



# *Boudoir*

CLIENT GUIDE



Hello  
gorgeous

## WELCOME

HEY THERE, THE NAME'S KIM. I'M A WILD WOMAN AT HEART,  
IN A SHY-PERSON SHELL. LET ME TELL YOU HOW LONG IT TOOK  
ME TO SAY, "I AM BEAUTIFUL." IT TOOK YEARS  
(90% OF MY LIFE) TO FIND A SEMBLANCE OF PEACE WITH MY  
SELF-IMAGE. I HAVE ALWAYS STRUGGLED WITH MY  
APPEARANCE. I STRIGGLE WITH IT STILL.  
REAL BEAUTY LIES BENEATH SELF-PERCEIVED FLAWS.  
IN BECOMING A BOUDOIR PHOTOGRAPHER,  
I BOTTLED UP MY SELF-LOVE JOURNEY, AND  
I WANT TO SHARE IT WITH EVERYONE. I  
UNDERSTAND THE PAIN OF NOT FEELING COMFORTABLE IN  
YOUR OWN SKIN. BUT LET ME TELL YOU HOW AWESOME IT  
FEELS IF YOU CAN FIND SELF-ACCEPTANCE AND FREEDOM.  
THE FREEDOM AND PEACE CAN BRING SUCH  
REFRESHMENT TO OUR EVERYDAY LIFE. I WANT EVERY  
WOMAN TO FEEL THAT LIBERATION FROM SELF-DOUBT. LET  
ME BE YOUR GUIDE TO YOUR NEW BEGINNING.



## STEP INSIDE THE CLOSET

We recommend trying on your outfits a few days before your session. This gives you time to change things up if you decide not to use that outfit or that it isn't the right type of vibe that you are going for.

When trying on everything, put the whole outfit together. Bra, panties, stockings, shoes, jewelry - the whole works. This will give you an idea of what you need to bring. We do have some accessories (jewelry and shoes), to help out if you just can't decide.

Think about the look you want to go for, such as playful, seductive, X-rated, pinup, or glam. From there, we can be creative to find the look that will make you feel gorgeous.

Don't get stuck on just lingerie! Men's shirts, boxers, team jerseys - all work just as well, and sometimes, even better. We can work wonders with pieces of a work uniform with the right hair and makeup!

# WHAT TO BRING



## LINGERIE

- consider matching bra and panty sets, corsets, slips, and even button down men's shirts
- don't forget hosiery! thigh highs and fishnets are both very popular
- consider bringing a range of colors
- make sure every thing you bring makes you feel sexy. It will show!

## SHOES

- make sure your heels have clean soles, they may be seen in your images
- you may want to bring both black and nude heels to match different outfits
- if this is bridal boudoir, make sure to bring your wedding shoes!

## JEWELRY

- pearls are a fantastic, classic choice for any boudoir session, but we also love chunky necklaces, cuff bracelets and drop earrings!



## *Things to "Do"*

Spend some time on Pinterest for outfit & image inspiration.

Make sure you chose outfits are clean, tag & staple free.

Drink extra water in the week before your session to keep your skin moisturized and glowing.

Shave & wax around 2 to 3 days before your session. This will give your skin time to heal if there is irritation.

Add lotion or moisturizer to your daily routine (especially to elbows, knees and heels) for the week before your session.

Think about your nails. Apply a new coat of polish. Most of the time, light pink or nude works best.

Give yourself plenty of time to bathe and get ready before your session.

Wear loose fitting clothing before & on the way to your session. Tight clothing, such as bras, panties & socks, can cause unwanted lines on your skin. Also, wear a button-up/zip-up shirt to keep from disturbing your hair.

**COMMUNICATE!** This shoot is all about you. Let us know what is on your mind.

# Things to "Don't"

Get "stuck" on a certain pose. Sometimes, a pose just won't work or "fit" a person.

Tan! Tanning (including "fake" tans, should be done at least a week before your session.

Shave or wax within 24 hours of your session.

Color your hair or get a tattoo within a week of your session.

Schedule your session near your time of the month. Most women retain water and have some type of bloating during this time.

Bring any pets or reptiles to your session.

Have a heavy meal right before your session. You will be bending and posturing in ways not normal (to you) and a full stomach will make it difficult.

Wear or bring granny panties. At all costs. Even if they are comfortable and hide the little bulges here and there.

Forget your shoes! Make sure that they are clean or new.

Forget to bring accessories such as stockings, jewelry, or other props you may want to use.

Worry! We are here to help!



# THE DAY OF YOUR SHOOT



- ♥ *arrive early and well-rested*
- ♥ *make sure you are hydrated and have moisturized*
- ♥ *come with makeup and hair done. Touchups can be done here.*
- ♥ *make sure you wear loose-fitting clothing to avoid red marks on skin*
- ♥ *make sure you've eaten something filling but not too heavy*
- ♥ *most importantly try to relax and get ready for your transformation!*

*"nothing makes a woman more beautiful than the belief that she is beautiful."*

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