

The Bodyscape Prep Sheet

Skin, Light, and Texture

So, we're doing a bodyscape session! This style of photography is all about the curves, textures, and silhouettes of the human form. Because we'll be using dramatic lighting to highlight the "landscape" of your body, your skin needs to be at its absolute best.

Here is how to prep so we spend more time shooting and less time waiting for elastic marks to fade.

1. The "Loose Fit" Rule

The Goal: Zero Impressions. Our skin is incredibly soft and holds onto impressions from clothing for much longer than you'd think. To ensure your skin is a smooth, clean canvas:

- **Topless/Nude Shoots:** Please arrive wearing a very loose-fitting sundress or an oversized t-shirt. **Do not wear a bra, leggings, or jeans** to the studio.
- **Boudoir/Underwear Shoots:** If you plan on staying in a specific set of lingerie, please wear that exact set to the studio. This ensures that if there *are* any lines, they line up perfectly with what we're shooting.

2. The Details (Wrists & Hair)

We often forget about the things we wear every day. Please remove the following at least **two hours** before you arrive:

- Watches and fitness trackers.
- Hair ties around the wrist (the biggest culprit of deep skin grooves!).
- Tight bracelets or anklets.
- **Reasoning:** Even a "loose" hair tie can leave a red mark that takes 45 minutes to disappear. We want your skin relaxed from the moment you step in.

3. Grooming & Skin Care

- **Shaving/Waxing:** If you choose to hair-remove, please do so **24–48 hours in advance**. This gives any redness or "strawberry skin" time to calm down and ensures your pores aren't irritated during the shoot.
- **Hydration:** Drink plenty of water in the 24 hours leading up to your session. Hydrated skin has a natural glow and better elasticity, which looks incredible under studio lights.

4. Water & Oil Effects

If we've discussed using water droplets or body oil for that high-contrast, editorial look:

- **Bring a Towel:** While we have some on-site, having your own soft towel is great for drying off between setups.
- **The Look:** Oil helps catch the "rim light" on your muscles and curves, making the image look three-dimensional.

5. What to Bring

Beyond your beautiful self, here is a quick packing list to ensure you're comfortable:

- **A Personal Robe:** We have cozy studio robes available for you to lounge in between setups, but if you have a favorite one that makes you feel "at home," feel free to bring it!
- **A Towel:** Especially if we are playing with oils or water droplets to get those high-definition highlights.
- **Your Playlist:** We'll have music playing, but if you have a specific vibe or "power playlist" that helps you feel confident, we'd love to hear it.
- **Touch-up Kit:** Your favorite lip balm, a hairbrush, and any specific moisturizer you prefer.

6. What to Expect: Posing & Movement

If you've never done a bodyscape session, it can feel a little different than a standard portrait shoot. Here is the lowdown:

- **The "Micro-Movement":** Because we are focusing on the way light hits your body, I might ask you to make tiny adjustments—like "tilt your hip an inch toward the light"

or "take a deep breath and hold the exhale." These small tweaks make a massive difference in the final silhouette.

- **Sculpting with Shadows:** Bodyscapes are as much about the shadows as they are about the light. You might find some poses feel a bit "athletic" or unusual, but trust the process—what feels like a weird stretch often looks like an elegant curve on camera.
- **Communication is Key:** I will guide you through every pose. We'll use a combination of verbal cues and "mirroring" (where I show you the pose myself). If any position feels uncomfortable or strained, let me know immediately—comfort always translates better on film than tension!

Final Checklist

- Arrived in loose, flowy clothing (No elastics!).
- Wrists and ankles are clear of jewelry/hair ties.
- Shaved/Waxed 24–48 hours ago.
- Hydrated and ready to create.
- **Packed your robe, towel, and any specific "vibe" music.**