

Katie Forshaw Photography

# Boudoir Session

## *Preparation Guide*



[WWW.KATIEFORSHAWPHOTOGRAPHY.CO.UK](http://WWW.KATIEFORSHAWPHOTOGRAPHY.CO.UK)



*"This boudoir session was like a confidence-boosting, laughter-filled, self-love extravaganza. I walked out of that studio feeling like I could conquer the world. And now I have a bunch of photos to prove it!"*

*Jessica*



# *Hello, Beautiful*

Welcome to your journey of self-discovery and empowerment through the captivating world of boudoir photography! This remarkable experience is an opportunity to celebrate your beauty, amplify your self-confidence, and capture breathtaking images that portray the essence of who you are.

In the realm of boudoir, we believe that every individual possesses an unparalleled allure, a radiant uniqueness that deserves to be cherished and showcased. It's about embracing your inner strength, your individuality, and your body as a canvas for self-expression.



Within these pages, you will discover a comprehensive guide designed to ensure you are well-prepared for your boudoir session.

We understand that embarking on this journey can be both exciting and a tad nerve-wracking, and we're here to walk you through every step of the way.

Together, we'll select the perfect wardrobe that makes you feel confident and beautiful. We'll delve into the world of accessories and personal items, allowing you to infuse your session with elements that resonate with your personality and passions.

Preparing for your boudoir session goes beyond just the aesthetics. It's about nurturing your inner glow through proper hydration, relaxation, and even some playful practice in front of the mirror to build your posing confidence.





The essence of boudoir lies in the empowerment it offers. It's an affirmation of self-love, a celebration of your journey, and a powerful boost to your confidence that transcends far beyond the confines of the studio. Your boudoir photos will serve as enduring reminders of your strength, beauty, and the courage it took to embark on this transformative adventure.

So, welcome once again to Katie Forshaw Photography, where we'll celebrate you in all your glory, and create stunning images that will forever reflect the real and remarkable you. We're here to guide, support, and capture YOU.

Let's make this experience unforgettable!





*Hi, I'm Katie*

I'm **Katie**, the photographer behind the lens of KFP (Katie Forshaw Photography).

Whether it's a referral from a good friend, Facebook or Instagram that got you to book with me, I am so, so happy you made this decision to join the **KFP** family.



Behind the lens, as a boudoir photographer, my journey is one of celebrating the uniqueness and empowerment of every individual who steps into my studio. It's a story that unfolds frame by frame.

Imagine stepping into a world where your beauty isn't just acknowledged—it's celebrated. That's precisely what a boudoir session is all about. It's an experience that goes beyond the ordinary; it's about rediscovering yourself and embracing your inner and outer beauty.

From the moment you enter my studio, I want you to feel like the star of your own show. You'll find an atmosphere of warmth and encouragement that's designed to put you at ease. This isn't about perfection; it's about capturing the essence of you, just as you are.

We'll embark on a journey through your wardrobe, selecting outfits that make you feel like the extraordinary person you are. We'll explore accessories, personal items, and the little details that make this experience uniquely yours.

It's my job to make you shine. I'll guide you through poses, angles, and expressions, all while making sure you feel comfortable and confident in your skin. It's not about being a model; it's about being yourself, authentically and beautifully.

And then, the magic happens. You'll see the photos—the stunning images that capture your essence, your strength, your beauty. It's like looking in a mirror and seeing a powerful, radiant version of yourself that you may not have seen before.



But a boudoir session isn't just about the images; it's about the experience. It's about feeling empowered, confident, and beautiful, both inside and out. It's a journey of self-discovery and self-love, and I'm here to guide you every step of the way.

As a boudoir photographer, I've had the privilege of witnessing countless transformations, and each one is a testament to the incredible power of this experience. I want you to know that this journey isn't just for the camera; it's for you. It's a chance to celebrate your unique beauty, embrace your confidence, and cherish the remarkable person you are.

So, I invite you to step into my boudoir world—a place where your radiance takes center stage. Together, let's embark on an adventure of self-love, empowerment, and beauty.

