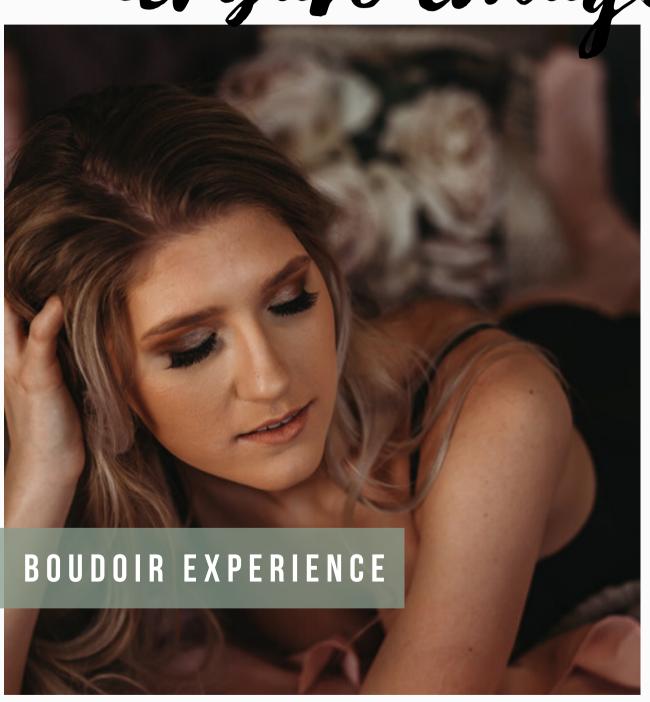
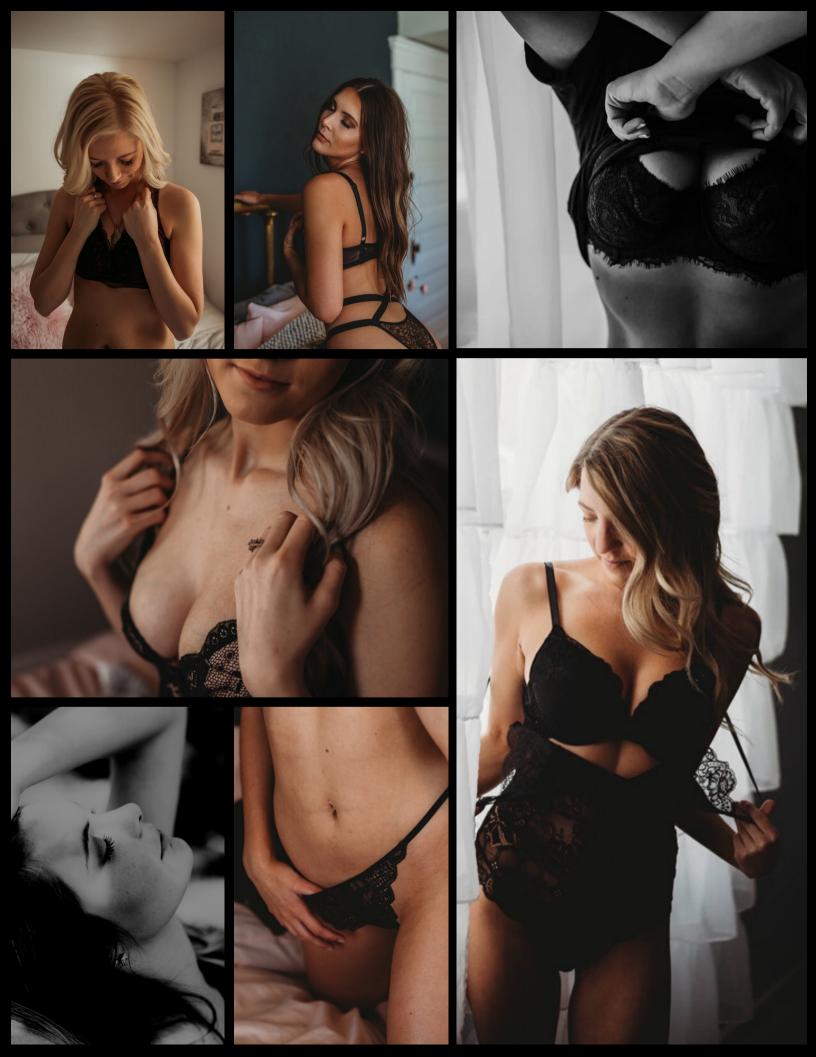
urban images





