



Prep Guide FOR YOUR
BOUDOIR SESSION

Fearless
BOUDOIR BY JEFF CARPENTER

A woman with blonde, wavy hair is shown from the waist up, turned away from the camera but looking back over her shoulder. She is wearing a white, form-fitting bodysuit with lace detailing on the back. The background is dark, with a vertical strip of red fabric visible on the left side.

Welcome TO YOUR BOUDOIR SESSION

You've taken the plunge and you're here! We know you are nervous about what to do and how to do it. Well, let's set you straight right now, you do NOT have to know anything about boudoir. That is my job.

This guide will lead you through the dos and don'ts on preparing for your boudoir session.

So enjoy and I can't wait to see you at your session.



Timeline TO YOUR BOUDOIR SESSION

Few Weeks Before

- Book beauty + self care appointments.
- Start shopping early to find the perfect pieces to wear for your session. Consider shipping times when ordering online.
- Consider a little thrifting trip to find something fun.
- Don't overlook your closet for gems to accent your outfits.

A Week Before

- Skin moisturize, and moisturize some more.
- Book/give yourself a mani pedi or file and clean-up nails. Remember no polish is better than chipped polish. Soft and neutral colours work best.
- Wax body hair 2-3 days before your shoot. Include any hair you don't want to be seen.
- Get some beeswax or a lip mask on those gorgeous lips of yours.
- Hydrate! get that water in and your skin will thank you, will also help stiffness after all the stretching you're about to do.

Day Before

- Wash + dry your hair with light products. No flat or curling irons.
- Avoid food that make you feel bloated + drink lots of water.
- Shave the night before or in the morning before your session.
- Trim eyebrows and/or pluck your brows
- No baggage limit here overpacking is okay, more is better than not enough.
- For clean white teeth, use an over the counter white strips.

Morning of

- Exfoliate + cleanse skin
- Wash and Dry Hair making sure it is clean and ready for your stylist.
- Loose fitting clothing like sweats + hoodie. Preferably no bra + underwear. Leggings + other tight clothing. They can leave marks in the skin for hours, no hair tie on the wrist.

A woman with blonde hair and tattoos is posing in a blue lace bodysuit. She is looking towards the camera with a slight smile. The background is dark, making the woman and her outfit stand out.

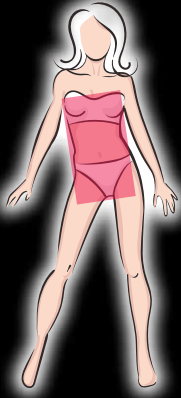
Outfits FOR YOUR BOUDOIR SESSION

Don't get wrapped up in tagged sizes when purchasing intimate pieces. Sizing can vary drastically between vendors and we humans come in all different shapes, sizes and measurements! Choose outfits that make you feel good and fit well. When in doubt or in between sizes always opt for a little larger versus smaller.

Options

- Body Suits
- Matching Bra & Panty Sets
- Coloured Bralettes
- High Waisted Bottoms or Thongs
- Thigh High Sheer Stockings
- Fishnet Stockings
- Heels, the higher the better
- Statement Jewelry
- Men's Shirts
- Robes

WHAT IS MY *Body Shape*



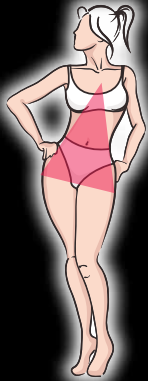
Rectangle

Similar Hip, Waist & Chest Measurements,
Less Curves, Smaller Bust
Most common type.



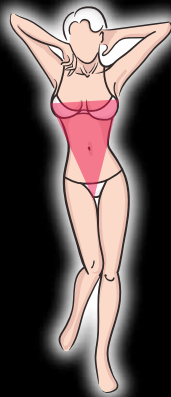
Hourglass

Similarly proportioned
top and bottom, despite
a commonly larger
bottom, clearly defined
waist & substantial curves



Triangle

Rounder on the bottom,
Smaller top, Smaller Bust



Inverted Triangle

Wider top or shoulders
smaller bottom, larger
bust



Round

Wider Torso, Full Bust
and Waist, Flat Bottom





CLASSIC BRIEF



HIGH-CUT BRIEF



CONTROL BRIEF



HIPSTER



BOYSHORTS



BIKINI



TANGA



THONG



G-STRING

Choosing BRA & PANTY SETS

When talking undergarments, elastic is an essential element of top performing bottoms!

Flimsy elastic wears out quickly and rolls down often and their lifespan can be shortened greatly if you're putting them in the dryer



Rectangle

Try adding curves with bikini cuts High Waist or classic briefs will likely be too much, leaving you swimming in material.



