up splashing in the waves at some point! Some locations are best suited for flats or wedges, and this is something we will discuss as part of styling your session. If you want to rock those fancy stilettos, we'll make sure to find the perfect location that won't leave you walking on your tip toes the entire session.

A photograph of a man and a woman sitting in a field of tall, dry grass. The man is on the left, wearing a light-colored button-down shirt and dark pants, with his arms around the woman. The woman is on the right, wearing a dark top and dark pants, smiling at the man. The background is a dense field of similar grass. The text 'DRESS FOR THE SEASON & LOCATION' is overlaid in white, serif font across the bottom half of the image.

DRESS FOR THE
SEASON &
LOCATION



LAYERING

One of my favorite “tips” for clothing choices! In the Summer months, this may be more difficult to pull off but during all of the other seasons, definitely layer your outfits. Not only will it provide more visual interest in each photo but it will also allow a lot more variety in your shots and poses. Have a ton of images of yourself in just your dress or cute top and jeans? Throw on a little sweater or jacket and a hat and you have entirely different look.

PERSONALIZE IT



These are YOUR images and of course you want them to speak volumes about you and your family. Discuss things your family enjoys doing together and bring “props” and accessories that will help compliment who you are. If your family enjoys playing music together, bring your instruments to your session. If your family enjoys boating, suggest doing your session on a boat or at the very least near the water. Bring along items that will represent who each individual is AND who your family is collectively.

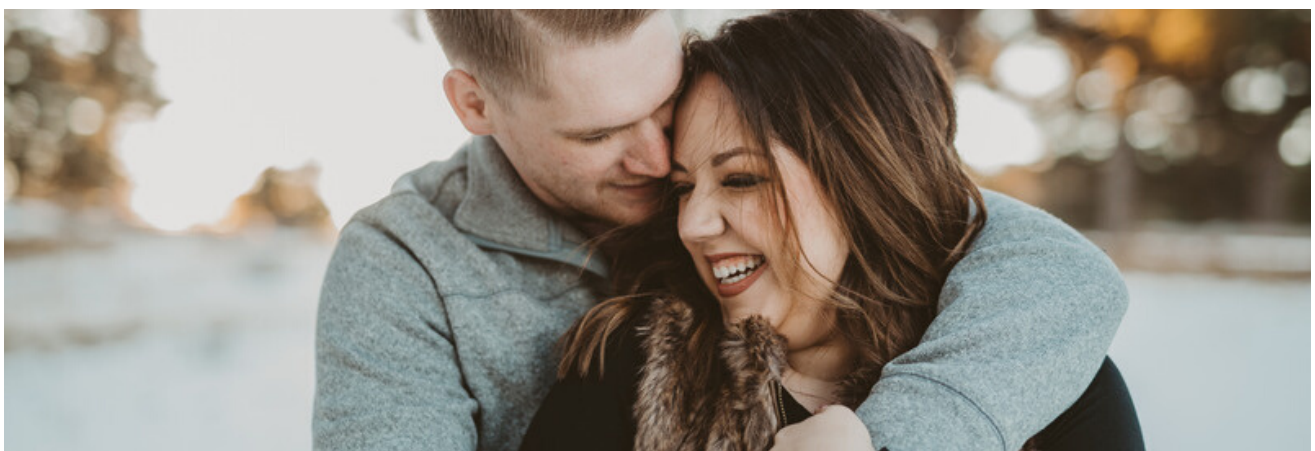


Remember where you came from.

Typically, not something everyone will keep in mind before their session. However, I always encourage clients to think about their home, decor, colors, and style of their homes. Chances are, at some point after your session, you will be ordering prints or digital files. Why not keep your your decor in mind and ensure that it all blends into your home. This will ensure that any large portraits will coordinate beautifully.

Keep Makeup nature, but still have some on!

You will want to avoid using very heavy makeup, but a bit of color on your lips, eyes, and cheeks will help bring you to life in photos. Be sure to bring some lip gloss with you as well for touch ups as there may be lots of smooches in store from your partner and little ones!





Have you thought about rocking a romantic gown, tulle skirt or flower crown but just never had an occasion for it? This is your chance to do it up! You can always do one casual look and then change into a more glam outfit. Remember: There is no such thing as “too dressed up” when it comes to your engagement session, so don’t be afraid to have some fun! If you don’t want to add a new permanent piece to your collection, a lot of my clients love Rent the Runway for their session because it’s such an affordable way to feel like a million bucks. Other clients love having a great excuse to bring a new permanent piece (or two!) into their closet!



STYLING FOR HIM

- **A GOOD SUIT** - Men look most striking in a well-tailored suit. If he doesn't have one, now's the perfect time to invest in something he'll wear for the rest of his life! The best part? It's a lot less expensive than you might think! While custom suits can cost thousands of dollars, some of the most well-known brands have off-the-rack suits in their stores for a fraction of the price. Solid shades of gray or navy are a strong complement to most women's outfits, whereas pinstripes or plaid patterns tend to distract the eye.
- **LAYERED LOOKS** - Next time you walk by a store like J. Crew, you'll notice the male mannequins and models are always wearing several layers at once. Layers on men look great on camera, so even when it's hot outside, trust us when we say that it's worth an hour or two of discomfort for photos that will last you both a lifetime. Adding another layer will bring extra dimension and visual interest to your photos. Blazers, vests and coats up the level of any look. If the temperature permits, he could even consider adding a v-neck sweater with a pop of color from a long-sleeved collared shirt and tie underneath. Don't be afraid to get a little creative with layers!
- **IT'S ALL IN THE DETAILS** - Long pants and closed-toed shoes are the most sophisticated and masculine looks for men. They draw attention away from his legs and feet and place it where you want it: on the face you fell in love with. So, for your session, it's best to leave the shorts, sandals and jeans at home, too. Suit pants, dress pants or colored pants work best. Brown leather dress shoes complement



almost every look, whether he's wearing a full suit or a blazer and colored pants. Ties, bowties, pocket squares, colored socks, belts, tie clips, suspenders, vests and watches are sharp complements to any suit. If you bring two suits to the session, you can start with a traditional necktie and belt, then switch to suspenders and a bow tie for your second look. If two suits are too stressful, no problem! One look will do the trick! You can still mix and match accessories to complement both of her dresses without doing a full change during the session. So, either way, you win.



