



Boudoir

A POSING GUIDE!

BY: LINDSEY LAY
BUSINESS COACH FOR CREATIVES



Laying on Back

- ~One knee up and one slightly lower creates length and elongates the torso!
- ~Keep hands busy, wrap the thumb through the bra strap, run fingers through the hair, wrap arm around rib cage, or loop thumb through the underwear strap!
- ~To get the perfect arched back shot: have client lay on a hard surface (a firm couch or the floor) and keeping their booty planted, slide their shoulder blades down to their booty! Make sure to take hair out from under their back BEFORE arching or it'll ruin the whole pose trying to get it out from under them after!





Laying on Stomach

~Press knees together, put feet together and inch worm the booty/hips off the bed or floor!

~If your client cannot inch worm their booty up or you need a little something extra, simply have them turn their booty towards you keeping their torso flat (see top two images).

~Easiest on a hard surface.





Standing

~Butty back, torso = elongated!

~Give hands something to do, put them through the hair, pull up bottoms (making them MORE high waisted)!

~Use your windows to add some depth!

~Don't feel like you HAVE to take 32,000 standing photos! These typically make up 5-10% of my clients' final galleries!



Sitting

~Cozy, over sized shirts or flowy robes are my go to pieces when it comes to having clients sitting!

~To get a booty-licious photo, have client grab their cheeks, spread them slightly and plop down on the edge of the bed, chair, or couch! BOOM! Also, when in doubt, high waist it out!

~Off the shoulder = EVERYTHING! The shoulder nearest the natural light should be the one exposed to get that pretty glowy skin!





Maternity

~Have the mama to be blow all of her air into her diaphragm, you have about 10 seconds to shoot before this becomes difficult to maintain! It rounds out the belly.

~Lying on their back is usually a no-go because the level of boobage is overwhelming and suffocates mama to be.

~Maternity boudoir is the best, besides glowy skin and gorgeous hair, your client will never feel like she looks "chunky"!

~This is the one time to use pinterest, get your milk bath on, do all of the trendy shit that you've seen! Sheer robes, shawls, and loose clothing in general are your besties!

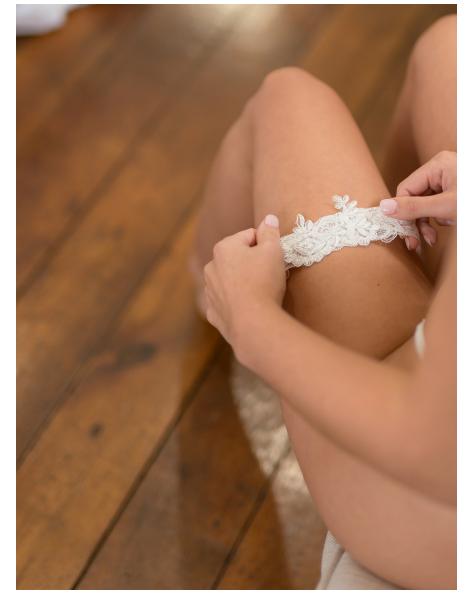


Details

~These are some of my fave things to shoot! These are what you use to fill pages in an album, they're little nuggets of suggestiveness (totally a word)!

~Lashes in focus with cleavage or booty super blurry in the background, yes please!

~Try focusing on the pretty lace, lashes, garter, or wedding/engagement ring to add a little something extra to your final gallery!





Laying on Side

~The focus can either be on the front or the back of your client, these examples are obviously of the front! The back is honestly easier because there are less features to take into consideration.

~The key is to have one arm supporting the client without having the hand be the main focus, hiding this within their hair is crucial!

~The next component is how to keep one boob from flopping over the other, making their bra extra tight is a great way to deter this from happening ooorrr as shown in the top left, have them lean forward!

~Try to avoid shooting both the front and back within one shot because rolls like to sneak in when posing your client for this type of shot.





Knees

~I tell clients to open their knees juuusstt enough but not like they're trying to get pregnant and then cross their toes over top of each other. They'll instinctively cross their ankles but don't let them, their legs/feet will fall asleep more quickly!

~Direct their back towards your light source for some really pretty highlights on the small of their back. If you want some bomb shots of their face, give them something to do with their hands like above.

~Leave space between the waist and elbows so light peeks through and shows off that they're #TeamNoWaist! AND pop that booty!



Bridal

~Purchase a veil from Amazon or a thrift shop to keep on hand! I bought the one above on Amazon for \$15!!

~White looks good on everyone, really play up the bridal theme!

~Ask your clients to bring their garter, a shirt that says "bride" or a simple bouquet!