

## STYLES & IDEAS FOR YOUR LIFE DOCUMENTARY SESSION

Yay! I am looking forward to creating a special personalized session for you. I LOVE creating a unique documentary event to capture your real life and connections.

As we move into the planning stage of your session, it's always good to set the stage for a successful session. It starts with a location that makes you feel comfortable and at home—where you feel like you can be yourselves and freely express your love and emotion in that place. This should be a fun time for you where you can let the stresses of life slip away for a a bit and just enjoy being with one another and reminding yourselves of the journey you've shared in life! The more comfortable and real you are, the more comfortable and real your images will be. :)

Let's begin with clothing. The most important factor here is comfort and wearing something that makes you feel GREAT!

Example: NEUTRAL BASE: dark blue rinse jeans

+ 2 COMPLEMENTARY COLORS: grey + aqua

+ POP OF COLOR: coral orange necklace



As a starting point, choose a neutral color as a base (dark blue/navy, black, white, gray, brown, cream). Now add two complementary colors that make a fun combination, but not distracting. It's also fun to add a color pop of color that may be unexpected. This works really well as an accessory, scarf, hat, shoes, etc. Basically the "pop" should be a smaller part of the image so that it doesn't distract from the people in the portrait.

### HANDY TIPS:

- PLEASE BE ON TIME FOR YOUR SESSION. The start time is based on light & location. !Muy importante!
- IF WE ARE GOING OUTSIDE YOUR HOME, PLEASE BRING QUARTERS FOR PARKING.
- DON'T MAKE PLANS FOR RIGHT AFTER YOUR SESSION. It will help create a fun and relaxed experience if you feel carefree without a schedule. If you view this at quality time together without smartphones and everyday life's distractions, it helps me create much more natural and real images for you.





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If you have a favorite clothing item that exemplifies your personality, that is a great option. The best choices are things that make you feel amazing. If you have any questions, feel free to email me a picture of your outfits. These guidelines are a starting point, not a steadfast rule.

#### **COLORS AND PATTERNS:**

- Super fine patterns and really tight plaids can create bizarre optical illusions. Simple, larger patterns can
  work great when mixed in with others wearing solid colors in the group.
- Try to find colors that contrast to your skin tone, versus match your skin tone.
- White clothing tends to add weight in photos, while darker or richer shades of color are more flattering and slimming.
- If more than one person is included, keep clothing in the same vein (i.e. dressy/casual)
- Avoid being "matchy-matchy". Complementary shades add depth to your portraits while matching colors give a flat look to your group.
- Try to stay in the same tonal family of colors (think about your old box of Crayola crayons). Earth tones mix well with other earth tones. Bright colors blend well with other bright colors. Pastels work with other pastels.

#### STYLES AND CUTS

- Turtle necks (not too bulky!) and V-necks are flattering (but not too deep!).
- Avoid strapless, tanks, or spaghetti straps. A lot of skin can be distracting.
- Shoes should align with your outfit choices and location. If we are home or on location, wear something you love or feels like you would wear it on a regular old day in that spot.
- If you're wearing those sassy shoes, bring a pair of flip flops for walking between locations, if we are shooting outside your home.
- Generally, skirts/dresses should cover the knee.
- Flowy fabrics photograph better than tight, binding fabrics.

### ACCESSORIES

Let's capture some of your personality! I love to incorporate accessories that reflect your style.

- If you're a hat person, bring one along!
- Fun, funky jewelry can add accent and personality. If in doubt, bring it along.
- Scarves can be fun as well as jackets and layers. It can really help us mix up the look quickly.

### GENERAL BEAUTY AND SKIN PREP TIPS

- WEAR MAKEUP: Even if you don't normally wear makeup, use at least the basics for your photos.
- EVEN SKINTONES: Foundation with a light loose powder does wonders for evening out skintones.
- CONCEALING OIL: Translucent matte powder on the nose, cheeks, and chin. Avoid sparkly stuff.
- ACCENT YOUR EYES: Define brow and lash lines. Wear mascara. These frame and accent eyes!
- WARM IT UP: Light and sheer blush in warm tones of rose, peach, or coral will liven up skin.
- LIPS FRAME THE SMILE: Bring chapstick/lipstick/gloss to keep lips looking great.





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#### SPECIFIC TO FAMILY LIFE DOCUMENTARY SESSIONS:

Is there something special you guys all love to do together as a family? Please let me know!! Perhaps it's pancake breakfast created together as a family each Saturday morning. Wouldn't that be fun to document?! I think so :)

- Family documentary sessions typically involve a single outfit, possibly two if you want a little more variety.
- I suggest the casual clothing and wearing something you LOVE and says "YOU"!
- Jeans as the neutral base color plus 2 complementary colors and a pop of color is great.
- Don't be "matchy matchy", but instead, aim to complement each other!
- KEEP IT REAL, VARIED, AND FUN:)

If you have small children, please keep a favorite toy or small squeaky item that will bring a smile to their face handy. It's also good to have juice boxes or special snacks on hand to keep them happy and engaged. Lastly, please let me know if your kiddos have a happier time of day so that we can try to work around that!

If you have furry children with tails, please bring poop bags, because, you know, that's gross! Also, small reward treats are great bait for us to have on hand to help engage your pet. Make sure you've taken them on a walk prior to the session to tone down high octane energy.

### SPECIFIC TO COUPLE SESSIONS:

It's fun to incorporate themes and activities that are reflective of your life together. So round up the props or fun things that tell me more about your life! I've done travel themes, punk rock albums, bowling, guitar and music, and more. We can have a lot of fun with it!

Typically we will do one clothing change during the session. I recommend one casual outfit and one dressier outfit. By photographing you in two outfits with different tones and styles we are able to create different moods and a greater variety of images to choose from. Your secondary outfit can be more casual, however, just be sure it's in a different tonal range than the first outfit.

- Bring two outfits to your engagement session.
- When in doubt, bring extra clothing and I will help you make final selections.
- If possible, bring a garment bag for clothing to make it easier to move around.

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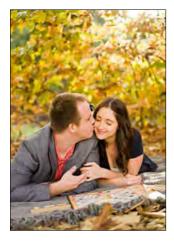




**CLASSIC DRESSY** 



HIP FUNKY URBAN



**TRENDSETTER** 





**GEEK CHIC** 



HIPSTER-ISH



LAYERED CITY WEAR



**ERA-SPECIFIC THEMED OUTFIT** 





# BETSY MCCUE PICTURES

### **FUN ACCESSORIES & PROPS**





















### ACTIVITY-DRIVEN CLOTHING