HOW TO PREP YOUR MAN

Most men aren't overly excited to take photos for one to two hours, because they don't have an expectation of what's to come and why it's so important to you. Take fifteen minutes to educate and empower your guy. Tell him why you chose me and my style of photography. Show him your three favorite images that I've taken, explain why you love them and express to him how much it means to you. Trust me, once he knows it's important, he'll light up the camera for you! The most common thing I hear from guys before photo sessions is this: because of a bad experience in the past, they don't like taking photos or don't think they'll be good at it. By the time I'm done, though, they can't believe how fast it went and just how much fun they had!



A romantic couple embracing in a field at sunset. The man is wearing a blue plaid shirt and jeans, and the woman is wearing a white lace top and black pants. The background shows trees and a field under a warm, golden sky.

Tips + Tricks



- **START WITH YOUR OUTFIT FIRST LADIES!**
 - Find something you truly feel comfortable and beautiful in, nothing in the closet?? Well that's a dangd good excuse to treat yourself!
- **SAVE YOUR FEET**
 - I'm all for a sassy pair of shoes, however they may make for a very long and painful session. If you plan on wearing heels, be sure to bring a pair of flats or flip flops that can help you get from point A to point B without any pain. You can just swap them out as you need to.
- **SKIP THE SPRAY TAN**
 - Although it might seem counter-intuitive, I recommend that you do not get a spray tan before your session, even a few days prior, because it tends to photograph orange even when it's applied subtly and by a professional. Your actual skin tone will photograph the most beautifully and naturally.
- **SHOW OFF THE RING**
 - I will always try to get a shot of the ring on its own and on your hand during your engagement session. Your ring will be center stage, so give yourself permission to get it cleaned and your nails done, too! To make your ring really sparkle in photos, have it professionally cleaned by your jeweler (They will clean it for free !) or use appropriate jewelry cleaner before your session.



FLATTERING YOUR FEATURES

- In my experience, every woman, regardless of her shape has an area of her body that she's self-conscious about, so recognizing what area that is in advance is key. Choosing flattering silhouettes and colors that complement your natural features is the best way to ensure you'll love the way you look in your photos.
- Three-quarter length sleeves create an awesome slimming effect on all arms, so be on the lookout for an option with a longer length sleeve. You could also bring a cute jacket, blazer or cardigan along, too. Skinny straps or strapless dresses have the opposite effect on arms on camera, so I recommend avoiding those whenever possible if your goal is a set of slimmer-looking arms.
- Heels elongate women's legs, making them look fabulous. Closed-toed heels in particular look great on camera because they carry out the line of your leg all the way down to your toe. If your toes are showing in a peep-toe heel, you might want to schedule a pedicure before your session so you don't regret letting your feet show. These little tricks make all the difference!

COORDINATING THE LOOKS

As you're coordinating your outfit with your fiancé's, keep in mind that your outfits will look the most cohesive on camera when the color palettes coordinate, but don't necessarily "match." You should each aim to wear a different dominant color, but stay within a similar color palette family. So if you're wearing a blush dress, soft blue earrings and nude heels (blush being your dominant color), then he could wear a navy coat with gray pants, paired with brown leather shoes and maybe even a blush pocket square. Now he has his own dominant color (navy) while still incorporating a few touches of your color palette. Most of our brides choose their dress first, and then put together their fiancé's outfit based on that. That's why we have a section for each of you.

CHOOSING COLORS

When choosing colors for your outfits, we recommend selecting lighter tones and more muted shades. By avoiding ultra-bright, bold colors, it will help bring all the attention to your faces and let the eye focus on the way you feel about each other. The camera loves shades of soft pink and muted blues, mixed with sophisticated light neutrals like heather gray, creams, leather brown and white. That softer color palette fits beautifully into almost all natural outdoor environments.

Plan ahead

Make sure you have given yourself enough time to think about all of the details of your session.

Plan ahead so that

#1 you can truly think about your photos and everything you want out of the session

#2 you aren't rushing and stressing out right before your session

#3 if you have decided to go for a new look for your session or someone gets a bad haircut, you still have time to fix things if you need to.



CHECKLIST

engagement session checklist

Set date, time and location with Tresta

Review guide for style tips

Schedule hair and makeup appointments

Choose your outfits

Get your nails done

Clean your ring

Pick a fun post-session date night spot

Pack a bag with: Flats or flip-flops for walking between photo spots Outfit two (including shoes and accessories)

Touch-up makeup

Water bottle (for warmer sessions)

Coat or cover-up (for colder sessions)



A romantic couple is shown in profile, kissing outdoors. The man is on the left, wearing a grey jacket, and the woman is on the right, wearing a purple jacket. They are both smiling and looking at each other. The background is a soft, out-of-focus sunset with warm golden light filtering through trees, creating a bokeh effect.

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