



Headshot Prep Guide

Feel confident, look your best, and make the most of your session.

1. What to Wear.

Choose outfits that are clean, simple, and represent you professionally.

Solid colors work best. Avoid busy patterns or logos.

Bring layers – jackets, blazers, sweaters – to add variety.

Necklines matter. V-necks, collars, and crewnecks all photograph differently. Try a few.

Keep jewelry minimal and avoid overly reflective accessories.

💡 Tip: Stick with colors that complement your skin tone and eyes.

2. Hair + Grooming.

Keep your look clean and true to how you'd show up for an interview or professional event.

Hair. Style it how you normally wear it. A fresh cut a few days before (not the day of) can help.

Facial Hair. Groom or shave as you usually would.

Makeup. Go natural. Use matte products to reduce shine. Bring powder or blotting sheets.

Lips & Nails. Neutral tones are best. Avoid chipped polish.

💡 Tip: Bring a comb, lipstick, or any touch-up products you use.

3. Rest + Hydration.

You'll look your best when you feel your best.

Drink plenty of water the day before.

Get a good night's sleep (your eyes will thank you).

Avoid salty food and alcohol the night before to reduce puffiness.

4. During the Session.

No need to overthink it – I'll guide you through every pose.

I'll help with angles, expressions, and posture.

We'll take a mix of traditional and relaxed shots.

You can review images during the shoot to make sure you love them.

💡 Tip: For longer sessions, bring music you love, or think of a moment that makes you smile. Real expressions are the best.

5. What to Bring

Extra outfit(s)

Lip balm or powder

Hairbrush or comb

Favorite playlist (optional!)

A good attitude 😊

Got Questions?

Email or text me before the session – I'm here to help you feel confident and prepared!