



How to look
Amazing
in photos

Tips and Tricks from

BROOKE SUMMER
p h o t o g r a p h y

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Kella Shere

Welcome, and thank you! YOU are awesome. That's right, fabulous! Why? Because you have taken the time and made the effort - and taken ACTION! You are taking time to learn what you can do to help make yourself look amazing in photos.

I'm Brooke, and I run one of Denver's top boudoir photography studios! I have been working with women for several years now, helping them to see the beauty that can sometimes be forgotten in everyday life.

As women, we often take care of everyone. We are wives, daughters, mothers, sisters, and more - and give of ourselves, sometimes forgetting to take care of ourselves in the process.

I have worked with women from age 18 to 64, for weddings, birthdays, anniversaries, and just because. I have worked with couples, families, and pretty much everyone in between. My specialty and my passion is working with women and couples to capture intimate portraits to celebrate connections.

So what the heck are you looking at, and why? This guide is a collection of lots of different tips and tricks that I have shared with clients over the years, to better prepare for their sessions. There are so many everyday habits that we have that don't necessarily look amazing when captured with a camera, but we are so used to them that we don't think about them ahead of time!

This guide will help you prepare for any type of photo session, from family photos, to headshots, to my personal favorites - beauty, glamour and boudoir. So pull up a chair, grab a cocktail and maybe something to take notes with. You won't want to miss the information coming at you!

As always, if you have any questions, please contact me directly. I look forward to working with you!

Love to all,





The sexiest curve on your
body is your

Smile!

04



WHAT IS IT THAT YOU

Really Want?

Wow... loaded question, right? But a really important question! It may seem like kind of a "duh" moment, but when it comes to the final product from your photos, ask yourself what exactly you want to see. When you look back on these photos in 5 years, 10 years, or 20 years, what do you want to remember? What is the experience that you would like to have?

These photos will become memories not only for you, but for anyone that you decide to share them with. It is so cliché - life is too short - but so, so true. When you are getting older and things in your life have changed - your body has changed, your kids have moved on, you have changed careers - what do you want to remember from these photographs?

Take a second and really think about what you want to capture in this moment, in this season of your life. Think about the experience that you really want to have. It is my goal, with all of my clients, to offer an amazing experience that leaves them feeling confident and beautiful. The days leading up to a session can be stressful, trying to prepare and remember everything, but when that session is done, the stress should be gone.

When you look back on these photographs, what is it that you truly want to remember?

Another cliché, right? But another super important point to consider! Make sure to choose a photographer that encourages communication and collaboration.

Photographers are artists - that's right, we're a crazy group sometimes. While we don't need our clients to tell us what to do or how to do it, we love to hear ideas! A true professional will be able to talk with you about your ideas and offer suggestions for what might work best.

Make sure to choose a photographer that has a style similar to what you are looking for. You wouldn't go to Picasso and ask for a beautiful, picturesque landscape, right? Not his style! Choosing the right photographer will help ensure that communication is smooth and effortless, and will help alleviate stress before your session.

Communication

IS KEY!



BUT WHAT WOULD I

Wear?

Ahhh the ten million dollar question. The question on everyone's mind when they are thinking about having their photo taken. Certain types of photography sessions will require special consideration, however here are some suggestions that will cover most sessions!

Clothing

- Be sure to choose fabrics that don't have super crazy patterns. Yes, I know you love that Hawaiian shirt from your vacation, but it probably isn't going to be a great fit for photos.
- Choose textured fabrics that are comfortable, not itchy or annoying.
- Clothes should be stylish, but not trendy. You don't want to look back at the photos in 6 months and regret a clothing choice because it was a fleeting trend!

MY #1 CLOTHING RECOMMENDATION?

MAKE SURE YOUR CLOTHES FIT PROPERLY.

Again, it sounds like something that is a no-brainer, but so many of us choose clothes that are a size smaller, because that number on the tag makes us feel better. I am ALL for clothes that make you feel amazing, but if they are cutting into your body, they won't look amazing in photos, and you will notice when you see the photos. Try wearing your choices while standing, sitting, and moving around! You don't want to wear that beautiful dress that you love, but can barely breathe in!

