PHOTO SHOOT SUGGESTIONS

Most professional model knows by experience about what needs to be done before a photo shoot. If you do not have a lot of modeling experience I suggest you look over the following list of things that will help you for this shoot and in the future. These guidelines will improve how well your shots turn out.

1. 72 hours before your photo shoot, avoid the following (which can give you oily skin and swelling):
    a. Red meat
    b. Alcohol
    c. Caffeine
    d. Spicy foods
    e. Retin A and Alpha Hydroxy creams (causes skin peeling that will show with photo makeup)
2. Drink lots of water, carry it with you everywhere you go, and keep sipping.
3. Exfoliate your skin at least once a week and also the morning of the shoot.
4. Have your brows professionally shaped and then keep them up by plucking the strays every few days. I will Pluck strays the day of the shoot but may not have time to shape your brows.
5. It is a good idea to carry your own mascara to the shoot with you. Some make-up artists use mascara with the same wand on several people. This can spread infection very quickly. Unless you know the artist and know that she only uses disposable wands, it's best not to take your chances. I do use disposable wands!
6. Dark roots will look even worse in photos. **Refresh your hair color a few days before your shoot.** If you do not color your hair, try "shades" or a toner just a shade lighter then your hair to make it shine. **If you need a trim, do it before the shoot.**
7. **Fingernails and toenails should be one length, well manicured, and the polish should be colorless or French, unless this shoot calls for color.**
8. All traces of makeup should be gone from your skin. All eyeliner and mascara should be gone. **Your face should be clean and product free when you arrive**.
9. Do not over condition your hair before a shoot. Do use your regular styling products to make your hair behave, as chances are the hair stylist will not be wetting your hair and not be able to use gels, etc. **Your hair must be dry before you arrive at the shoot**.
10. Avoid dry lips by putting Vaseline on your lips before bed and the morning of your shoot.
11. For shots with lots of skin showing, get rid of tan lines by visiting a tanning booth a few times.
12. Don't do the spray on tan, it looks orage in photos and it looks streaky 90% of the time. Spray on tans have ruined shoots for everyone involved.
13. If you have facial hair and you are woman you need to have it waxed before the shoot. Peach fuzz will swho up on your skin, in fact it will look worse in photos then it does in person. People get used to it, you may have it and not be aware until the photos come back.
14. Get rid of body hair. Anywhere and EVERYWHERE it could possibly show.
15. Bring strapless bras, nude undergarmets and tube top usually comes in handy.
16. Wear loose comfortable clothing to the shoot, clothes that bind will leave marks.

If you are paying the artist, feel free to give advice on how you want to look. The photos are yours and you will have to live with them. **If it is a commercial shoot or a shoot that someone else is paying for its best to keep quiet on makeup and hair**. Chances are the artist knows what the photographer and art director want. It may not be what you prefer but normally the person paying for the shoot likes to make ALL the decisions. If you are new at modeling is a good idea to go ahead and let the artist make the decisions, even if you are paying her or him. In most cases they will know what will look better in the photos - they are dealing with lights, backgrounds and lens filters that you probably are not familiar with.