

Beginners guide to boudoir

INTERESTED IN
BOUDOIR BUT NOT SURE
WHERE TO START?
START HERE!

According to Wikipedia, boudoir photography is defined as a photographic style featuring intimate, sensual, romantic, and sometimes erotic images of its subjects in a photographic studio, bedroom or private dressing room environment, primarily intended for the private enjoyment of the subjects and their romantic partners.

To me, boudoir sessions are a personal empowerment experience that helps you to fall in love with your body and build self-confidence in a new and creative way!

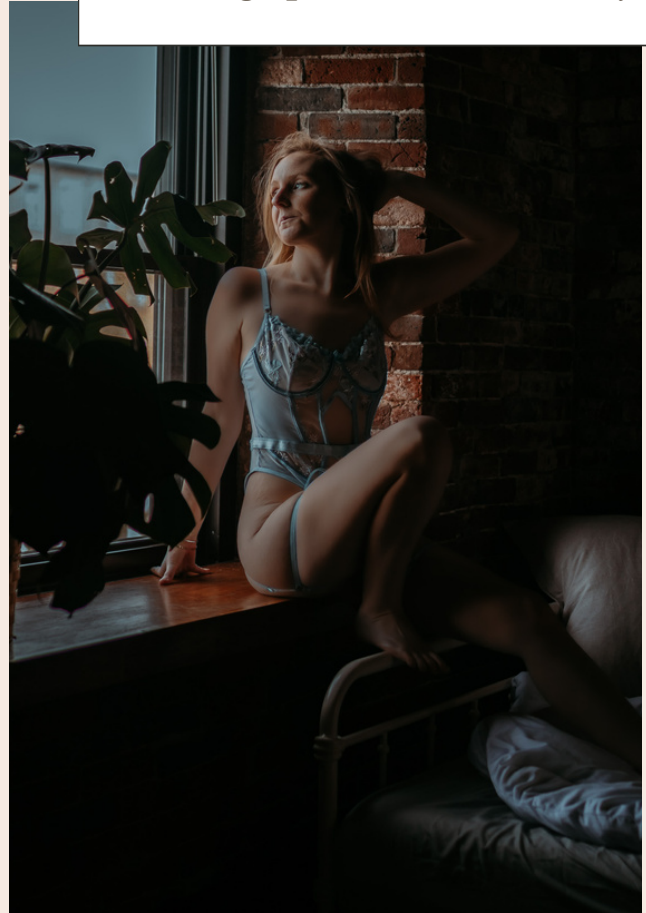


WHAT'S INCLUDED IN THIS GUIDE:

What to ask your clients before a session

How to pose your clients

Editing tips for a dark & moody vibe



As photographers, it's our job to make sure our clients feel safe, confident and beautiful- this guide can help you achieve that!

Creating this type of environment starts long before your session date. It starts during the booking process. Read on to hear about a few tips and tricks that I've learned along my journey as a boudoir photographer.

Questions to ask your clients before their session



Why are you choosing to do a boudoir session? BE HONEST!!

This is a great question to ask to understand exactly what your client is looking to get out of their session! Are they looking to gain confidence? Gift their photos to a partner? Or just for fun, because trust me, boudoir sessions are FUN! This information will help you tailor the experience to this specific client.

What is your usual bedroom attire? Casual T's, lingerie, nude? What are you looking to wear during your session?

This will help give you insight into what makes your client feel comfortable! Some folks don't feel like themselves in certain clothing items. This is a great way to help them pick out perfect outfits to make them confident during their session!



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What do you love the most about your body? Is there any part of your body that you would like to de-emphasize?

These two questions help me create individualized poses for each client. If they love their bum and their eyes I will choose poses that emphasize those features while de-emphasizing the parts they may be more insecure about. It's all about the angles!!

Have you given any thought to a model release yet?

I never force my clients to let me share their images. Boudoir is an intimate experience that should be accessible to all, not just those willing to let us share their photos. After the session the client can decide if they want to sign a full or partial model release. Some clients will allow sharing only images without their face in them. Some do not want any shared. These are all valid choices!



Bonus question: What kind of music do you listen to?

This helps me get an idea of what music I will play during our session! I love all kinds of music and truly believe it can make or break a session.

