



Boudoir
CLIENT GUIDE

WELCOME

Hey there, the name's Lyddy. I'm an award winning photographer and there is nothing that I love more than empowering women. Well, maybe my babies, but that's it. Anyways, let me tell you how long it took me to say, "I am beautiful." It took years to be at peace with my self-image. I have always struggled with my appearance. I have since realized how much I love what my body is capable of; the real beauty lies beneath any self-perceived flaw. Becoming a boudoir photographer, I bottled up my self-love journey, and I want to share it with everyone. I understand the pain of not feeling comfortable in your own skin. But let me tell you how awesome it feels once you find self-acceptance and freedom.

A newly found freedom and peace brings such refreshment to our everyday life. I want every woman to feel that liberation from self-doubt. Let me be your guide to your new beginning.





The Experience

Boudoir Session

Cost:£150

Includes:

- Fun 1hr Photo Shoot in our multi set studio
- Our signature posing guidance to flatter ANY size and ANY shape
- Three outfits changes
- Private reveal session

(Session fee does NOT include digitals, prints and products.)

Deluxe Boudoir Session

Cost:£249

Includes:

- Professional Hair & Make-up Styling
- Fun 1.5hr Photo Shoot in our multi set studio
- Our signature posing guidance to flatter ANY size and ANY shape
- Five outfit changes
- FREE Angel Wings or Faux Shower add-on
- Private reveal session

(Session fee does NOT include digitals, prints and products.)

A LA CARTE PRINT & PRODUCTS

When we 'wow" you at the reveal session, you are sure to want some gorgeous products to show off your new portraits. We have hand-selected beautiful professional products from around the world that WE LOVE and you will too.

Wall Art

10x8"	£165
16X12"	£250
20X16"	£350
30X20"	£495



Photo Books

Little Black Book	£450
Deluxe Album	£695
Crystal Album	£895

Digital Negatives

Provided on USB flash drive or online gallery. .

10 Negatives £450 | 15 Negatives £500| ALL Negatives £600



LOOK GOOD, FEEL GOOD

Ever heard the phrase, "Strive for beauty that can be felt, not just seen"?

I want to emphasize to you what a little R&R will do for your images and soul. Beauty begins the moment you decide to be yourself.

First off, pampering yourself loosens you up and gets rid of anxiety. Who doesn't like feeling like royalty, anyways? When you feel beautiful, it will show through your images in the end.

Make sure to wear a button up or zip up shirt when having your hair and makeup done. You don't want to mess up any of the hard work, especially onto your lingerie!

Inner beauty is great, but a little mascara never hurt anyone.

When you come into my studio, this is the first thing we do during our deluxe. We let the hair and makeup team loose on you.

Having fresh foundation will help smooth your skin from blemishes or discoloration. Even some false lashes will add a "WOW" factor to you! We recommend curls for our clients. This helps with providing classy photos, or you can get messy in them to give your images a bit of sass!

This will be similar to a spa day for you. Kick off your shoes, make yourself at home and relax!



WILL MY BOUDOIR IMAGES BE POSTED ONLINE?

A common question I'm asked about my boudoir photography is whether a client's images are going to end up on my website or on social media. That makes sense because I have images of other clients on these outlets, but the only images you're seeing are from women who decided they were 100% OK with those images being shared. None of my clients are obligated to have their images posted and, in fact, a large number of my clients opt to keep their session pictures private.

When you have a boudoir session with me, one of the first things we'll discuss is your privacy. Some women prefer to have zero images shared anywhere. Some are OK with me posting to a private and secure group online for other clients to see, and some don't mind having their images shown on my Instagram, Facebook, Pinterest, or Website.

If you'd like to share any images from your boudoir session, I'll run the image(s) by you first and let you know when they're being posted. You also reserve the right to have the images removed at any time. If you prefer to keep everything private, that's 100% OK and an option that many of my clients choose. To help ensure peace of mind, do note that I have taken extra protective measures in my home and on my computer to ensure your images are steel-trap safe.

Ourfit Checklist

Gearing up for a boudoir session? Girl, I've got you covered! I know you've already got your outfit planned and your makeup inspiration look pulled, but have you checked off these boxes?



Come Up with an Empowering Mantra: Having the nervous jitters before your shoot is completely normal, but I've found that one of the best ways to pump yourself up is to repeat an affirmative mantra or positive phrase! Maybe it's "I'm sexy and I know it!" or "I am grateful for all that I am," or "May I be kind to myself today and always."



Don't be afraid of variety and different colours. By selecting multiple types of outfits, you'll ultimately have diverse images. Black and white are top colours, but don't be nervous to try colours that match your personality type



Model the Heck Out of Your Outfit: Reserve 30 to 60 minutes sometime between now and your boudoir session to put on your outfits. The more comfortable you are in the outfits, the more comfortable you'll be on the day of the shoot! Also, tell yourself how awesome you look in each one and call out your favorite physical feature in each outfit.



Write Down Why You're Doing This: Take a good 15 to 20 minutes to write down the reasons why you decided to do a boudoir shoot. Maybe it's to embrace your body or you want to give a milestone gift to your partner. Whatever the reason, this session is a celebration of those reasons, and we're going to have a heck of a time.

