

BOUDOIR GUIDE



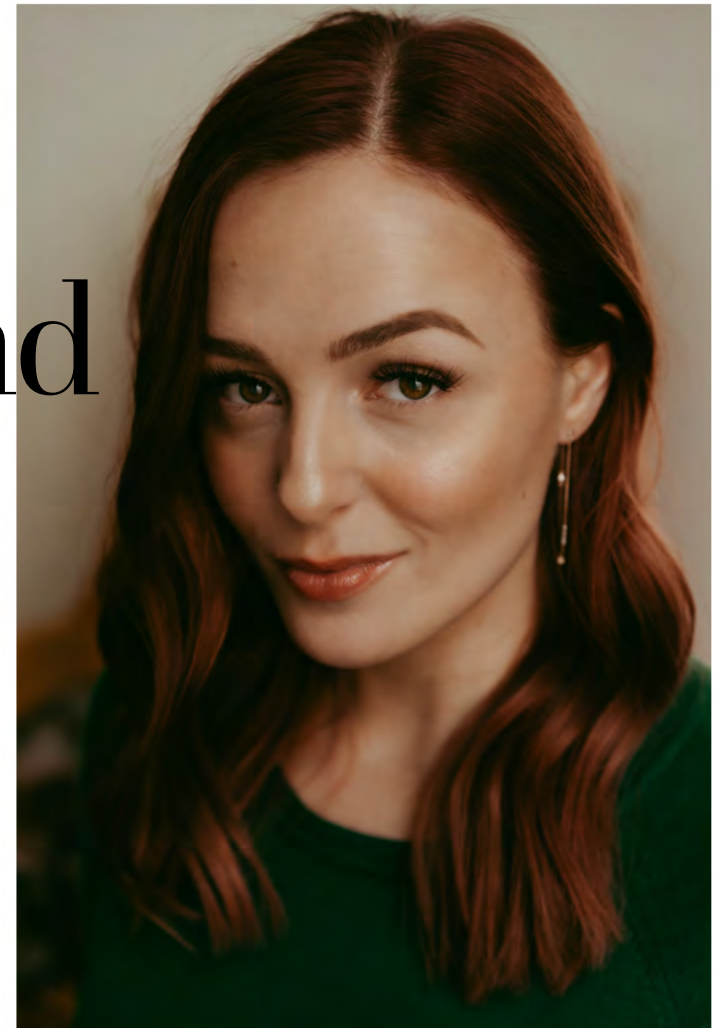
EMILY SCHUTZ PHOTOGRAPHY

Welcome

You've just booked your boudoir session, congrats! Or maybe you're about to and just love reading through all the details in advance, either way I'm so glad you're here! In this guide you'll find tips, recommendations and what to expect before, during and after your session. I'm really looking forward to creating with you!

- EMILY

Behind The Lens



Hey I'm Emily

Photography has always been a big part of my life and boudoir sessions are an immense inspiration for me and my work. I'm extremely passionate about helping people see themselves the way myself and others see them, beautiful, powerful and freaking amazing!

When I'm not working you can find me binge watching Netflix, eating vegan chocolate and cuddling my doggy. I'm also a big tech nerd and lover of history. I'm looking forward to getting to know you!

My studio is a safe space where all are welcome, including LGBTQIA BIPOC folks.



You Are Beautiful

This session is about celebrating all the unique, passionate and badass aspects, that make you remarkably beautiful. I want you to walk away from this experience feeling liberated, empowered and sexy. I want you to fall in love with yourself!

It's so easy to come up with reasons not to do a boudoir session, whether it's "I don't love my body", "I don't know how to pose", or "I don't have anyone to give the images to". Forget all of the excuses and self criticisms now. Everyone deserves to be celebrated and have stunning images of themselves to enjoy and look back on. I will support you through this entire experience with helpful tips and suggestions and full posing direction, so there's no need to worry. Whether you have someone to give these images to or not, I highly recommend doing this session just for yourself. Get pampered, feel amazing and receive a renewed sense of love and appreciation for yourself.

You're going to be nervous, that's totally ok! I promise you those feeling will dissipate a few minutes into the session and before you know it, we'll be sharing some laughs and having a fantastic time! Continue to read through this guide to get the full lowdown on your boudoir session. If you have any questions that weren't answered in this guide please don't hesitate to reach out.



What To Expect

The Studio

Sessions take place at my home based studio on the West side of Edmonton, in a community called Secord. Nine foot ceilings, white walls and large windows offer plenty of natural light for us to create some beautiful images. A selection of pillows and blankets in a variety of colors and textures are used to create different moods and to compliment your outfits.



