



AVOID Sun exposure for 1-2 days prior to headshot session.

WARDROBE:

Wear what you think looks best on you and bring two alternate choices. Contrary to popular belief there are no absolutes when selecting clothing for portraits. If you feel good in what you are wearing your confidence will come through on camera.

- In general solids are better than patterns.
- For a casual look, wear a T-shirt or polo shirt.
- Black is always great. Simple is better.
- Make sure all clothing is pressed and lint free.
- For business shots, dark solid jackets worn over a colored shirt with or without a tie work well.
- If you are wearing a shirt without a jacket make sure it is wrinkle free!
- If wearing an aloha shirt choose one that has a stiffer collar rather than a collar that lies flat.

AVOID:

- All-white shirts unless worn under a jacket.
- Busy patterns and logos. (If you have a small logo on a solid-color shirt made from smooth fabric, don't worry. The logo can be removed in post-processing.)
- Shirts that have a collar that is too big for your neck.
- Jackets that are too large or too small - a great fit is key!

MAKE-UP:

- Makeup is not usually needed for men, as we can retouch the skin in post. If unsure, email Tracy a photo.
- Moisturize your skin and use a lip moisturizer your lips do not look dry.
- Tracy will have clear facial powder to reduce shine. She also has hair spray and gels for touch ups.

HAIR:

- Hair should be clean and dry.
- Hair is best worn in a natural every day hair style.
- Please make sure your hair is cut and styled the way you like.
- It is usually NOT a good idea to get a hair cut the day before your session. Most cuts look better after one week.

GROOMING AND SKIN:

Please arrive camera ready.

- If you wear facial hair, make sure it is well-groomed, including your eyebrows.
- The rest of your face should be fresh shaven. Your session includes basic retouching and that does not include razor stubble. You may choose to bring your razor to the shoot and shave before we start.
- For actors - you may wish to do a scruffy look and a clean shaven look. That is fine, you can shave at the studio, but shaving a heavy beard is NOT recommended as your face will be irritated.
- Blemishes are easily retouched - don't worry.

Take a look at [photos on Tracy's website and blog](#) for more info and ideas.

If you are stuck on wardrobe, email Tracy a few selfies so she can make recommendations.

