

Your First Modeling Session:

Important things for your first shoot:

- **Hair** is important - be sure to take your time with styling and bring any brushes/hair products to keep it nice and flowing. Stray hairs take a lot of time to touch up in Photoshop.
- **Makeup** - avoid applying heavy make up - I can erase acne easier and better in Photoshop than you can cover it with makeup. Try for natural skin tones and pay attention to detail for lips and eyes especially. Eyes are the focal point of most photos. It is best not to wear contacts because they blur the details of the eye, so be prepared to remove them if needed on site.
- **Shaving** - Men: ears and noses too! Women: forearms too!
- **Fingernails** - spend time on these - they are really hard to touch up, so make sure they are in tip-top shape.
- **Clothes** - Bring at least 2 extra tops. Bring at least one button down shirt (light colors are good). If you think you have an outfit you might want to use, bring it. Better to bring too many clothes than too few. A good portfolio does not have two of the same outfit. For women: a nude (skin-tone) bra should always be brought with you for any tops that are not 100% opaque.
- **Poses** - I will guide you with posing, but take a few minutes on the Internet and pick out three poses that you like and want to imitate, then practice them in the mirror. This will help you get started and reduce some of the nervousness. Some good modeling advice: <http://petapixel.com/2013/05/24/dear-model-posing-tips-for-how-to-look-your-best-in-photographs/>
- **Time** - Plan on committing about 2 hours on location for your first shoot.
- **Expectations** - About 200 photos maybe taken during a modeling session. Even professional models will only end up with a dozen 'good ones' and maybe 2 or 3 'really good ones'.
- **Locations** - INDOORS: Typically indoors against a white background with studio lights and flashes. Indoors is especially good for newer models because it allows them to get over that initial nervousness through experience. The lights and gear can be intimidating - try to ignore it all and focus on just the camera. You will be less nervous and more creative with each shoot. OUTDOORS: If I shoot outdoors, it will often be within a 1/2 hour of sunset, in order to obtain the best natural light.

Thanks
Mark
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