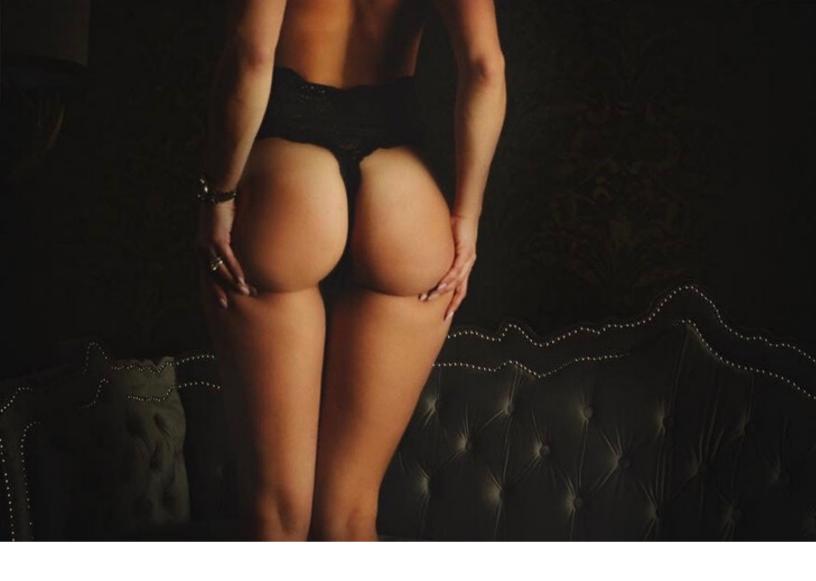


meet tresta

PHOTOGRAPHER



meet emily
HAIR AND MAKEUP ARTIST

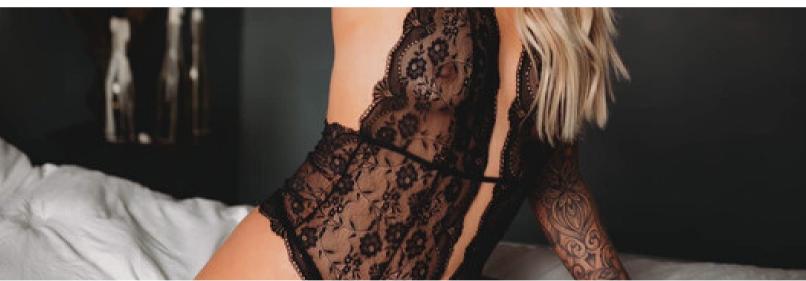


First let me start with how much I love photographing boudoir sessions and I am SO happy you have decided to take part in this experience! As a photographer it is so incredibly fulfilling to see the process a woman undertakes with a boudoir session; finding beauty and comfort in your own skin which is beautiful. Nothing is better than seeing a client (& hearing afterword) how the process made them feel empowered and free. Being intimate and opening yourself up in front of a camera can give you butterflies! BUT I *promise* you, we will work together to make you feel comfortable, beautiful and most importantly have FUN! In our time together I will work with you through a series of guided poses to make you not only look great, but also feel great. Think lots of "smizing" and channeling your inner Kim K [and if you don't know what that means, don't worry you will be a master after your session]! I work with each clients' comfort level, beauty is not defined by the amount of skin that is shown. Whether you are doing this as a gift for a lover, a celebration of your awesome self, or as a just because.... let's do this together.

## WHAT IS BOUDOIR PHOTOGRAPHY?

"Boudoir" is a French word meaning a lady's private dressing room or bedroom. In photography, boudoir refers to a style in which women pose for photographs partially clothed or in lingerie. The photos are tasteful and nudity is typically implied rather than explicit. They are sensual and sexy as well as classy and elegant. Photos and albums from boudoir shoots make excellent wedding day, anniversary, holiday and birthday gifts, with wedding gifts for the husband-to-be becoming extremely popular. These photos are also used as a way to document how great you look and feel about yourself at this given time.

but this is not the only thing that comes from your session...







