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Preparing for Your Photo Shoot

*“Beautiful images are carefully planned they are not accidents or “lucky shots.”
At London Elite Images, we plan to capture your best expressions and
photograph you in the most flattering way.”*

- Normal session is 1-1.5 hours.
- Inform us with emailed images or bring hard copies of magazines photo clippings of how you desire to be photographed. This is especially important for models who seek a certain look for their portfolios. We can use them as a guide to accompany our own creativity.
- Clothing to bring? Solid colours or simple patterns are preferable. Busy patterns are distracting. Avoid any “popular logos” on the clothes. Today’s labels can be out of style next year and we want your images to be timeless.
- Medium to dark shades create a timeless look and make the body look more slender.
- Avoid large, distracting accessories. Smaller accessories will better compliment your face. Your face should be the focal point, so long sleeve solids or very subtle prints are the most flattering.
- You should bring at least three outfits. One should be a dark short dress to wear with heels. Blue jeans are always great in portraits. The main thing is to bring several things you enjoy wearing.
- We also suggest a man’s white dress shirt if you desire to do an “off the shoulder” romantic image. Remember that we do not request or require nudity in any of our images. But, nudity is not necessary for an image to reflect femininity. If you desire to have your shoulders bare we suggest the you do not wear a bra with straps for at least two hours before the shoot to reduce the imprints on the skin. NOTE: *Images such as this are not done with models under 18, even if accompanied by a parent.*
- Match shoes to the clothing. They might show in some poses. High heels are important as they will elongate the legs and enhance the calf muscles and the general posture.
- Long or 3/4 sleeves are better for adults to focus attention on the face.

- Grooming? Make sure nails (feet and hands) are manicured will matching colours. Remember that dark colours draw attention away from the face. French manicure is best unless the shoot is a commercial product shoot.
- Simple hairstyles and natural makeup are best. We ask our clients to come with hair and makeup applied. Have your makeup supplies available for quick touch-ups.
- Eyeglasses can create glare and distortion. We recommend that you borrow empty, matching frames from your optician for your portrait. If you're not comfortable without your own glasses, we'll do everything we can to reduce the glare and distortion.
- Feel free to contact us at any time to discuss any questions or ideas you may have prior to your sitting.
- Practice posing for the camera in a mirror. Relax and smile at the camera like it's a friend who thinks you are beautiful. You are!
- And, have fun.

Respectfully,

Garry & Christine Milley



Professional Photographers of Canada
Photographes professionnels du Canada