Getting Comfortable

Boudoir sessions are a vulnerable experience and most people aren't confident when they book their session or even when they show up to the studio. That is ok! When you arrive you will be welcomed in and offered a drink, water, tea, a cocktail, you name it. I'll show you around and we'll chat for a few minutes before getting started. We will then get you started with the professional hair and makeup team if this is something you've chosen to have done. We'll ease into the session, don't worry about being perfect. A few deep breathes and laughs are encouraged.

Music

We will set a fun and relaxing vibe with some great music during your session. I've created multiple playlists specifically for boudoir, full of sexy and empowering jams that will have you feeling amazing! If there's any specific artists, songs or Spotify playlists that you'd like to listen to during your session just let me know in advance so I can have it prepared. Whether it's Bruno Mars, Led Zeppelin, Fleetwood Mac, Ariana Grande or go's one hit wonders that set your fire, we'll rock out to it!





Posing

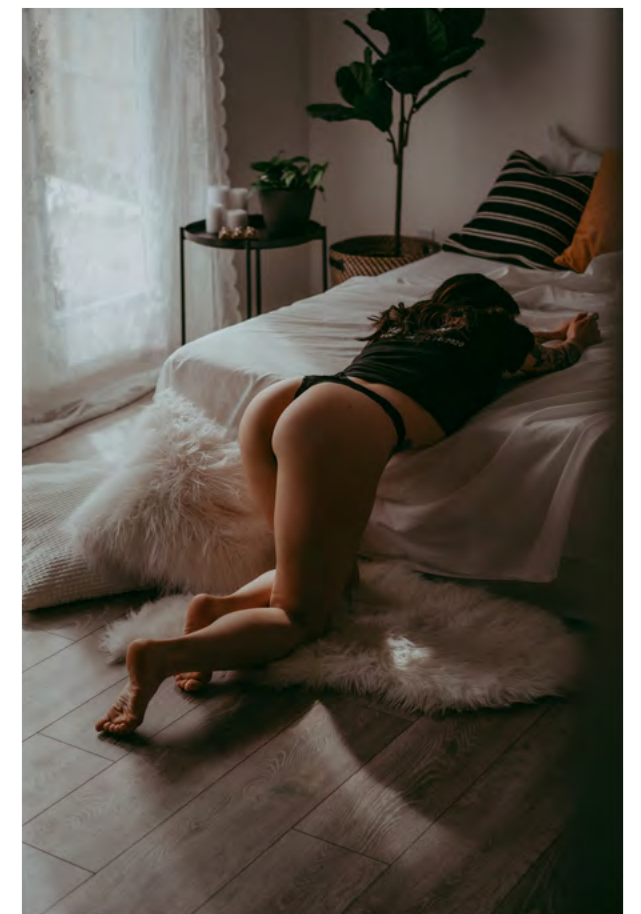
You do not need previous experience modelling or being in front of the camera to look great. I will fully guide you through all posing during your session, so no need to worry! The goal is to pose you in ways that are sensual, flattering and empowering. You are in control though, if you're not comfortable with something we won't do it. To make sure we have a good variety of in your images, I'll have you pose standing, sitting and laying. I may have you in one pose for several minutes as I get closeups, wide shots and details.

Editing

All boudoir session receive the same professional editing, including basic skin retouching, removal of non-permanent skin issues such as blemishes, scratches and bruises. Things I won't edit unless specifically requested by the client include scars, birthmarks, moles as these features make you uniquely beautiful. Please avoid spray tans and tanning beds before your session. Major body modification editing is not something I offer as I prefer to focus on and spread the message of self-love.

Your Gallery

After the editing stage is complete I will upload your images to a protected online gallery. You will receive an invite to the gallery via email at which time you will be able to view and download your images. Your personal online store will also be available at this time for easy print, wall art and album orders.



What To Wear



Embrace the lace or bare it all....

What do you want your images to feel like? Cozy & sweet, sensual & intimate, daring & bold, whatever your inspiration is we can make it happen! As part of your session I'm here to help with your wardrobe selections and you'll receive access to my studios small loungewear and intimates collection. On the next few pages I'll walk you through all the options and recommend my favourite brands if you plan to do a little shopping for your session.

