

# Still Shots Photography

## Preparation Guide: What to know for when getting ready for your Photography Session!

1. Wedding/ Bridal Sessions: Your wedding is about you, not about your photographer. I want to photograph your wedding so that if someone wasn't there, they can look at your album and feel as if they spent the day with you. They'll know how you looked... and even better, they'll know how you felt...

The details of photographing a wedding will be customized. Your wedding photography will reflect your individual plans and your individual style. We'll talk about it at length before the day and make detailed plans about your wishes. My main task will be to take that discussion and create your story so that anyone can read it... especially you, 50 or 75 years from now.

I also highly recommend pre-bridal pictures. No matter what photographer you choose, please have pre-bridal pictures taken. Pre-bridal portraits provide a dress rehearsal of how you will look on your wedding day, your hairstyle, the details of your dress, hair and make-up. Although you are photographed on your wedding day, the relaxed atmosphere of the pre-bridal session allows for capturing the fine details of you on your special day. This allows the wedding day to become about capturing your expressions, your relationship with your fiancé, and your relationship with your friends, and family.

You need to find a photographer that you feel comfortable with so you won't look fake or stressed in your pictures. You need to be able to make your photographer really understand what you want. We specialize in listening first and photographing you with your desires in mind. We'll do our best to make your wedding portraits match your vision and your needs.

2. Children Session: Your goal for your professional portraiture session for your child may be to show your child's individual personality, a reserved study, the relationship between you and your child or between siblings, or, simply, capturing an intangible quality of that child's interests. Dressing up as a princess or a cowboy, playing with Mommy's jewelry, engaging others through a particular expression or activity--are all fleeting moments that we can help you capture forever.

We treat children as capable, with respect, and honor their requests and wishes. In our experience, we find children do better when their parents are relaxed. Our technique is to interact with children and, with their feedback, decide how to best photograph each child. We wait for the unguarded moment and until they are relaxed, then take the picture.

It is a joy to photograph children because they are innocent, wonder-filled and, because they haven't become self-conscious, it is possible to capture their individuality. This means that their entire sitting becomes a true reflection of your child's spirit and personality.

3. Family Sessions: We understand that getting a family together, large or small, is difficult. Some family members never want their pictures taken. Some insist they need to lose weight, (with the beauty of photoshop, never worry!) Others will postpone a session because there are more important things to attend to, or that it isn't really important .. However, it's important to remember that family photographs are some of the most treasured pictures you'll ever own, and if you wait too long it may never happen.

Families change all the time. Relationships between grandparents and grandchildren, brothers and sisters, parents and children, and new additions to the family need to be recognized. Families are extraordinarily dynamic and it's essential to capture moments in time that will never be repeated.

4. GUYS - For the more traditional portraits, a suit or sport coat with a tie is good. Medium to dark sweaters photograph well. For the casual and outdoor photos, comfort is the rule - jeans, khakis and shorts look great.

5. GIRLS - Bring the colors and outfits you feel best in. Dresses and sweaters are good for a more traditional look. Bright colors, skirts, jeans, or shorts look good for your casual portraits. If there will be outfit changes, bring one dark color outfit with long sleeves. Avoid busy prints and patterns as they distract from the most important part of the portrait - you!

6. SHOES - Shoes may show, so they should compliment your clothing.

7. HAIR - Your portrait session is not the time to experiment with new hair styles or colors. If you do cut your hair, please do so at least a couple of weeks before the session so you are used to styling it.  
Amanda Gatewood Updo's Studio at 336.817.0353

8. MAKEUP - Makeup for photographs should be slightly heavier than normal. However, too much makeup tends to give you a painted look and too little might not show off your features. A translucent powder is helpful to eliminate shine, especially for oily skin. Since most portraits concentrate on the eyes, great care should be taken to make them look their best. We have two great vendors who can help with these services. Give them a call for pricing and booking:

Shavon Lyon Fierce Make Up Artistry at 336.430.3544

Amanda Gatewood Updo's Studio at 336.817.0353

9. NAILS - Please do not forget the importance of your hands in your portraits. Whether you choose to do your nails yourself or have them manicured, keep them clean and use coordinating colors. Photographs often show your feet as well.

10. FACIAL HAIR - Make sure that you are clean-shaven before your session. Retouching can hide blemishes, but not razor stubble.

11. GLASSES - If you wear glasses most of the time, you will want to wear them in your portraits. To eliminate glare or reflections, bring empty frames or remove the lenses from your glasses.

12. PROPS - You can use items (including pets, vehicles, sports equipment and musical instruments) that show what you enjoy doing at this time in your life. If you have something special in mind, just let us know.

13. SUNTANS - Do not overdo the sun for a portrait. It looks great, but in moderation. Sunburn can be an expensive problem. It causes facial shine, red noses and cheeks, strap marks, hat lines and peeling, which are fixable but at an additional cost.