Are you ready to shine? Let's start!





*"Beauty begins the moment you decide to be  
yourself."*

*Coco Chanel*

## foreword



Boudoir sessions, with their intimate and sensual undertones, have a fascinating history that stretches back centuries. The term "boudoir" itself originates from the French word "boudier," meaning "to pout" or "to sulk." In the 18th century, European aristocracy and upper-class women had private spaces, often referred to as their "boudoirs," where they would retreat for moments of solitude and self-indulgence.

It was during this era that artists began to depict these private moments through paintings and later, photographs. These early representations were more about capturing the essence of a woman's inner world than about overt sensuality.



Over time, these depictions evolved, and boudoir photography emerged as a means of celebrating feminine beauty and sensuality in a more public context.

However, it wasn't until the 20th century that boudoir photography became a mainstream genre. In the early 1900s, with the advent of more portable cameras, photographers started offering boudoir-style sessions to the general public. Initially, these sessions were often discreet, and the resulting photos were shared privately.



During World War II, boudoir photography took on a new significance. Many soldiers carried photos of their loved ones as a source of comfort and motivation. This era saw an increase in the popularity of pin-up and boudoir-style photos as a way to boost morale and keep a sense of intimacy alive.

In the latter half of the 20th century, boudoir photography experienced a resurgence, becoming a symbol of female empowerment and self-expression. Women began to embrace these sessions as a way to celebrate their bodies and boost self-confidence. Boudoir transformed from being primarily about pleasing others to an empowering form of self-affirmation.







Today, boudoir sessions continue to evolve, offering individuals of all backgrounds an opportunity to explore their sensuality, express their inner beauty, and build self-confidence. It has become a celebration of the individual, a reminder that beauty comes in countless forms, and a means of capturing moments of empowerment and self-love through the lens of a camera.


















*"The most important day is the day you decide you're good enough for you. It's the day you set yourself free."*

Brittany Josephina



## *What to expect*

A boudoir photoshoot is an empowering and liberating experience that celebrates your unique beauty and sensuality. Here's what you can anticipate when you step into my world:

1. **A Welcoming Atmosphere:** From the moment you arrive at the studio, expect a warm and inviting environment. Myself and my team are here to make you feel comfortable and relaxed.
  2. **Professional Guidance:** I will guide you through every step of the process, from selecting wardrobe options to posing and expressions. I'll help you find poses that flatter your body and make you feel confident.
  3. **Wardrobe Choices:** Bring a variety of outfits that make you feel stunning and confident. This can include lingerie, cozy sweaters, a favourite shirt, or anything that reflects your personal style and comfort level. I will help you choose the best selection for our session.
  4. **Make-up and Hair Styling:** We offer professional make-up and hair styling if you choose to add on this experience. Expect to be pampered and transformed into your most glamorous self.
- 



5. Empowerment: A boudoir photoshoot is all about you and your empowerment. It's a chance to embrace your sensuality and celebrate your unique beauty. I will work with you to capture your inner confidence.

6. Positivity and Body Positivity: Boudoir photography celebrates bodies of all shapes and sizes. Expect a body-positive experience where we highlight your best features and ensure you feel comfortable and confident in your skin.

7. Privacy and Respect: Your privacy and comfort are paramount. We prioritise your boundaries and will never push you to do anything you're not comfortable with. Your images are typically kept private unless you decide otherwise.

8. Stunning Images: You can look forward to receiving a collection of beautifully edited images that capture your radiance and sensuality. These images serve as lasting reminders of your confidence and empowerment.

9. A Boost in Confidence: Many clients leave their boudoir photoshoots with a newfound sense of self-confidence and self-love. It's an experience that often transcends the photos themselves, leaving you feeling empowered and beautiful.

10. A Memorable Experience: Above all, a boudoir photoshoot is a memorable and empowering experience. It's a celebration of you and an opportunity to see yourself in a new light, embracing your sensuality and unique beauty.





