



BOUDOIR  
*Guide*

# W E L C O M E

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## CELEBRATE

I love and celebrate the beauty and spirit of women through photography and I know that you will see that reflected in your images.

## FUN

I believe that your boudoir shoot will be one of the most fun and life affirming things you have ever done for yourself. This is your "me" time, the moment to celebrate being a woman and who you are today and honestly, you will see yourself in a new light whether you're brimming with confidence or a bit shy.

## AMAZING

You are going to have an amazing experience, with some luxurious pampering, professional styling, the right lighting and expert posing guidance throughout your photo shoot, we will transform you in to a woman of pure beauty!

## PLANNING

One of the keys to a successful shoot is a little planning on your part, especially when it comes to selecting a great selection of lingerie, shoes and accessories!

This guide will help you plan how to prepare and what to bring to your session, but if you have questions please do call me and I will be happy to help.

Come and join the Lone Barn Secrets group on Facebook, you can chat to other women who are thinking about having a shoot and ask advice from ladies that have already braved the boudoir.

I can't wait to meet you and create some magical images for you.



*Julie xx*

THE  
ESSENCE  
OF  
YOU





# BRINGING OUT YOUR INNER WOMAN

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Boudoir Photography is highly regarded as fine art photography, making it the perfect gift whether you've chosen to gift yourself or gifting someone else.

We, as women, don't take the time to revel in our womanhood, enjoy or acknowledge our beauty or the freedom of indulgence, yet each of us deserves those special moments of feeling free and bold enough to be the woman we are inside.

Boudoir Photography encourages us to indulge in those moments of expression.

Call me for a chat and I can answer all of your questions. If it is too early for a chat come and join our ladies only VIP group -Lone Barn Secrets.





# C O N F I D E N C E

Confidence comes with a first step,  
embracing who you are

# E M P O W E R

Open your eyes to you. Make you  
stronger and more confident, especially  
in controlling your life and claiming  
your rights.

# C E L E B R A T E

Boudoir celebrates you, who you are  
today.

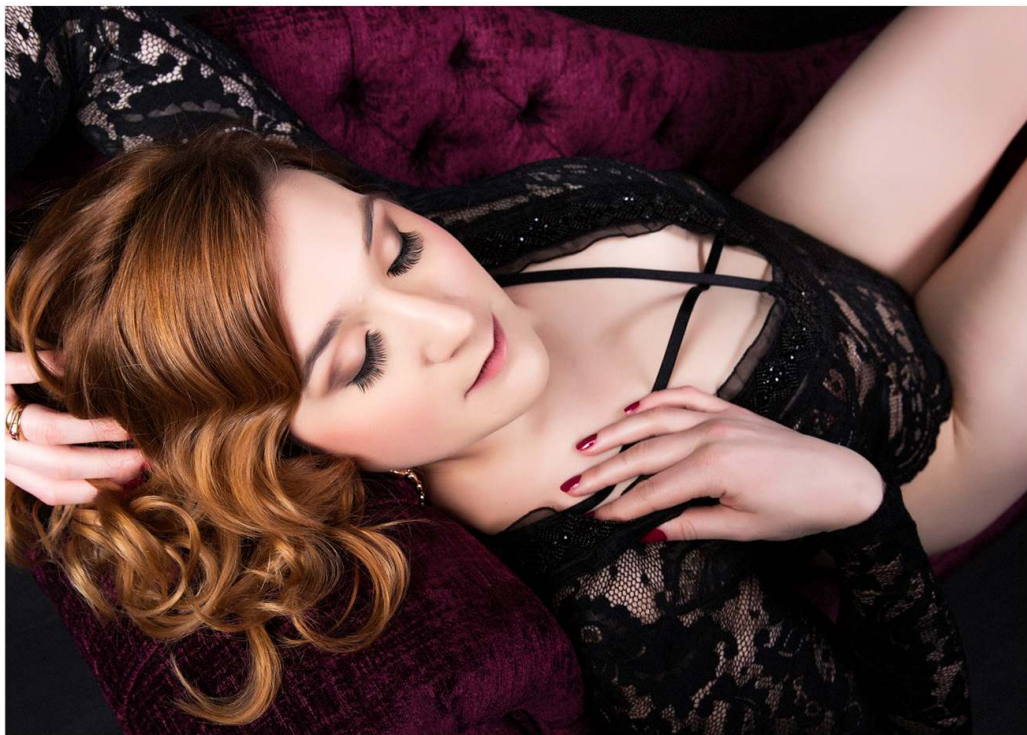
Let's celebrate the "YOU" the world  
sees and the secret "YOU" ~ the dream  
that lives inside.