Boudoir sessions are an emotional journey. It starts with you having the courage to complete a session and ends with empowered, bold and sexy photographs to keep. A Little nervous about doing a boudoir session? Totally get it. These sessions are all about showing you off in the best way possible. I'm going to direct you with great poses that are flattering, show off your awesome curves, and will make your partner drool because it'll lead to self confidence within yourself. This all happens with a process I have that's tried and true, an environment that's fun, sexy, and comfortable.

## did you know?

My #1 goal in your photography session is making you feel beautiful and empowered.

Boudoir can be unfamiliar territory which is why I focus on creating a fun, judgement-free atmosphere in the studio. Any and every question is welcome and my team and I are here to guide you through the entire process. Beauty is an inside job, beauty crosses all ages and sizes. That's why I chose to dedicate myself to boudoir photography. I want you to see how beautiful you really are.

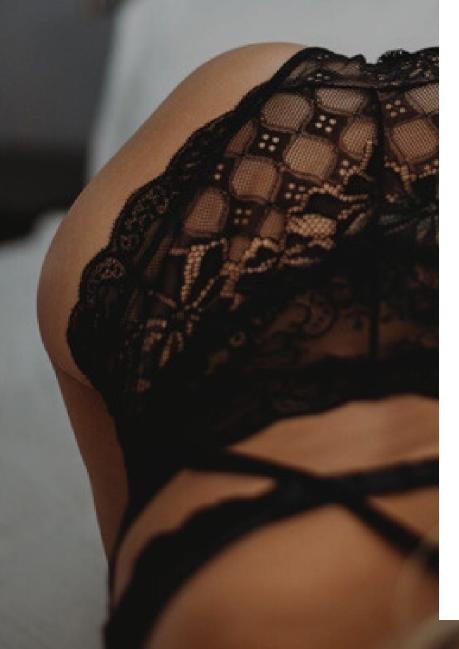






## WE'LL TAKE CARE OF EVERYTHING

HERE IS HOW: (IF SESSION INCLUDES)





Hair and makeup from the best luxury artist



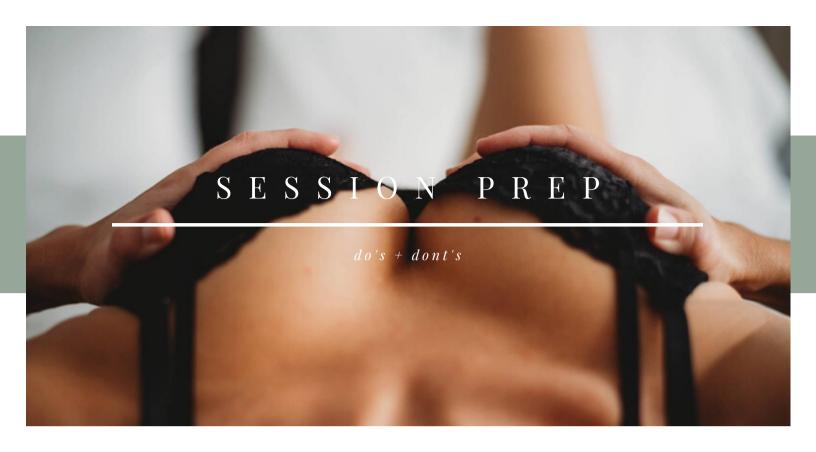
Mimosas because who doesn't want a bubbly on a day of pampering



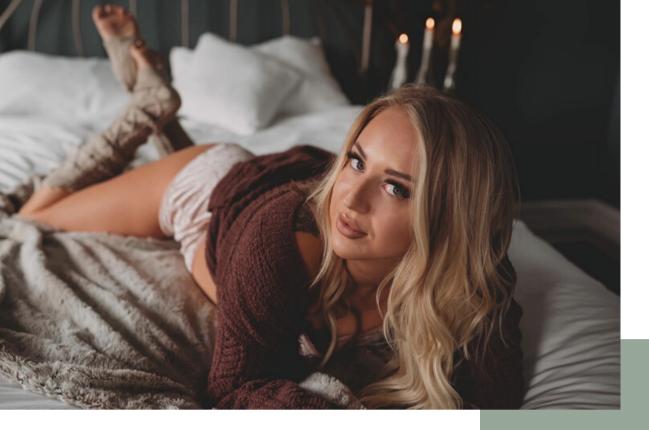
Guided posing that aims to flatter and empower



relax, the session is over, I'm working on your beautiful gallery which will be delivered in about four weeks