# What to expect

1-2 weeks

3-4 weeks



consultation

make-up & session

purchasing  
appointment

order  
collection

book another session



## *Before the session*



## *What to wear*

Choose comfort over constriction when selecting your photoshoot attire.

Tight-fitting bras, panties, socks, and seams can leave unwanted marks and lines on your skin, distracting from the overall aesthetic of your images. To avoid this, opt for loose-fitting garments on the day of your shoot, such as a loose-fitting dress, roomy pants, or an oversized sweater.





## *Hydrate & Rest*

We want you to feel your absolute best on the day of the shoot! With that in mind, we recommend staying well-hydrated and getting a restful night's sleep the evening before.

When you take care of your body, your skin radiates, your eyes sparkle, and you'll naturally feel more engaged throughout the shoot.



# Say no to tan lines

While we understand the significance of skincare, it's essential to be particularly cautious about sun exposure in the weeks leading up to your shoot.

Sun-induced tan lines and sunburn can prove distracting and uncomfortable during the session. Remember, your natural skin tone is already beautiful, and preserving it ensures that you'll feel at your best and most confident during the shoot.









## *Remove clothing tags*

Please take a moment to remove all clothing tags from the items you'll be wearing.

This ensures that no tags peek out and detract from the spotlight being solely on you during the shoot..



## *Remove any unwanted hair in advance*

Waxing treatments can sometimes lead to temporary skin irritation, redness, and soreness that may persist for a few days. If you plan on waxing areas like the bikini line or eyebrows, we recommend scheduling your waxing session approximately 5-7 days prior to your photoshoot.

Alternatively, if you prefer shaving, it's best to do so as close to the shoot as possible to avoid the development of ingrown hair bumps. Shaving the night before is a good option, but for the smoothest results, consider shaving on the morning of your session, if time allows. This way, your skin will be at its freshest and most radiant.





## *Hair*

**KFP** doesn't offer hair styling as a part of the package, but the majority of our clients still want to have a bit of pampering before their session, to feel absolutely amazing, so we tend to book most of our boudoir sessions in the afternoons, to allow for you to have enough time for a morning blow dry.

If you have long to mid-length hair, a loose and bouncy finish works great.

## *Make-up*

A natural and fresh, dewy look always works best for a boudoir photoshoot. Our studio offers professional make-up prior to your session as an optional add on, but should you wish to do your own, please avoid anything with a shiny / glitter finish (strong highlighters and heavy bronzers).

A matte finish usually looks best. Remember to bring your favourite lipstick, if you would like to reapply it prior to your session, powder, to tackle any shine, and a natural blusher, to add some warmth to your cheeks.

# Nails

Please remember about your nails and toes! Your hands will be visible in the photos and most full body images will include bare feet. If you need an excuse for a mani-pedi day, your boudoir session is a great reason for that.

If you are not able to have your nails done professionally, I recommend removing all traces of any old polish you might have had on before our session.





# *Make it fit*

If you've never treated yourself to a bra fitting, now's your chance to give it a go!

Wearing well-fitted clothes isn't just about looking amazing by accentuating your natural curves – it's also about feeling amazing. So why not take this perfect opportunity to find your perfect fit?



# Nourish

Grab a light and nourishing bite that gives you that boost of energy a couple of hours before your shoot.

Stick with what you know and love; it's not the time for adventurous culinary experiments that might make your tummy grumble or leave you feeling a bit too full, bloated and uncomfortable.