Round

Try high-cut, higher waist with thicker elastic.



Triangle

Avoid super high waist or max coverage If you prefer more modest opt for smaller than your everyday size to avoid swimming in material.



Inverted Triangle

Try opting for a size larger than normal and pieces with more material like high waist or hipsters.



Hourglass

Try hipsters or high waisted with more material and structure for larger bottoms

Choosing BRA & PANTY SETS

Support is a huge consideration for women, some are comfortable aux natural, while others seek mid or full support. Whichever you choose, trust us to help you embrace it!

Band This is where the support comes from, should always be parallel to the floor. Fit should be snug but not digging into your sides & back

Bridge The piece that connects the two cups, anchors the bra to the body should sit flush

Cups Should fit smoothly, gaps underneath or spilling out over them are equal in terms of poor fit.

- Don't be afraid to float between sizes, Memorize your Sister Size, which is an alternate band and cup size that maintains the same cup volume
- Wear a t-shirt when you're shopping, don't be afraid to jump around in the changing room. Often women arrive home to realize too late that a little normal activity has them spilling out of their new cups
- Stray from the contour cup, you know the popular molded t-shirt bra style. Contrary to many others' beliefs after, less supported breasts have trouble filling these pre-fitted cups. Try some unlined lace for something that will support and mold to you.
- For smaller busts consider brands who specialize in petite sizing



This OR That

Babydolls



Babydolls Versus Bodysuits

Where did her body go? That's what we think when we see these pieces. Most women will happily hide beneath mounds of material, but that is counter productive to our mission here. If you're desiring a dress look opt for a fancy robe, or a skirt with a lace bralette that can be removed or pushed aside to show off your curves.

Bodysuits are incredibly flattering on all body types. Higher cuts will make your legs look longer and booty look rounder, an effect that would be completely lost under a babydoll.

They are available in a large variety of styles with and without sleeves, more or less coverage, feminine and lacy or bold and strappy.

Bodysuits



This OR That

Merry Widows



Merry Widows versus Garter Sets

These are essentially the long t-shirt of the lingerie world. Very difficult to put together properly without a stylist team behind Victoria Secret.

Generally we avoid these because it doubles material over our favourite curves again. If you're aiming for the sexy stocking list, opt for a set with a garter belt.

Garter Sets



Tips FOR WARDROBE STAPLES



Stockings

When properly fitted thigh highs can add an extra flair to an already sexy outfit. Purchase them 1-2 sizes larger than the package recommends. This will help avoid them rolling down or squeezing the thigh too tightly. If possible avoid pairs with the silicone anti-slip strip at the top, even with sizing up these often squeeze tightly or roll down.



Fishnets

Stop whatever you're doing and put these in your shopping cart now! These babies are like putting on a super hero cape, they give you a super boost of confidence and look good on any booty. They can be worn solo, or paired with high waisted bottoms.



High Waisted Black Bottoms

The staple piece your lingerie drawer has been looking for. Flattering on every body type, can be worn as a set or paired with a cute colour bralette or those fishnet stockings you already ordered.

Where TO SHOP

Budget Finds

If you're on a budget or prefer to have an abundance of options these vendors carry pieces that are very affordable and photograph well.

- Yandy
- Fredericks of Hollywood
- Fashion Nova
- Forever 21
- Adore Me
- Zulily
- Amazon

Curvy

These companies cater especially to those curvier ladies. Beautiful sets, stockings and much broader bra size range with no skimping on the sexy like most plus options out there!

- Playful Promises
- Torrid
- Hips and Curves

Classic Brands

When you think lingerie these are probably some of the more common brands that come to mind. They also represent the middle ground of pricing.

- Victoria Secret
- Bluebella
- La Vie en Rose
- Asos
- Lane Bryant
- Thistle & Spire

Luxury Intimates

These brands are what dreams are made of when it comes to lingerie. If you're dreaming of a statement designer piece, look no further. But also be prepared for the extra investment. These outfits range from \$200 - \$1000+

- For Love & Lemons
- Agent Provocateur
- Honey Birdette
- Bordelle
- La Perla

Do AND Don't

Do This

- Start Shopping Early
- Remember the smaller local lingerie shops too
- Try everything on!
- Have a matching bra & panty
- Go for texture! Lace, straps and metal hardware add great elements to lingerie
- Cut the tags off of everything
- Stretch it out before your session
- Eat Breakfast
- Book the whole day off
- Opt for a little larger versus smaller when sizing outfits
- Share BTS and tag us on Social Media if comfortable
- Tell yo friends! Referral Credits!

