



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.

MAIN TIP: Simple is better.

- In general, neutral solids are better than patterns.
- Fitted and tailored clothing works best. Loose or baggy tops will make you look larger than you desire.
- Try on your top(s) with your bra in front of bright light and mirror to check for transparency. Studio lights may shine through thin fabrics.
- Model your tops for a friend and take some quick photos with your phone so you can see yourself in your tops.
- If you love your arms, tank tops can work nicely. However, long sleeves often work better than short sleeves.
- If you have long dark brown or black hair, your hair will blend into dark clothing, so consider wearing a lighter colored top.
- As we age, lighter colored tops may be more flattering and fresh. Darker colors can draw attention to wrinkles.
- Avoid pastels if you have light skin. They can wash you out.
- White or Off-White can work nicely unless you feel it washes you out.
- NO jewellery for actor headshot. Jewellery is fine for corporate headshots

AVOID:

- Busy patterns, plaids or stripes.
- Short sleeved tops where sleeve is loose on arm.
- Shiny fabrics like silk or satin.
- Loose or baggy tops.
- Pastels - the light color washes out in studio light.
- Jewellery if you are getting an actor headshot.

MAKE-UP:

Wear makeup that makes you feel comfortable and look camera-ready but natural.

- Do wear mascara as well as lipstick close to your natural lip color
- Do consider having a professional do your make-up for you. Tracy can book this for you.
 - If you have a makeup session, arrive with a clean face.
 - You should only use a moisturizer and an eye cream prior to your session. DO NOT USE any SPF.

- Don't worry about blemishes. They are easily retouched!
- Don't wear too much face powder over foundation - digital is sharp and too much powder will show and be impossible to retouch.
- Don't wear sunscreen or any SPF to the photoshoot.

HAIR:

Consider hiring a professional to do your hair when you have your make-up done. This can be particularly helpful if you have unruly hair. Tracy can book a session for you.

- Whether or not you work with a stylist, make sure you wear your hair in a way that you think looks most like you!
- Adding some wave or curl to the hair usually looks great in headshots.
- It is usually NOT a good idea to get a hair cut the day before your session. Most cuts look better after one week.

Tips if you are working with a stylist:

- In most cases, wash and blow-dry hair the night before.
- If you are getting an up-do, wash your hair the day before so it is not too soft. This way your hair will better hold the style. Apply all the products you normally use and blow dry.
- If you are getting a blow out in your hair session, wash your hair the morning of your appointment and use your regular styling products, but don't overdo it.
- If you have long hair and you want to put some curls in it, wash it the night before and then wet it again in the morning, apply products you normally use and then blow dry with your head down. This way your hair won't be too soft to hold the curl and it will have some volume from the root.

GROOMING AND SKIN:

- It is very helpful to wax and manicure your eyebrows and remove facial fuzz prior to your photoshoot. BUT make sure to do this 3 or more days before your session, just in case you have a skin reaction.
- Removing hair from the facial skin ensures that your foundation goes on smoothly and prevents applied powder from becoming attached to those fine hairs, which are very visible in your close-up digital photographs.
- A drug store depilatory cream will easily remove facial fuzz. Popular brands include Sally Hansen and Oil of Olay. To make sure you don't have an allergic reaction, conduct a patch test a few days before the photoshoot.
- You can also use a traditional disposable razor and just shave it. Yes, shave it! It is a myth that by shaving the hair it will grow back darker and thicker. Plus, shaving removes the top layer of dead skin cells and exfoliates your skin. This can tighten and plump your skin through constant cellular rejuvenation.

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PHOTOGRAPHY