Loungewear

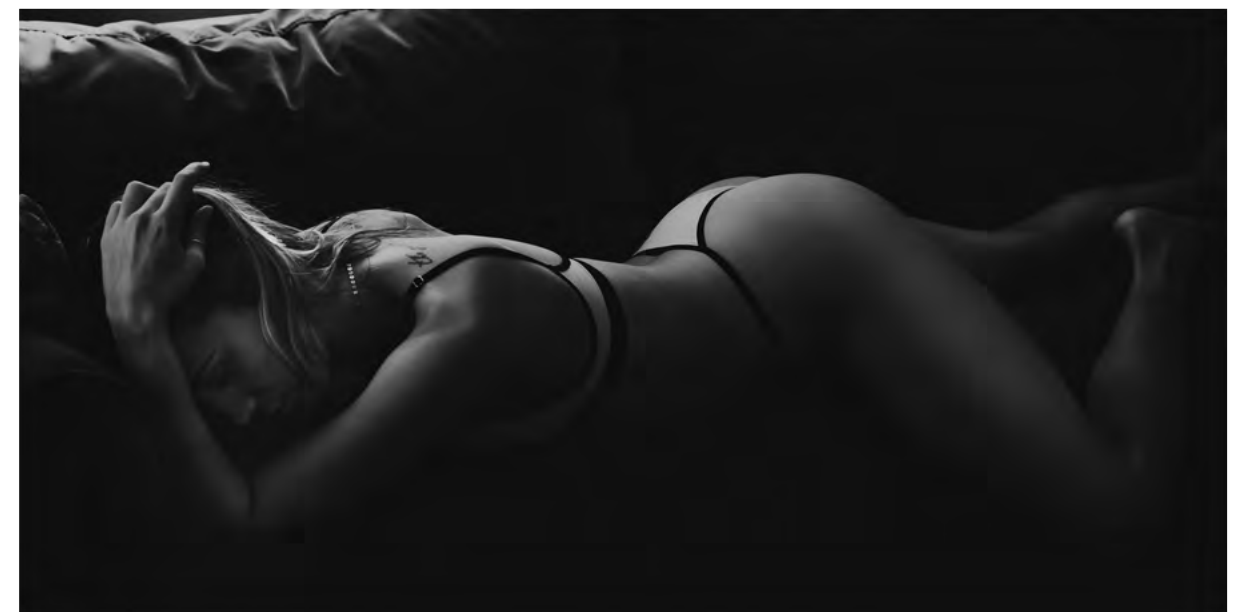
Some beautiful, cozy loungewear is a great way to start your boudoir session. Big, fall off the shoulder sweaters, knee high socks, silk pjs and patterned boxer shorts, the sky's the limit! Starting off with loungewear helps ease nerves and hey, who doesn't like being comfy? This can also be the main focus of your session.

Less Is More

Whether this session is a gift to yourself or to a spouse, incorporating semi nude or fully nude images into your gallery is a powerful way to celebrate your body and beauty. These images will be a treasure to enjoy and look back over the years. Nudity is completely optional and is not required in any way.

Lingerie

With endless options in fabric, texture, color and cut, you can really create some beautiful and unique looks. Whether you're style is lace bralettes, silk slips or a matching bra and undie set with a garter belt, there's something for everyone. What's most important is that you feel comfortable, beautiful and empowered in whatever you decide to wear. If you don't already have lingerie or want something new, I recommend you go to a lingerie store or two and try on a variety of styles, cuts and colors to get familiar with what works best for your body and makes you feel amazing.