Don't you Dare

- Get wrapped up in tag sizes when purchasing intimates. Sizing can vary between vendors and we humans come in all different shapes, sizes and measurements!
- Bring outfits you're not in love with or showing wear/piling
- Come with Dirty Hair
- Spray Tan or use Self Tanner
- Plan body altering appointments close to your session:
 - Tattoos, Piercings, Laser Treatments, Cupping
 - Temporary or Permanent.
 - Consider bruising and the risks of infection & swelling.



TANNING *Fags*

First and foremost we have to get real about spray and self tanners. Plain and simple, Don't do it! It doesn't make a difference if it's a luxury provider, the number one selling self tanning product, or your cousin Karen's natural airbrushed organic tan. We realize this can be difficult to hear, but sometimes the truth is hard to swallow but the last thing we want is to jeopardize your session. We realize ladies often want a little extra glow for special occasions but we promise you're going photograph beautifully without it!

Why we Boycott Spray Tanning

Saturated Colour

Remember that Friends episode The one where Ross gets a tan? The colour in tanning solutions appears quite saturated in camera, This means you will be much more orange than you see in the mirror. This is extremely difficult and costly to edit, if not impossible, and that is why we refuse sessions with spray tans.

Uneven Colour Distribution

Areas where there is rubbing, like your bra band and armpits. Other areas where the tanner concentrates such as your feet and folds between fingers.

Colour Transfer

Regardless how careful we are there is unfortunately always colour transfer to wardrobe or linens





TANNING *Fags*

If you absolutely must Tan

- If you're feeling strongly about acquiring that little extra glow or you'll be spending time in the sun leading up to your session then we have a few tips!
- Tan up to a week prior to your session, and avoid tan lines!
- Also avoid listening to that friend who tells you "Oh they can just photoshop that" Tan lines & burns fall outside of the standard retouching included with your images!
- Use Sunscreen! This will help you keep your skin even and protect you from UV rays and burning.
- If using lotion in the tanning bed take time to get even coverage and be sure to clean your hands before climbing in.
- Moisturize, a lot! Cannot stress the importance of doubling up your routine to compensate for the tanning.
- Don't forget your lips, often we forget them until it's time to wear lipstick and they're chapped and flaky. Give them a brush when cleaning your teeth.

24 HOUR COUNTDOWN

Checklist

- 
1. Get a good night's sleep
 2. Bathe, Shave + Pluck if required
 3. Hair Clean and Dry
 4. Whiten teeth if required
 5. Eat Breakfast! Posing is a workout!
 6. Comfy loose clothing for traveling to your session
 7. Arrive with a clean, moisturized face & clean hair
 8. Bring a bra and panties or outfit for returning home
 9. Pack Bag - More options are better than not enough
 10. Stockings, Body Jewelry & Accessories
 11. Shoes, the most commonly forgotten item
 12. Water bottle & Snack
 13. Moisturizer

Wardrobe

We recommend having at least two outfits you love and feel amazing in. It's important to be prepared and confident with a few choices ahead of time. We do have a few robe options or Satin Sheets that are often used as outfits.

Hair & Makeup

Our sessions all include one complimentary hair and makeup services by one of our professional stylists that we have hand picked for not only their quality skills but personality too!

Bringing a Guest

Can we bring a guest or friend? Of course you can, but this person must be support and not distracting. If either one of these is broken then we will ask them to leave.

Session Length

This depends on the type of session you've booked. Hair and Makeup takes approximately 90 minutes. And some photo sessions take on average of 1.5 - 2 hours or longer. Be prepared to take the entire day off.

Editing

Classic retouching is included with your session. This smooths and cleans up skin for redness, blemishes or small scars. More aggressive editing including tan lines or hair roots is not included, there are options for upgraded retouching to single images for enlargement.

Image Release

We include an image release in our contract to share and promote with your stunning images and feature you on the blog. However, we also understand some clients with strong preferences, religion or jobs that require a certain level of discretion. Please discuss before your session and we will provide a individualized image release that includes options of sharing only select images, anonymous images with no face or identifying features or no release at all.

Reveals

Reveal and ordering appointments take place approximately 1-2 weeks after session. This session gives you the opportunity to place your image order.

A woman with blonde, wavy hair is smiling and posing in a dark setting. She is wearing a black lace bodysuit. Her right hand is on her hip, and her left hand is near her chest. The background is dark with some red elements visible.

Most Important Part...

Have Fun!



Fearless

BOUDOIR BY JEFF CARPENTER

BoudoirbyJeff.com