

## **HEADSHOT TIPS**

### **EVERYONE**

*Your headshot must show your PERSONALITY so practice in front of the mirror your best smiles and expressions. Your headshot is all about your face!*

\*Drink plenty of water in the days prior to the headshot session, as this will keep your skin plump, smooth and clear.

\*Try to eat healthy foods, as fried and salty foods cause bloating and water retention.

\*Also avoid sun exposure, which can make you look tired and leave your skin irritated.

\*Get plenty of sleep to avoid dark circles under your eyes! Plenty of rest and clean skin is a must prior to the session.

### **ATTIRE**

#### **Gentlemen**

Solid, bright colored polo shirt. Be sure the polo shirt is in good condition and fits well.

#### **Ladies**

Solid, bright colored fitted top with sleeves to the elbow with conservative neckline

**NO:** sleeveless shirts, spaghetti straps and/or revealing necklines

#### **Jewelry**

Keep jewelry extremely simple, small is better. Avoid jewelry that would distract from your face or that looks dated. The picture is about your face, not your jewelry Be prepared to remove facial piercings or multiple ear piercings

#### **General**

- Your shirt/top selection should be comfortable, fit you well and make you look great. A poor fitting shirt/top will be obvious in the photos (especially around the neck).
- Shirt/tops should be clean, free of wrinkles and should look new or like new.
- No busy patterns and large lines, stripes, writing, logos.
- Select a bright solid color shirt/top that will accent your eyes and skin tone.
- **NO:** black or white shirts/tops

### **HAIR AND MAKEUP**

- Hair must be clean and freshly styled.
- Don't get a new hair cut just before the session.
- Do not try and/or use any new product on your hair, face or body the day before or few days before your session in case you have a bad reaction to the product.
- Come with make-up already applied. Make-up should be as natural as possible.
- Wear a heavy layer of translucent powder--your face will appear flawless in photos. Shine disappears, pores seem smaller, skin looks even, and blush is smoother.
- Use concealer to cover any skin imperfections.
- Line lips before applying matte lipstick, then reline. Don't overdo it. Dip a cotton ball/q-tip in powder and run along lip line to prevent color from bleeding.
- Avoid shimmers or products with lots of sparkle or shine.
- Avoid frosts or overly-bright colors.
- Mascara to make your eyes pop (clear mascara for guys) and lipstick/ lip balm is recommended.

### **WHAT TO BRING?**

Lip balm / makeup

Hair brush/comb

Make-up and hair products you prefer (*especially if you have allergies*)