

BOUDOIR

BY SKYE

# Boudoir Prep Guide

Let's make you the most confident  
woman in the room



INVEST IN YOURSELF



# How To Prepare for Your Boudoir Session

Are you considering booking a boudoir session with us but feeling a bit nervous about the experience? Don't worry, it's completely normal to feel that way!

At Boudoir by Skye, our Denver, Colorado boudoir studio understands that preparing for a boudoir session can be frightening, which is why we offer a free preparation guide to help our clients feel confident and ready for their shoot.

Read on to learn more about how you can have a luxurious, empowering experience and leave feeling incredible!





# Choose Your Outfits Wisely

One of the most important parts of preparing for your boudoir session is choosing the right outfits.

We recommend bringing a variety of lingerie pieces, from classic to more daring options. Think about what makes you feel confident and beautiful, and don't be afraid to try something new!

We also suggest bringing a few accessories like jewelry, heels, or a favorite scarf to add some extra flair to your photos.





# Practice Posing

One of the things that sets Boudoir by Skye apart is our expertise in posing. However, it's always helpful for clients to practice posing in the mirror beforehand.

This will help you feel more comfortable and confident during your shoot, and you'll have a better idea of what angles and poses you prefer.

We'll also guide you through the posing process during your session, so you don't have to worry about being an expert.





# Get a Good Night's Sleep

We know it can be hard to relax the night before a big event, but getting a good night's sleep is crucial for feeling refreshed and energized for your boudoir session.

We want you to feel relaxed and confident during your boudoir photoshoot, and a good night's sleep can make a big difference.



# Treat Yourself to Some Self-Care

Preparing for a boudoir session is not just about the physical preparation, but also the mental preparation.

Taking time for self-care can help you feel more relaxed and confident leading up to your session. Take a bubble bath, do some yoga, or spend time reading your favorite book.

**Whatever makes you feel calm and centered, do it!**





# Ready for your turn?

**Book your session this month & you'll get:**

- ♥ Professional Hair & Makeup
- ♥ 2 Hours Private use of our Luxury Studio
- ♥ Expert Posing Guidance for Every Body type
- ♥ Fine Art Quality Retouching
- ♥ \$600 Credit towards your favorite Artwork
- ♥ Fully Refundable Session Fee (Normally \$250)

[BOOK A SESSION](#)

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