



## *LPC Photography - Headshots*

*If you are confused about what to wear/bring to a headshot photoshoot, here are some tips to help you feel photoshoot ready!*

### **Clothes:**

*Solid colors look great in headshots.*

- I would not advise a solid white or black top because it can tend to flatten you out or can interfere with proper photo exposure (ex: plain white shirt can act as a reflector and over expose your top distracting from what we're suppose to be looking at, you!) If you have a top that you love and think would work well in your headshots and it happens to be white or black feel free to still bring it or send me a picture before our shoot!

*If going with a pattern keep it simple.*

- An intense, busy pattern or something with a variety of bright colors can be distracting. Try finding something that has a minimal pattern or maybe go with a solid color! This shoot is all about you so you want to pick something that will represent you well and support you not pull away from looking at the complete image.

*Bring a few different shirt options to the shoot.*

- I suggest bringing about 5 options and 2-3 of those we'll use in the shoot.  
- Turtlenecks: I know we all love a turtleneck moment but tight fitted high up the neck turtlenecks can make you look like a floating head! Loose fitted or low necked turtlenecks adds a bit more of you to the photo.

*Make sure that all clothes are ironed and clean before the shoot.*

- Wrinkles in clothes are difficult to Photoshop out and we want to use all of your time on capturing a perfect shot!  
- Bring a lint brush or roller with you if you have one!

*Be comfortable!*

- Headshots are from the chest/waist up so feel free to wear comfy bottoms and shoes. Anything that's going to make you feel more comfortable and relaxed in front of that camera.

## **Hair:**

### Head hair.

- Bring a brush and some of your hair product (gel/hairspray/mouse/cream/water bottle spray) with you to the shoot to help calm fly-aways.

### Facial hair.

- If you're wanting two different looks facial hair wise feel free to come with your hair styled however you want and halfway you can shave or restyle your hair for more options!
- Get rid of any unwanted hair (That you would typically wax or laser away) a few days before your shoot to avoid skin irritation/redness.
- Shave facial hair (a beard or mustache) right before you leave for a shoot if you plan on a clean shave headshot! A 5 o'clock shadow can't be Photoshopped easily. Using cooling gel or aftershave can help with skin irritation.

## **Makeup and Face:**

### Start natural.

- Just enough to cover up any blemishes. Shoot for everyday style make up. You can always build from that base look if you want a variety of looks!

### Bring your makeup.

- Bring your make up and moisturizer with you to the shoot in case your skin does get dry or you need touchups. Bring lip balm or lip gloss with you as well to help keep lips looking soft and not dehydrated.

### Worried about dry lips?

- The night before brush your lips with your toothbrush to help get rid of any dead skin.

### Skin care.

- Don't do any extreme beauty regimens right before your shoot, like facial peels, tanning or extensive exfoliating. Your skin can look very irritated.

## **Practice Makes Perfect:**

### Pose.

- Before the shoot, look at your face in the mirror and see what side you like better. Everyone has a "good side" or something they prefer, find yours!

Remember though, a mirror will flip your face and the camera won't so the images might look a little different than you were expecting.

- Explore different expressions in the mirror. Taking headshots can be daunting and sometimes you have no idea what you look like! By practicing before you know exactly what you're shooting for and can feel when you're looking fierce or looking like you have to poop. Both are looks but knowing the difference between your fierce face and poop face is key.

### **It's okay to feel silly!**

- Posing in front of a camera can feel weird. My job is to capture your essence! Acknowledge the weird and let yourself breathe a little. My goal is to capture you having fun or living your best authentic life! Low stress! And who doesn't want a couple of silly photos?

### ***Make a playlist!***

- Jamming is necessary when it comes to a successful shoot. Put together a playlist of all your favorite songs. It keeps you relaxed, focused and can bring out pure joy that I love to capture!