So you have booked your session, now what? Whatever your reason for your session, this experience is more for you. It can be scary as hell! It's like the gym, the hardest part is getting here. You are going to experience a roller coaster of emotions. You might even feel sick the morning of your session. Clear your mind, take some deep breaths.... all you need to do is get here. As your session date gets closer, your list of reasons to cancel is going to grow. I beg you to not listen to them. Here are some things you should know: You do not have to know how to give the camera a sexy look. You do not have to lose any weight. You do not have to feel great about yourself. You just need to be yourself. Here are some do's and don'ts to mentally prepare yourself for your session:



## SESSION PREP

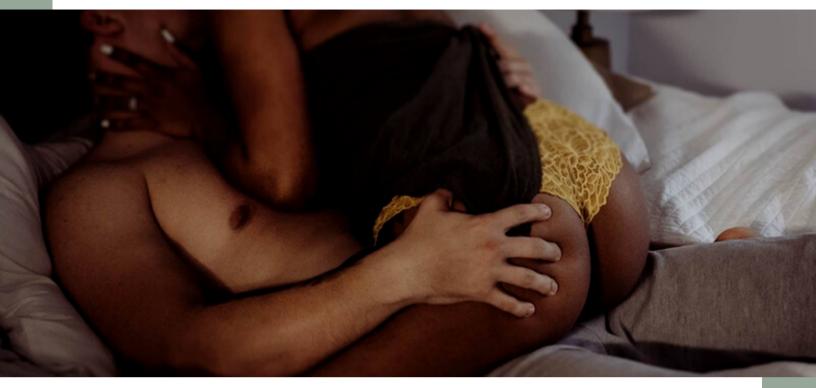
#### DO:

- Let go of expectations for your session. Every session is unique and has a different feel. Let things develop organically. Just enjoy the process.
- Trust us
- Stand in front of the mirror naked before coming in for your session, just start the process of being comfortable in your skin. It seems silly, but your body is amazing and tells one hell of a story, listen to it and be proud. Start every day... just one minute. If you feel like skipping this step, See the bullet point right above this one.
- Be vulnerable with us. Vulnerability = growth. We are here for you.... to listen, to laugh, to cry.
- Eat prior to your session. Nothing you eat that morning, will show on camera. This is a workout you are going to need a lot of energy.
- Have clean, shaped nails. A manicure and pedicure is highly recommended, but not required. \*Nails cannot be retouched.\*

#### DON'T:

- Over analyze. This is a breeding ground for negativity.
- Mention your dislikes about your body. If you do, we will stop what we are doing and talk about it. We will do some tough love if we need to.
- Be afraid to let yourself go. We might ask you to do things outside or your comfort zone. We would like you to try, but we would never force you. You may learn something new about yourself! You are going to be experiencing a lot of emotions that day. If you aren't able to express yourself, we can't customize the experience for what you need.
- Have chipped nails.
- Tan.

### THE 48 HOURS LEADING UP



## THE DAY BEFORE YOUR SESSION:

- Shave legs & underarms the night before to avoid razor rash.
- If waxing do so at **least 48** hours in advance to minimize pinkness.
- Skip the spray tan as it can leave dark spots on your pores or streaks on hands
   feet.
- Stay hydrated and drink lots of water in the days prior to your session, this will keep your skin glowing and hydrated.
- Moisturize yourself the day of, skip oily or sparkly options.
- STRECH, your body needs this!

#### DAY OF YOUR SESSION:

- -Skip socks, tight underwear and bra prior to your session. This prevents lines and marks that can sometimes take hours to disappear.
- -Skip white deodorant as well and opt for clear instead.
- -Please remove all tags beforehand so your items are ready to be worn when you arrive.
- -This is a great excuse to pamper yourself.

