



Time for your headshot?

I hope you're excited (or at least not dreading it)! It's my goal to make this as painless as possible, and finish with a photo you can be proud of. Headshots make some people nervous. But getting a good headshot is a lot like baking a cake. All you really need is a good recipe. I made this little list to help. Take these steps, and I promise you'll have better results!

More than a week before:

- Schedule your shoot - Plan a day when you won't have to rush or be distracted.
- Do you need a haircut or color? We recommend sticking with a style that is typical for "you." Do this more than a week before, so you have time to let it grow some and time to get used to styling it.
- Plan your attire - If you don't think you have something suitable, now's the time to shop. - No thin stripes, no loud or busy patterns - Not plain, bright white - Colors that complement your eyes, skin tone & personality work best

3-4 days before

- Try on your outfit if you haven't. Even if it looks good on the hanger, double check for stains, etc.
- Start drinking extra water - This will help your skin be more clear, and give you a more vibrant, youthful appearance.

1-2 days before

- Facial hair - Eyebrows, nose hairs, beard, etc. Do this 1-2 days out to avoid redness or irritation.
- Get sleep. (I do great retouching, but nothing replaces the natural glow from a good night's rest.)

Day of Headshot

- Makeup- Neutral palette works best
- Hair- Avoid anything unusual or extreme. Flyaways are inevitable but try to spray them down if you can.
- Have yourself a great day and keep a positive attitude before hand. It will translate well to your expressions.

I will have a lint roller, water and snacks. Bring a hair brush and anything else you may need to touch up

Most importantly, don't be too critical of yourself! Enjoy the experience and have some fun!