Purchase my full Client Boudoir Questionnaire [here](#)

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How to pose your clients



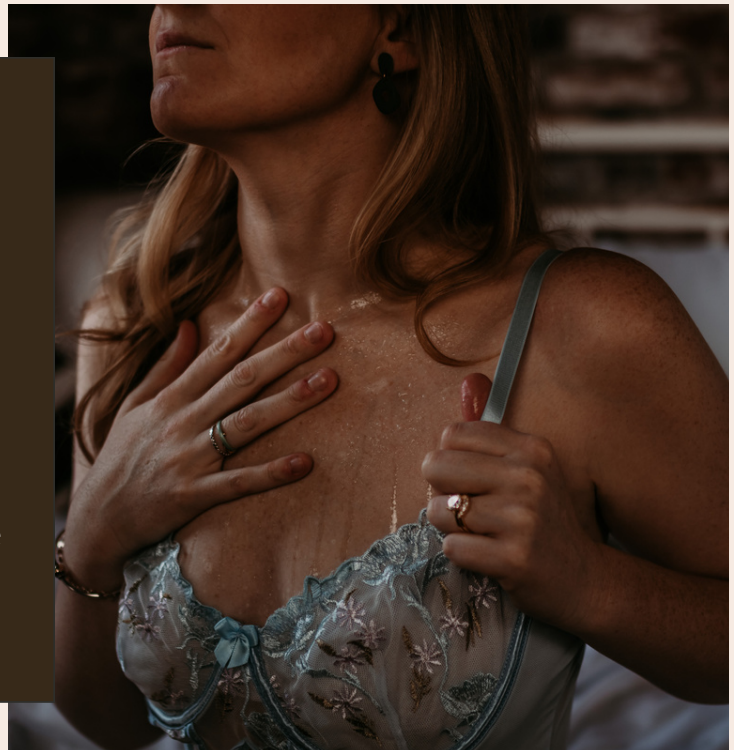
"Arch your back"

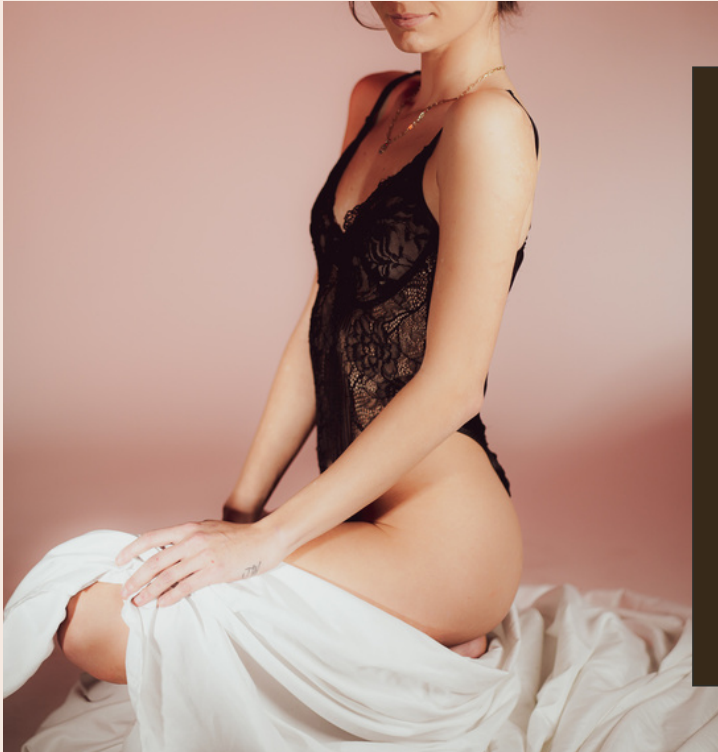
Asking your client to arch their back instantly upgrades any pose you have them in!

Pro Tip - Always suggest that your client stretch really well prior to their session! Boudoir can be a workout, but it's worth it!

"Shoulders back and pop out your collar bone"

Although it doesn't feel natural, asking your client to pull their shoulders back and pop out their collar bone can create a beautiful image. Especially if you have the lighting just right to capture those highlights and shadows!





"Hold your belly button to your spine"

This is a trick I actually learned from my physical therapist. Holding your belly button to your spine is a great way to maintain good posture and avoid looking slouched in photos.

BE SUGGESTIVE!

One of the main purposes of boudoir is to feel intimate, beautiful, and confident! Using suggestive posing can help give your client a new perspective on themselves and their bodies.

