Prepare with confidence.

A little planning helps you feel comfortable and ready to enjoy your session.

01 Plan your wardrobe

Bring three favorite outfits, heels if you enjoy wearing them, and jewelry or accessories that feel like you. A teddy, matching set, bustier, oversized sweater, a partner's shirt or a white button-down are all possibilities. Choose fit and comfort over a particular look. Ask about available wardrobe and props during your consultation.

02 The days before

Stay hydrated and eat normally. Avoid trying a new spray tan just before the session. If you choose to wax, allow at least 48 hours; choose grooming that feels comfortable for you. Gentle stretching is optional; never push into pain.

03 On the day

Arrive showered with clean, dry hair and a moisturized face. Wear loose clothing to minimize temporary marks. Eat a light meal or your usual breakfast, and bring water. Pack outfits, accessories and any preferred makeup products. Confirm the rental studio address and arrival details in advance.

04 Hair, makeup and retouching

Choose a natural look, smoky eye or full glam; hair can be curled, straightened or natural. Professional hair and makeup is included with Editorial, Heirloom and Noir and optional with Intimate. Tell us your preferences in advance. Retouching is intended to enhance your natural features, not reshape your body.

Your location and arrival details will be confirmed during your private consultation. Adults 18+ only.

Make it your own.

No practice is required. These optional starting points are adapted to your comfort and mobility.

01 Standing

Shift your weight comfortably onto one leg. Let the other knee soften, lower your shoulders and turn slightly toward the light.

02 Seated

Sit comfortably near the edge of a stable chair, lengthen your spine and rest your hands naturally. Look toward or away from the camera.

03 Reclining

Use a supported position on a bed or sofa. Relax your shoulders, bend a knee if comfortable and let your hands rest loosely.

04 Expression and hands

Take an easy breath, soften your jaw and allow a natural expression. Rest your hands lightly or adjust your hair or sleeve. Small movements are enough.

You can decline or change any pose, pause or take a break. Your boundaries are respected. Public image sharing requires separate written permission.