

# Boudoir Prep Checklist

Here are some tips you can try before your session to *really* get you feeling yourself. Take whatever you like and leave the rest. Remember - have fun with it, and focus on whatever appeals to you. This is all about you, babe!

- Put together a playlist of songs for your session that really get you in your groove. Having songs you know you can rock to will make your session so much fun!
- The night before your shoot, take a long, luxurious bath. Really go the extra mile and include whatever you like. Treat each of your five senses with candles, music, flowers, snacks, etc.
- Look in the mirror and for once don't look for flaws, but focus on all the things you actually like or even love about yourself. Compliment yourself! You'd be surprised what a huge impact this can make.
- Write down 5 of your favorite things about yourself (physical and nonphysical). Don't be afraid to brag!
- Gather up all your outfit choices and any props for your session. Make it a fashion show with a friend or partner, or keep the sultry surprise to yourself.

I hope you enjoy these suggestions. Have fun!