Professional makeup is a great way to get into that role of channelling your inner goddess.

## NOTHING TO WEAR

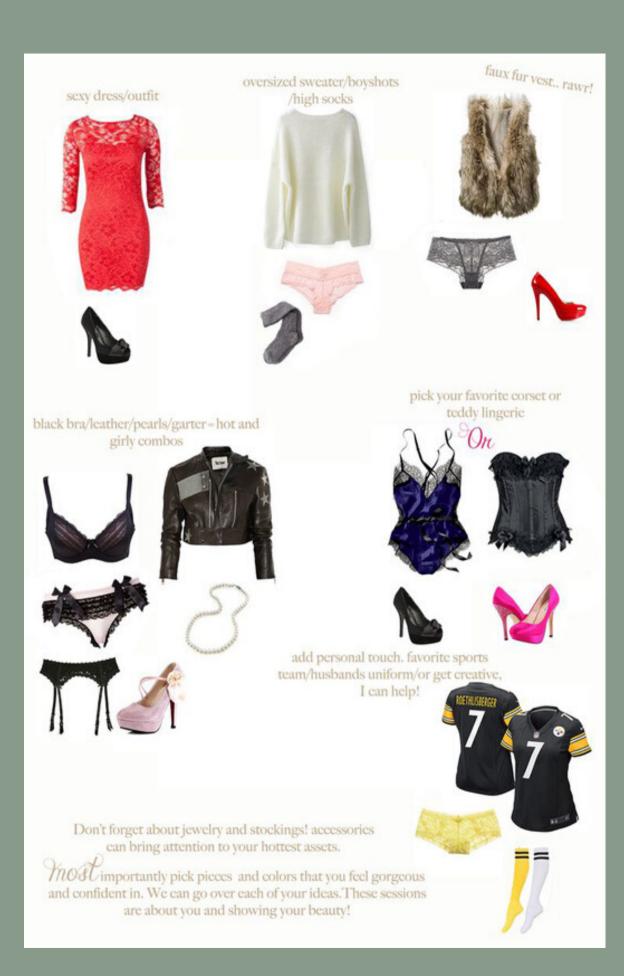
Whether you want to go light & airy, dark & sexy or fun & wild, bring 3 or more outfits to your session so we have options. I find bodysuits photograph AMAZING! Matching bras & panties are a must. Bralettes and lace anything are a great choice as well! Color choice is a personal preference but classic black lace always photographs well.





There are so many great color options to chose maroon, teal, black, red and shades of mauve. If desired, bring a nude colored underwear for extra coverage under bodysuits and sheer underwear. Don't forget to accessorize! Pack a pair of heels for your session just incase. We can have fun with items such as an oversized chunky sweater, undershirt, robe, necklace, jersey, etc.

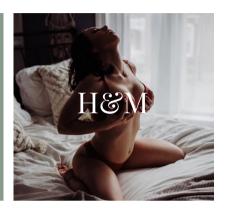
\*size matters\* by this I mean, buying items too tight will **NOT** have a positive outcome on your final images



## where to shop



adore me



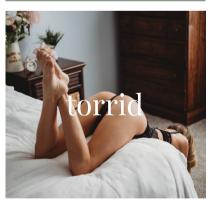
shein



victoria's secret



amazon



no need to spend hundreds! -- you can always find sales and great deals

just make sure to purchases pieces ad sizes that are COMFORTABLE!

being in-between core and plus sizing some of my fav places to shop for my curves: *SheIn*, *Amazon*, forever 21, + *Aeire!* 



## **TESTIMONIAL**

"Absolutely amazing, empowering, wonderful, and fun experience. ♥ I told myself at the beginning of last year I was going to do more things for myself that put me outside of my comfort zone. At the time I was struggling with my self image and weight. I booked a session with Emily for a boudoir shoot, she was very professional and welcoming, her communication was great, and she was fun and easy to get along with. I didn't feel uncomfortable once and she made the whole shoot fun. After the shoot I felt empowered and happy with the session. I recommend her not only because she is professional and fun but I never felt uncomfortable or self conscious during anytime of the session. I'm booking another session soon!!! CAN'T WAIT!" - Abby