Testimonial Page



Amazing Experience - Maura

"I had the most amazing experience here. I've never been made to feel more confident or beautiful. After a year of doubting myself I now feel able to lift my head up and smile."



Confidence Boost - Tracey

"Lyddy is such a lovely person, very professional and really puts you at ease. I absolutely love my photos! Can't believe it's me! I would 100% recommend her for a makeover, photo shoot, confidence boost, special occasion session - anything."



I felt AMAZING - Aysha

"It was so much fun! I had my hair and make up done and felt amazing. I saw the photo's today and Lyddy has done a brilliant job. I really recommend booking a photoshoot if you want a confidence boost."

FOUR TIPS TO ROCK YOUR BOUDOIR SHOOT

- 1** Drink up! Guzzle plenty of water before your session. Being hydrated keeps dry skin at bay, and helps fine lines appear plumper and smoother.
- 2** Match yourself with the right professional photographer. We are here to make you comfortable and to believe in yourself.
- 3** Treat yourself before your photoshoot to a mani/pedi. Pampering yourself is the perfect way to relax and destress.
- 4** Go to bed early and get rest. You will want to come feeling energized without dark under-eyes!





Your shoot is all done, you are proud of your photos, and you want to show your partner. How exactly do you do that, though? Here are five great ideas that just might work for you:

1. Take your digital files and email them to your husband or wife while they are at work. Nothing brightens up someone's day like a boudoir photo. You can string them out over a few days or even months. One last piece of advice: in the subject line, make sure that you tell them to open your email in private!

2. Put them in an album. Wrap up this album and let them open this gift on a special occasion. After your shoot, we can pick out your favorite photos, and I can have your collection made into an album for you.

3. Put them on the mirror in the morning. Simply hang a photo on the mirror before your significant other wakes up in the morning. I honestly can't think of a better way to start the day.

4. This isn't for the faint of heart. Take your 12 favorite shots and have them turned into a calendar. Hang it up and let them enjoy a new photo every month for the next year. I had a client a few months back who had one of her favorite shots printed onto a coffee mug.

5. A scavenger hunt! Don't let the secret out. Place your photos in the fridge, lunchbox, or any other commonly used place. Imagine your partner's surprised look when they find a sultry picture of you unexpectedly. Be creative with this one!

JOIN OUR BODY CONFIDENT CLUB

I get a number of questions about my Confident Honeys group, so I thought I'd take a quick second to give you the run down. My VIP Boudoir club is simply a private closed group

(a "club" if you will) that consists of current, past, and future boudoir clients. It's a safe space for you to ask questions and share inspirational images or stories, to collaborate and bond with other women who are just like you.

When permission is granted, I'll post a handful of images from my sessions for others to see in this VIP group. The best part is that this turns into a positivity fest in the comments section on each image! I'll also use this group to post upcoming mini session dates, specials, and to get feedback on new ideas for my studio regarding locations, props, new products, and even editing styles.

My VIP Boudoir club is free — I only ask that you bring your best attitude to lean into the atmosphere of lifting other women up and having a great time



BOUDOIR FAQ

I'm really nervous. Is that normal?

It is definitely normal to be nervous for your boudoir session, so don't worry. Most of our clients are nervous until the session has gone on for a few minutes. After it starts, you'll begin to loosen up. If you're still nervous, try out these relaxation tips we've provided in another blog post: [Click here](#).

How do I know how to pose?

Don't worry about posing. We've totally got you covered in that department. We know all the tricks to create the most flattering angles for you, no matter what shape or size you are.

Do your packages include hair and makeup?

We do offer packages with complimentary hair and makeup by a professional MUA. See our full list of session packages [here](#) for pricing.

I want share these pictures with my partner, but I don't want loose prints floating around. Any ideas for the best gift?

This is a very common concern and we totally understand. We recommend placing an order for our little black book. This is much more discreet and will keep all of your images in one place and not floating around. We also offer digitals. For more information on these products, just ask.

What should I bring to my boudoir session?

For our sessions, we suggest three or four different outfits and any props you may want to incorporate e.g. stockings, jewellery, a pair of heels etc.

BOUDOIR FAQ

Can I bring a friend?

Yes, you can bring a friend if you think it will help you relax. However, sometimes an extra set of eyes has the opposite effect, even if it is a friend. They are more than welcome to come, but if they are making you uncomfortable, they may have to wait in the makeup room..

Will my session be with a male or female photographer?

Our team is composed of all women, so you will only have a female photographer for your session.

Do you do touchups?

Yes, we will smooth skin and do some basic retouching on all of your portraits.

I'm not a model – are boudoir photos still flattering even if my body isn't perfect?

Absolutely! Nobody is perfect and every woman is sexy. If you have any specific concerns, contact us and we can talk about it!

Do you offer payment plans?

Yes! We are partnered with Pay it Monthly so we can offer 0% finance on orders over £300. You can choose to spread the cost over 3 to 10 months. Ask a member of staff for details.



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