

## Photo Shoot Notes for Models

Your photographs should be something that you treasure for many years and spend a lot of time looking very closely at; therefore the details are important.

You and I are investing a lot of time and effort into your photographs. Here are some guidelines to help you ensure that they are as good as possible.

I work best when I don't simply impose my ideas on models, so I would really value any images that you could send for guidance. Not photographs of you, but shots that inspire you. They don't have to be exactly the shots you want me to take, what I'd like to do is build up an idea of your expectations, a sort of collage or 'mood-board'. You could for instance send me one where the pose was what you wanted but you disliked the clothes and another where you simply liked the colours etc. These could be images you have found on the Internet or even torn out of magazines.

### Before the Shoot

For the days leading up to the shoot try to avoid fatty or sugary foods or any other foods which may affect your skin tone.

Now is not the time to experiment with a new haircut, or a last minute tan (real or fake). Stick to beauty treatments that you know from experience will make you look good.

If you get a shaving rash, bear this in mind when choosing when to shave prior to the shoot.

### The Evening Before

Don't stay up to late, and avoid overindulging in food or drink so that you will look your very best on the day of the shoot.

### The Morning of the Shoot

Don't wear elasticated clothing that covers any part of your body that may be photographed. Even fairly loose elastic can leave red lines that last for several hours. This may include socks and underwear.

Avoid any food or drink that may make you feel bloated such as breads or carbonated drinks.

Eat something light but wholesome and nourishing, the shoot will be hard work and can get very hot. Fainting during a shoot is not good!

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## What to Bring With You

**Photo ID** - you will need to bring a photo ID with you (new driving licence or passport) this is required to prove your identity and age.

**A Friend** - A photo shoot can be very hard work and decisions often have to be made very quickly. Having a friend who you trust there to help you make the right choices (for example about your costume or a pose) is a very good idea. Choose someone who is comfortable with the sort of photographs you are posing for (your partner may not be the ideal chaperone).

**A Snack** - Although we will supply tea, coffee, soft drinks and biscuits you may want to bring a light snack with you. As already mentioned, the shoot will be hard work and feeling faint won't help.

**Clothes** - Bring more rather than less. Most people arrive with at least one suitcase... and a couple of big bags! They must be new (or nearly new) worn or even slightly 'tired' clothes will show.

**A Warm Robe** - To wear between costume changes.

**Accessories** - such as jewellery, gloves, belts, stockings and underwear etc. are important. They should match and compliment your outfits.

Choose outfits that you look and feel your very best and sexiest in. It's the ideal time to wear things that looked stunning when you bought them but later found were uncomfortable to wear for more than 10 minutes. This can also be the ideal time to wear an outfit that perhaps doesn't fit in one place or keeps falling off. Pegs and tape perform minor miracles when you are only seen from one angle.

The following *are* good choices:

- unusual and extreme things
- repetition in design
- coordinated design and colours

The following *are not* good choices:

- old or worn clothes
- small /complicated patterns

There should be time for 2-3 outfit changes in a 4 hour session, with variations of each outfit.

**Makeup** - heavy make-up is the order of the day; heavier in relation to evening make-up, as evening make-up is to day make-up

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## During the Shoot

Don't feel pressured into doing anything you are not comfortable with. What I ask you to do will only ever be a suggestion, not an instruction.

Make sure you drink enough fluids, the shoot will be hard work.

Make suggestions, As previously mentioned I work best in collaboration with models. Your photographs will look best if they are what you want them to be. The friend you have brought with you is most welcome to become involved with ideas for photographs too (if you want them too). If your partner is present their ideas are very important.

Make-up will tire during the shoot and will usually need to be retouched several times. Similarly hairstyles will also normally need repeated attention.

The order of costumes changes should take into account marks that some clothes (such as corsets) may leave. Hats and masks can affect hairstyles and make-up, are usually best left to the end of the shoot.

Remember, this is your photo shoot and it is in my best interest for your photographs to look wonderful.

## After the Shoot

Rest, have a long hot bath; eat and drink well and get a good night's sleep. Then it's just a matter of waiting to see the photographs that you have worked so hard for.

## Any Questions

Please feel free to ask questions.