HOW ABOUT SOME *Hair and Makeup*



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photography



What's that? You're not a professional stylist? Me neither. I leave that to the people that are really great at it!

I understand that not everyone wants to have their hair and makeup professionally done. However, if you're going to have professional photos taken, making the investment in a stylist that will help you look amazing will really give a polished look to the end result!

Photo makeup is different than everyday makeup. It might feel like you have a lot on, but when an awesome stylist is working to make you look amazing, it will photograph beautifully. Several of my clients have loved the transformation so much that they send me cell phone before photos to show side by side!

Remember - hair and makeup don't make you more beautiful, they just highlight the beauty that is already there. A professional hair and makeup artist will highlight your best qualities and show them off!

For some reason, we have some really horrible posture in our culture! Have you ever been tagged in a photo on Facebook and wondered, "what the heck was going on right there, I look horrible?!"

In a lot of cases, your posture can make or break a photo. This is true even in the quick selfies when you're out with your friends late at night. Stand up straight! Sit up straight! Straightening your back will not only help that photo look amazing, but will help you feel more confident. Added bonus: it is fantastic for your back too.

Having fantastic posture is easier said than done, because our everyday habit is to slouch. We're relaxing, right? Imagine a thread connecting the top of your head to the ceiling, and someone pulling on that thread to straighten you out!

Whenever you see a camera come out, pull on that thread, and bring your chin forward. You will notice a huge difference in photos. Better posture is flattering, and moving that chin forward will elongate your neck, helping you look amazing in photos!

POSTURE, POSTURE,

Posture!





A COUPLE OF QUICK AND EASY

Tricks

A few days before the big session - make a list! Okay, yes, I'm the list girl. I love my Post-It's and electronic lists as well, and when I'm really feeling some stress about something coming up, the list can keep me sane. Make a list of what you want to bring with you, things to remember. Make a list of things to do the night before, and things to do that morning! Double and triple check your list the night before, to make sure that you're not forgetting anything. Not only will it help you remember everything you need to bring or do, but it will help you feel confident and prepared.

The night before your session, don't indulge TOO much in food and alcohol. By all means - eat! But don't go out and completely binge on super greasy foods or alcohol. Those awesome foods that we all love to hate can leave you feeling bloated and not so hot that night, and the next morning.

Save that for the night after your session, when you're feeling amazing, all dolled up, and want to celebrate!



SOME FINAL

Tips

Heels! Yes, I know they're not walking shoes. But they can really elongate your bottom half and show off those beautiful legs! If you decide to wear heels - which I definitely recommend for the ladies - make sure to bring some flat shoes as well, especially if you are on location or wandering for your photos. Heels may look fantastic in photos, but they aren't necessarily made for walking long distances. Bring something comfortable that you can switch into between shots.

Think about your location! While I shoot most of the time in my studio, sometimes you will be out and about for your session. If you know that you're going to be in tall grass, pants might be better than a dress, to avoid irritation on your legs. If you want to get some outdoor boudoir shots, think about bringing a cover with you, to wear between shooting. Think about your location ahead of time, and it will also help you decide on what to wear, what to bring, and how to better prepare.

and finally...

Just Relax

I know that having your photo taken can seem daunting. Keep in mind that any stress that you are experiencing can show in your photos! Relaxing will help you to really shine in your photos, and show the joy and happiness that will be remembered for years to come.

I absolutely love what I do, and I am so blessed to work with such amazing clients! While I would love to work with you to capture these memories and connections, I realize that there is only one of me, and my clients keep me pretty busy! When you are ready to book your session, I would love to work with you. But even if your session is with another photographer, I hope that these tips will help you prepare to have an amazing photo session. I will only cry for a little bit because you went with someone else. (Just kidding! Well, sorta.)

Contact me to book your session today, and I promise that we will have fun. Your session should be an experience, a time to remember because of the laughter and excitement.

Love to all!

A handwritten signature in black ink that reads "Brooke". The signature is fluid and cursive, with a large initial "B" and a long, sweeping tail.