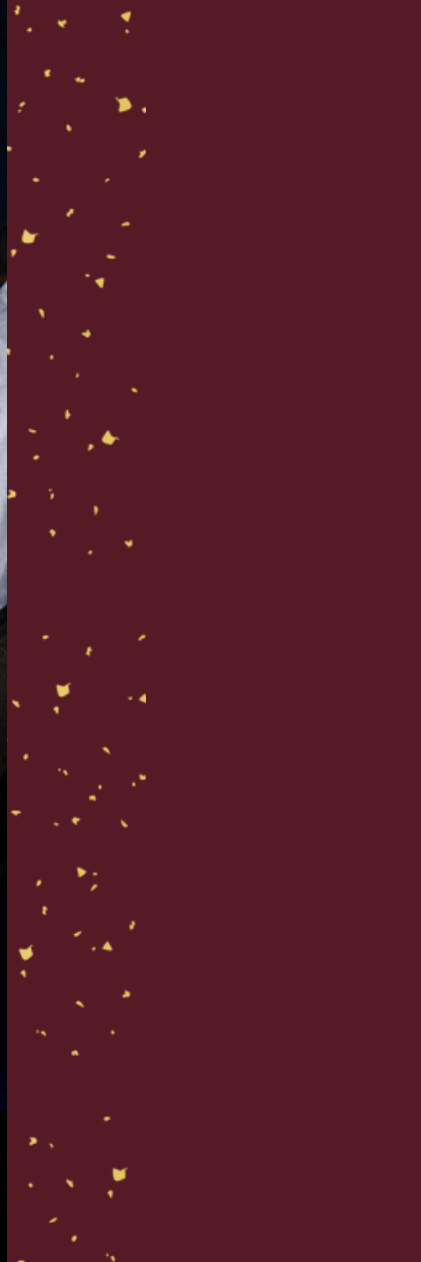


# *Get comfortable in your skin*

Take a little time to just look at yourself in the mirror without any fuss, especially if it's not something you do often. This is the beginning of getting cozy with your own skin.

Your body has its own unique story to tell, and the more comfortable you get with it, the more you'll be able to express in your photos – and hey, that self-love boost? It's not just good for the pictures; it's pretty amazing for your entire life journey.









## Nude images

I have a true passion for capturing the nude female form, and over the years, I found this to be my true calling. I love raw, back to basics images, depicting you and only you.

Elegant, natural, timeless and minimalistic portraiture is a true staple of most of my galleries. You can opt-out of having nude images, and I will deliver the most amazing selection of images, with a mixture of dresses, body suits, lingerie and scarves as props and outfits, but I always encourage all my clients to have at least a couple of images just of themselves, which will never go out of fashion.

We recommend you bring a set of nude (or white) and black lingerie, and for the nude images, so you never have to get totally naked.

Our studio is heated to 25 degrees during your session, to make sure you are as comfortable as possible.







## What to bring

When preparing for your boudoir photoshoot, it's all about personalisation and making the experience uniquely yours. Here's a guide on what to bring:

- **Wardrobe Choices:** Start by selecting outfits that truly resonate with you and make you feel both confident and comfortable. Whether it's lingerie that makes you feel like a goddess, a cozy sweater that exudes warmth, or that favourite piece of clothing that always brings a smile to your face, bring them along. Remember, it's all about your personal style and comfort.
- **Accessories:** Don't forget the little details that can elevate your look. Bring along accessories like jewellery, heels, scarves, or any items that perfectly complement your chosen outfits. Accessories have the magic of adding that extra touch of personality and flair to your photos.
- **Personal Items:** Consider including items that hold a special place in your heart or represent your passions and personality. Perhaps it's a beloved book that's been your companion through countless adventures, a musical instrument that speaks to your soul, or any other personal items that tell your unique story. These can add a wonderful personal touch to your photos.

- Inspiration: If you have specific ideas or poses in mind that you'd like to explore during the shoot, feel free to bring along some inspirational images or references to share with me. This collaborative approach ensures that your vision and desires are beautifully incorporated into your boudoir session.
- Remember, this experience is all about celebrating you and your individuality, so feel free to bring whatever makes you feel most like yourself. Your boudoir photoshoot is an expression of your unique beauty and spirit, and the items you bring along are your personal brushstrokes on this canvas of self-celebration.





