

The Body Projection Prep Sheet

You are the Canvas

Body projection is a unique, high-art experience where we use light to "paint" onto your skin. Whether we are using geometric patterns, celestial textures, or liquid colors, your body becomes part of a living digital landscape. Because we are using a projector as our primary light source, there are a few specific ways to prepare to ensure the "projections" look crisp and vibrant.

1. The "Clean Surface" Rule

The Goal: A flawless digital screen. Just like bodyscape sessions, elastics are our enemy. However, these marks are not as impacting with projection shoots, they should still be avoided where we can

- **Arrival Attire:** Please wear a very loose sundress or oversized loungewear. No bras, no tight leggings, and no jeans.
- **Topless/Nude:** For the most seamless look, we recommend going topless or nude, as fabric (unless it's plain skin tone) often "breaks" the projected image.
- **Reasoning:** We want the light to wrap around your natural curves, not get caught in the texture of a waistband or bra strap mark.

2. Skin & Grooming

- **No Heavy Lotions:** On the day of the shoot, please **skip the heavy body oils or shimmer lotions** before you arrive. While we may add specific oils in some select sessions later for effect, some lotions can cause "hot spots" (bright reflections) from the projector that blow out the detail of the patterns.
- **Hydration:** Drink plenty of water! Hydrated skin "takes" the light better, making the colors look more saturated and deep.

3. Wrist & Hair Prep

- **Hair Ties & Watches:** These must be off at least **two hours** before the shoot.

- **The Hair Factor:** If you have long hair, we may experiment with having it up or down. Bring a clip or pins. When hair is down, the projection "breaks" across the strands; when it's up, we can project across your neck and shoulders for a more "sculptural" look.

4. What to Expect: The "Darkroom" Vibe

- **Low Light:** To make the projections pop, the studio will be very dark. This can feel a bit different than a brightly lit portrait studio.
- **Constant movement:** Projection photography is unique in that the same pattern can look very different even with slight movements. We will instruct you in some basic movements and let you free move as we shoot. Your slow, but constant movements will give you a ton of choices for your final edits.
- **The "Blind" Factor:** Avoid looking directly into the projector lens! It's very bright. I will guide your gaze, so you stay comfortable.

5. What to Bring Checklist

- **A Personal Robe:** We have studio robes, but feel free to bring your own for lounging between sets.
- **Nude/Seamless Underwear:** If you aren't doing full nude, a pair of nude-to-you seamless thongs works best and can be paired with pasties or a stick on bra. Do not bring darker underware as they absorb light, and we recommend avoiding pure white as we don't want the clothing to reflect better than your skin.
- **Your Music:** Projection sessions are very "vibey"—bring a playlist that helps you get into a flow state.

Final Checklist

- Wore loose, flowy clothing (No elastics!).
- Removed all jewelry and wrist ties 2+ hours ago.
- Skin is clean (no heavy lotions or shimmer).
- Ready to be turned into a piece of digital art.

A Note on the Art: Because projection is so abstract, I'll show you the back of the camera throughout the session. It's incredible to see how a flat pattern transforms into a 3D masterpiece once it hits your skin!