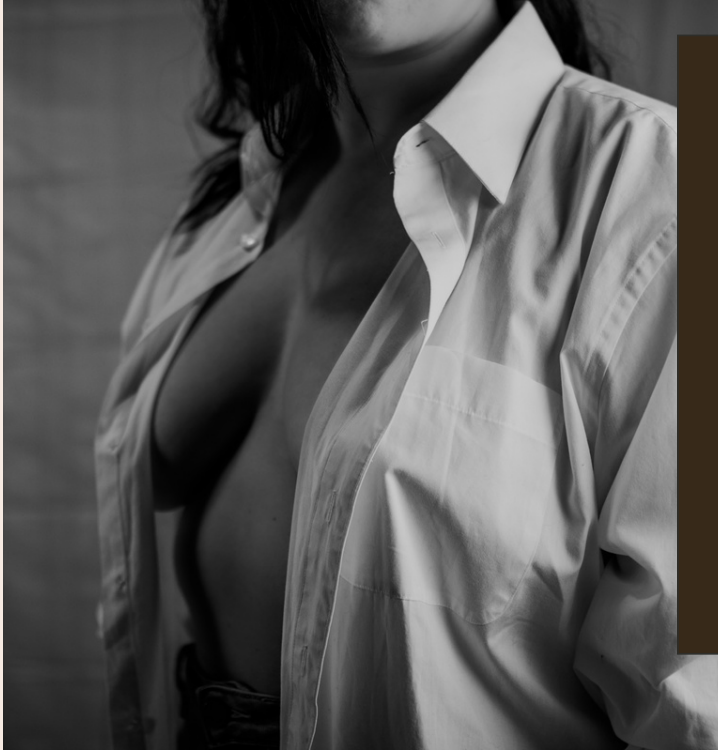
Messing up bed sheets, pulling on straps and panties, or caressing your skin can help create the sexy vibes you're looking for!



Unlike a lot of portrait photography, candid shots are NOT the name of the game. When it comes to boudoir, intentional posing is where it's at! Although I do use some prompts to get movement shots, most of the poses I use are very intentional with specific instructions for the client. Often times I put myself in the pose first to show them exactly what I'm looking for!

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Editing tips for a dark & moody vibe



Drop your highlights

One of the first things I do when editing boudoir is drop the highlights! This helps create a dark and moody vibe while really emphasizing the lighting used to get the shot.

Play with the contrast

Some photos really pop if you increase the contrast but sometimes it can be overpowering. Play around with your contrast slider if you're looking for a quick way to re-vamp your editing!



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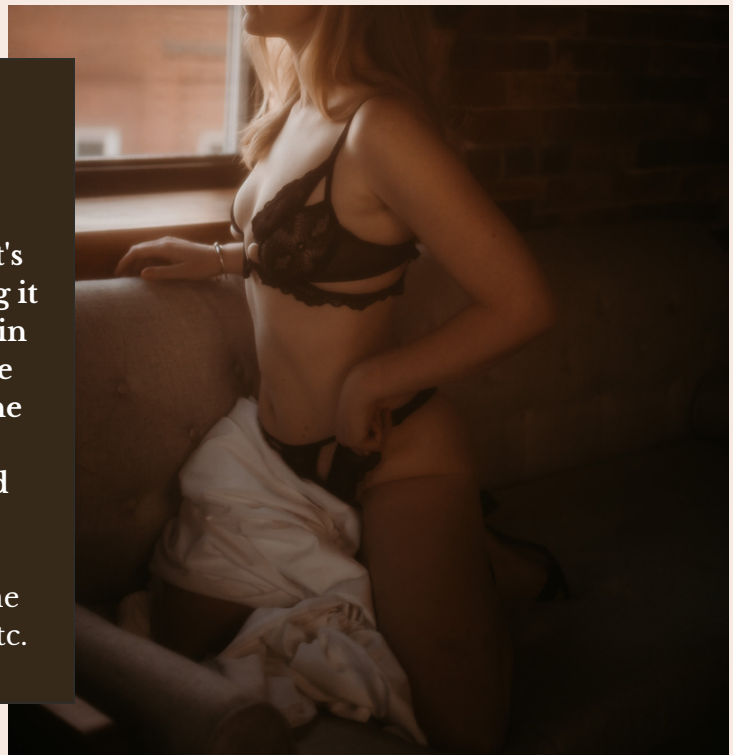
Utilize the tone curves

Tone curves always seemed so scary to me in the beginning but once I familiarized myself with them, let me tell you, I've never been happier with my editing! Play around with creating an s-curve that works for your style!

Decrease texture & clarity on skin

Although I do NOT alter my client's bodies, I DO soften their skin giving it a glowing effect by masking the skin and slightly decreasing the texture and clarity. I also use the heal/clone stamps to remove temporary imperfections including acne and bruises.

Make sure you are only masking the SKIN! Not the eyes, lips, clothing, etc.



TRY THIS!

A fun trick to switch up your editing is to use nude pantyhose over your lens! It makes the photos look so filmy and dreamy!! I used to forget to use it during sessions so now I keep it on my camera and pull it down over the lens whenever I want to try it for a few shots. See the above image for an example of how they turn out!

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thank you!!!



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