# 5 Tips for a great *Boudoir session*

- If you are arranging your hair styling prior to the photoshoot, please allow plenty of time to arrive at the session around 10 minutes before your appointment, to make sure you're not rushed and have the time to get comfortable, discuss your look with our make-up artist, if chosen, and confirm the selection of your outfits. I don't want you to rush on the day and feel flustered.
- Please make sure your underwear is not too tight (and doesn't leave marks on your skin). We don't want bra straps and pants to show through the fabric and outfits.
- Please moisturise your body, especially any dry patches of skin, prior to your session. It will make your skin look radiant. Creams and lotions are great, but please avoid anything with shimmers or glitters.
- On the day of the session, you may wake up a bit more anxious than usual, because you want everything to go smoothly. In the chaos of the day, you may not have the time for a sit-down meal prior to leaving the house.

If you are anything like me, hungry almost always means angry, and we most definitely do not want to have you angry on the day, if as little as a sandwich would have solved that.

If you are strapped for time in the morning and don't get a chance to eat, bring some snacks with you.

- Enjoy it!





# Investment

## Super Fancy

£795

- Consultation
- 3-hour session
- All the best images
- 12x12 photo album
- Slideshow
- £45 off your next session
- £100 credit off wall art

## Less Fancy

£495

- Consultation
- 3-hour session
- 20 high-resolution images
- 8x10 prints

## Basic

£295

- Consultation
- 3-hour session
- 10 high-resolution images



What's next?



# *Display your images*

After your session is over, we will schedule a date for your viewing appointment. It's at this meeting that we choose your favourite images, your package and your products.

The majority of our clients choose a wall art collection as a way of displaying their photos, because quite often it's hard to pick just one favourite image, but I will be here to help you decide which images would look great as framed enlargements.





# *Additional Products*





# Frequently asked questions

- **How much time do I need on the day?**

Our boudoir sessions take around 3 hours and if you decide on having your make-up done by one of our make-up artists, we need to allow for an additional 60 minutes.

- **Can my partner join in?**

Absolutely!

- **When do we pick the wall art?**

Your products will usually be ready for pick-up around 4 weeks after full payment. We will arrange a pick-up time the moment your wall art arrives at my studio.



- **How long do I have to wait before the images are ready for the viewing?**

Usually, I will have your viewing booked for around a week after your session.

- **How do I view the photos after the session?**

After your session, we will schedule a date for your viewing at my studio. It's at this appointment that you will choose your favourite images and it's also then that we decide on what to do with them!

If you are looking for a beautiful wall art collection to fill your walls, please measure the space available prior to the appointment.

- **What time does the session take place?**

Most of our boudoir sessions take place in the afternoon, to give you plenty of time in the morning, should you wish to book your hair appointment.





# CHECKLIST

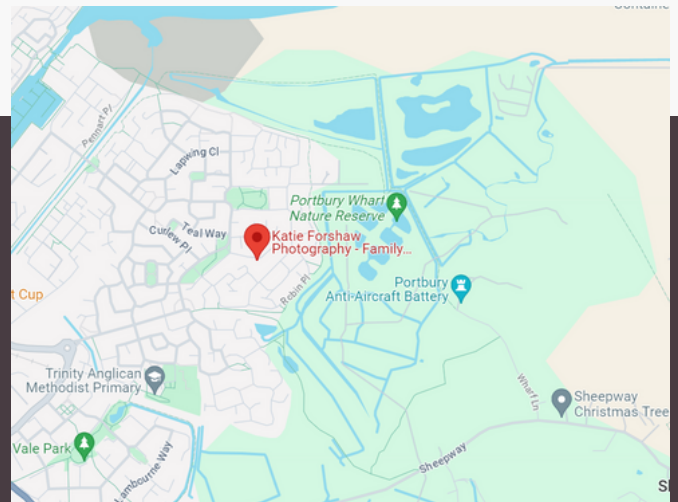
Confirm date, time and check location

Choose your outfits and have them ready

Pack a set of matching lingerie

Please make sure you remove any old traces of any polish and have your nails photo-ready

*Studio address:*



Portishead



[katie@katieforshawphotography.co.uk](mailto:katie@katieforshawphotography.co.uk)



I want this photoshoot to be the most amazing experience for you, so if there is anything else I can help with, or if you have any last minute ideas, please email me and I will be happy to assist.