### WHERE DO YOUR BOUDOIR SHOOTS TAKE PLACE?

#### DO YOU OFFER COUPLE SHOOTS?

Sure do! This special photography experience is an awesome way to document your intimate relationship. Contact me for

#### I Don't Know How To Pose! Will That Come Through In The

Posing is something that only big-time models have perfected and even they get tons of direction during shoots! No need to stress. I am going to guide you through this process, direct you into the most flattering poses and angles and make you look (and feel!) your best.

#### Will You Photoshop Me?

goddess. Once you see the pictures, you're going to be apply color adjustment to the image and to soften your skin. No Photoshop here because I truly believe in celebrating your natural beauty.

I'm A Curvy Woman - Is That An Issue?
Absolutely not!! Women's bodies are the work of a true artist.
I believe all women are gorgeous and divinely created. My passion is not only celebrating that but also facilitating the act of YOU celebrating it. You are worthy of being seen, regardless of your body type.

Fm Pretty Shy. How Do You Expect Me To Strip Down AND Feel Comfortable Enough To Look Sexy?! Ha! Here's something I bet you didn't think of – when it comes to stripping down in front of other women, we are ALL a little shy. We've been accustomed to a society where women often put other women down – but that stops here. I am your biggest fan and will make you feel comfortable by being your friend through this process. I will reassure you of how beautiful you look, how well the colors we chose accentuate your skin and how stellar the pictures are looking throughout the shoot. I may even let you peak at the back of my camera to see for yourself! I'm Pretty Shy. How Do You Expect Me To Strip Down AND

#### WHY CHOOSE ME AS YOUR BOUDOIR PHOTOGRAPHER?

#### WHAT SHOULD I BRING TO MY BOUDOIR SESSION?

Any lingerie, accessories & shoes you would like to be photographed in. The more options, the better! I even have a select number of lingerie pieces, accessories, and vintage fur jackets available at the studio.

#### ARE MY PHOTOS PRIVATE?

RE MY PHOTOS PRIVATE?

Boudoir images are sensitive to many people. I completely understand. If you don't want your images displayed on my website, blog, social media, etc., they will not be posted. Simple as that. This is something we go over and will legalize it by signing a contract that stipulates it in detail. If, however, you want to be featured across my platforms (which I greatly appreciate!), you can select which ones you feel comfortable with and I will only use those.

## I'm Engaged And Would LOVE To Give This To My Future

I'm Engaged And Would LOVE To Give This To My Future Hubby As A Special Gift. When Should I Book My Shoot In Order To Have The Pictures Ready Before The Wedding? First of all, CONGRATULATIONS!!! You're engaged! Bridal boudoir sessions are extra special because they celebrate the beginning of one of the most important stages of your life. For all my clients, including those interested in a bridal theme, I recommend booking a session 3 months before the desired date of product delivery. So, as soon as you've decided you want to go on this journey with me as your boudoir photographer, book your session! No matter how early on it is

#### I'm Self-Conscious About My Stomach/ Arms/ Legs. Can

You Get Rid Of Rolls And/Or Cellulite?

I will do my best to focus on the areas of your body you adore rather than on the parts you might be insecure about, including roughness in your skin or rolls. This boudoir experience should make you realize that your beauty is more than cellulite or extra jiggle room. Allow yourself to be free of self-deprecating thoughts and power yourself with a self-love mindset. I'm here for you!



# This is an INVESTMENT in your self love!

A boudoir experience is all about doing something amazing for yourself, about taking your power back, about finding love in yourself when it's been so hard to in the past.

You would never look at your best friend and say nasty things to her, so WHY the HECK are we allowing ourselves to think that about the masterpiece of a home, our BEAUTIFUL bodies!

We can book out your sessions up to 12 months out! -- We can arrange a monthly payment plan for 3, 6, 9, or 12 months. We will find an arrangement that works bets for you, so when your session rolls around there isn't anything to worry about financially.

99

every women deserves to be treated as amazing as tresta does! just do it!

