

VIRTUAL

PORTRAIT

EXPERIENCE

Prep Guide



Brenda Jankowski
Portraits

*These photoshoots, really **all** my portrait sessions, are about empowering you (all women) and making you feel beautiful in front of the camera. It's about capturing your beauty, confidence and joy so that you shine.*

My gift is that I know good lighting, and angles, and posing, and styling, and how to give direction; and all those things that come together to make you look like a supermodel, even if I am not in the same room as you.

*All women want to look like supermodels.
They want to look beautiful and feel beautiful, yet most women say they hate having their photos taken.*

“

*Wanting to look your **best** is not conceited.
It shows **confidence**, **pride** in your appearance and **self worth**.*

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THE BASICS

You need to plan your wardrobe ahead of time. What you wear is an important aspect of your photo session

That being said, these are fun photoshoots, don't get too hung up on what to wear or what colors - just showcase your personality!

**THE MOST IMPORTANT THING YOU CAN BRING
TO YOUR PHOTOSHOOT IS YOU!
YOUR PERSONALITY
YOUR ENERGY**

The rest will fall into place.

Wear something that makes you feel great, comfortable & relaxed.

Fitted clothes look best. Not too loose and not too tight. Loose clothes add width on camera and too tight clothes are just not flattering.

COLORS & TEXTURES

Simple is best. Stick with solids or very light patterns.

Avoid crazy patterns and distracting logos on your clothing to keep the focus on you.

You can add visual interest by using textures such as tulle, sequins or lace.

I hear the phrase "black is slimming" all the time. While it may be slimming in real life, on camera it can add bulk. Because it tends to look like one big solid mass, it's definitely NOT my go-to wardrobe recommendation for camera.

Stick with jewel tones, bold colors or pastels.



brenda@brenPhotography.com



NECKLINE & ARMS

Remember that a V-neck lengthens the neck and a round neckline shortens it.

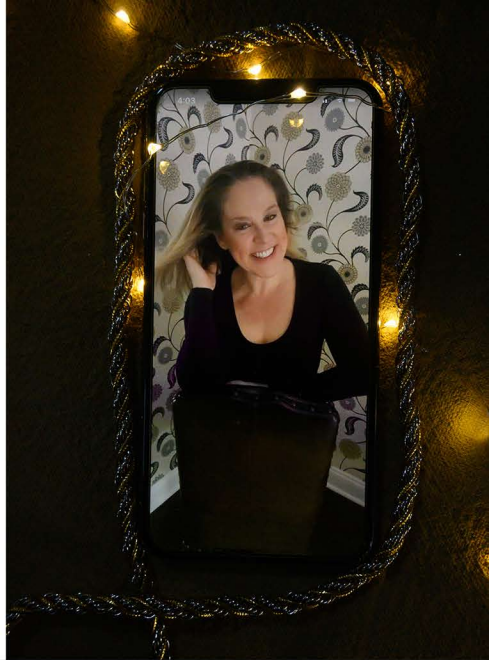
Unless you love your arms, long sleeved or ¾ sleeves are best. They also don't distract the eye by having too much skin around your face.

JEWELRY & ACCESSORIES

Bring on the accessories, the big bracelet, the feather earrings, a chunky necklace, the leather jacket, your favorite scarf.

We may use them, or we may not, but you want plenty around if you get inspired.

(And they can make an outfit look entirely different.)



BE COMFORTABLE

Wear something that makes you feel great, comfortable & relaxed.

You can wear jeans, fun casual dresses, a formal cocktail dress (why not!) even lingerie.

Let's do it all- have fun with it!



MAKEUP

With makeup, it's best to start out very light, we can always add more if we think you need it.

A solid foundation goes a long way, don't forget to blend it in at the chin and hairline.

Play up your EYES but don't go overboard. Go for 2 light coats of mascara and a neutral eye. Don't use anything that shimmers it can catch the light in an unflattering way.

For CHEEKS, a soft pink works best applied lightly (too much color can look very harsh). And LIPSTICK to match the mood from a soft neutral pink to a bold red.

HAIR

For HAIR, a natural look works great, with some volume at the top.

Soft curls are always a great look, especially if you want to add some movement, stay away from updos, and crunchy hair spray.

You want your hair to have movement and not look very different from you.

If you can rig up a fan or have someone blast you with a blow dryer- go for it- you'll feel so glam!



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While you may have had a bad experience in front of the camera in the past, I can't wait to work with you and give you a taste of what a real, in person portrait experience with me can be like.

You will shine and these will be the best images you have ever seen of yourself!

ABOUT ME

I know what it's like to be a woman who struggles to see her own beauty.

We put off having portraits taken because we want to lose weight, we have too many wrinkles and 'I'm not photogenic'. You are not just "born with it", being photogenic is in everyone.

By tailoring your experience to your needs and dreams of being photographed and creating not only a safe space, but one that allows you to feel as though you are able to step into your best self, we create portraiture that will outlive you.

Together, we will bring out your confidence, and that will bring out your beauty. You will reconnect with the woman you see in your portraits, and you will be awed by her again.



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*We will find your beautiful.
Celebrate you today.
Every woman deserves a beautiful
portrait of herself.*