Recommendations



For Love & Lemons

WWW.FORLOVEANDLEMONS.COM

Agent Provocateur

WWW.AGENTPROVOCATEUR.COM

Finding Rose

WWW.FINDINGROSIE.CA

Fortnight

WWW.FORTNIGHTLINGERIE.COM

Honey Birdette

WWW.HONEYBIRDETTE.COM

Marie Mur

WWW.MARIEMUR.COM

Bluebella

WWW.BLUEBELLA.COM



Lonely Label

WWW.LONELYLABEL.COM

Lounge

WWW.LOUNGEUNDERWEAR.COM

Blush

WWW.BLUSHLINGERIE.COM

Aerie

WWW.AE.COM

Bordelle

WWW.BORDELLE.CO.UK

Thistle & Spire

WWW.THISTLEANDSPIRE.COM

Curvy Couture

WWW.CURVYCOUTURE.COM





How To Prepare

Make A Day Of It

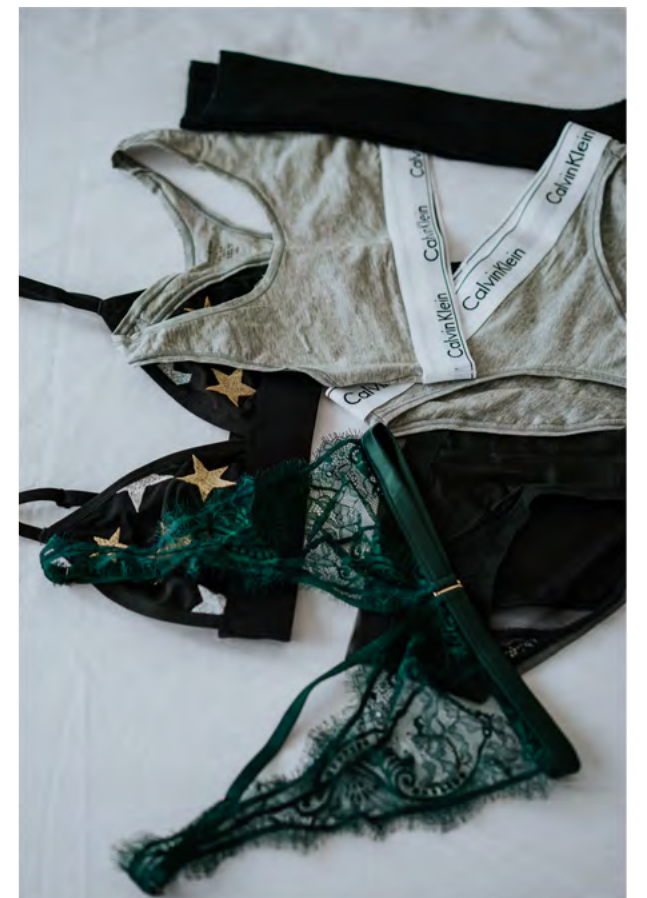
Sleep in, take a bath, watch your favourite movie, do whatever makes you feel great. If possible try to keep the day of your session free to relax and pamper yourself. Remember to moisturize before your session, hydrated skin always looks best on camera.

Makeup

Professional makeup enhances the whole experience, not only do you feel more confident afterwards, but your images will be even better too! I have a few amazing makeup artists that I work with for boudoir sessions and my standard sessions include professional makeup application. If makeup isn't your thing, no worries just let me know once you book. Hair services are not provided but I can offer stylist recommendations upon request.

Wardrobe

Take some time to pick 2-4 outfit options, whether that be from your own closet or shopping for something new. Remove tags, wash and iron if needed.



Frequently Asked Questions



How far in advance should I book my session if I want to give these images as a gift?

If you plan on including prints, wall art or an album as part of your gift, I recommend a minimum of 3 months in advance. If you only require the digitals then 2 months in advance is recommended. The more time we have the better! If your timeline is tighter, please still reach out and we'll see if we can make it happen.

How long does it take for my images to be ready?

After your session I will backup the raw files to ensure they are safe until I'm able to edit them. Depending on how many client sessions are in my editing queue, it can take 2-4 weeks for your session to be completed. Once complete I will upload your images to a secure online proofing gallery and store where you will be able to pick your favourites and make your product purchases.

How long does it take to receive the products I order?

Once editing is complete and you have made your order selection, I will submit the order request to the professional print lab. The lab I work with is wonderful and has a great turnaround time of 3-6 weeks on average. Sometimes there may be additional production or shipping time needed due to high demand or peak busy season such as the holidays (November/December).

I'm shy or more reserved, do I have to pose nude?

Definitely not, this is your session and we will only do what you're comfortable with. I send all my boudoir clients a questionnaire to find out more about them and their comfort level in advance. Some clients opt for a cute loungewear session as opposed to lingerie or nudity.

I don't feel confident in my body, can I still do a boudoir session?

ABSOLUTELY! Boudoir sessions are all about self-love, embracing your natural beauty and appreciating your body! I strongly encourage you to book now and not to wait. We often focus on imperfections but waiting to be perfect is silly. Clients often leave feeling amazing about themselves and get a big confidence boost after the session!

Will my images be shared online?

This is completely up to you. I will only share images on my website portfolio and social media with your written consent. You can choose your level of comfort, whether that be only images that don't show your identity, images without nudity or none at all. I've also had clients go through their gallery and pick a handful of images they are happy for me to share. The boudoir industry tends to be a discreet one and photographers rely on word of mouth referrals for the most part but we're always thrilled to be able to share a beautiful image of our wonderful clients.





hello@ emilyschutz.com

www.emilyschutz.com

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