# T R U S T

Placing your trust and connecting with  
me, your photographer, is truly  
important and results in images you  
will love.

Giving yourself permission to enjoy  
and relax, allows me to bring out the  
feel and look you envisioned when you  
imagined having your boudoir images  
taken.







# EXPRESS *yourself*

## CHOOSING YOUR STYLE

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CHOOSE YOUR STYLE AND WE'LL MAKE IT HAPPEN  
NATURAL, GLAMOUR, EROTIC

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### BRINGING OUT YOUR INNER WOMAN

Your session experience with me is complete pampering from start to finish. Your shoot will be based on our conversations, the information you provide and the outfits that you have chosen to wear for your shoot.

I am happy to make suggestions on what to wear and where to shop. You know who you are and what you want to say with your images, it's simply time to express it.

I have a fabulous hairstylist and makeup artist who will make you shine. You can request a natural to high glamour look and she will make it happen.

Your experience will start with a chat over a cup of tea or coffee, so we can get to know each other a bit more and you and of course to check out the gorgeous lingerie you have brought!

Then it's time to be pampered and have your hair and makeup done.

Once you're ready, we move on to getting you into your first outfit and into the studio.

You don't have to worry I'll gently guide you throughout your whole shoot, just relax, I'm a specialist in posing and lighting every body to make you look your best. Before you know it you'll barely be aware that you're being photographed.

Join the many ladies in the Lone Barn Secrets Group, they will be delighted to share their experiences and advice.



## WHAT TO WEAR

BEAUTIFUL LINGERIE SHOULD MAKE YOU  
FEEL SEXY EVEN IF IT ISN'T SEEN BY  
ANYONE BUT YOU!

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Choosing outfits can be a bit stressful, the most important thing to remember is to make sure you choose outfits that make you feel sexy, and are a good fit (try them on a couple of weeks before to avoid any last minute panic, so you can go shopping and treat yourself).

Bring at least two or three bra and panty sets. Think lacey, textured and coloured. Corsets, garters and stockings are also great. A robe to wrap yourself in is a fabulous outfit and really versatile.

Bodies always look sensational and are fabulous if you are a little bit conscious about your tummy.

An oversized sweater can lend itself to a more casual but outstanding and very sexy look.

For an edgier look a bra and leggings with killer heels can be a dynamite look if you have an edgier personality and want to showcase that as well as your romantic side.

Killer heels are a must, high court shoes are super flattering, bring a couple of pairs.

Remember you're not going to be walking in them, so they don't have to be super comfortable.



subtle  
yet sexy

INSPIRATION



lacey



shoes



retro implied

FAVORITE PLACES TO SHOP

Figleaves | Bluebella

Pour Moi | Honey Birdette



*Sarah*

I would never have thought I could look and more importantly feel so good about my body!

Wow, stunning photographs I had such a great time in the shoot!

WHAT  
REAL  
WOMEN

are saying about their experience



Jade

As a working mum of two it's hard to take time and do something like this. To feel surprisingly sexy again was amazing.

Felt so comfortable during the shoot.

Zoe

I walked in a size 22 and walked out feeling like a size 12!!

What an incredible experience, the images are simple stunning. xx





# Tania

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"When I decided to do a boudoir photo shoot, I was really nervous about how I would feel during the actual shoot, would I be too nervous, would I be able to relax enough to get good shots. Then it was about what would I wear, although that was totally fun. Talking to Julie calmed me down and helped me get through the nerves. I asked all my questions, answered hers and felt really comfortable, so I went ahead and booked the shoot.

I loved my make over, Miriam was amazing, I wanted a natural look as I don't wear much make-up and she made me look like me, but a more polished, prettier me. I think being pampered also helped me to start to relax and enjoy the day.

It has given me so much more confidence, and not just in how I look either. I'm still a wife and mother, and happy to be that, but I also know that I can achieve more, I've applied for and got a new job that I love. I've started a distance learning course in science. I've made new friends as I'm more confident in talking to people. And all of this began with braving the boudoir.

If you are thinking about doing a shoot, I'd say do it! Being nervous is natural, but you can overcome that. I'd say it changed me, but into somebody I'm proud to be."

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# PREPPING

## FOR YOUR BOUDOIR SESSION

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TAKING TIME TO PREP FOR YOUR BOUDOIR SESSION IS SO WORTH IT, YOU'LL FEEL PREPARED AND RELAXED. YOUR FOCUS WILL BE WHERE IT SHOULD BE, ENJOYING THE EXPERIENCE.

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Taking the time to prep everything for your shoot will keep you relaxed and feeling confident. Throwing everything together last minute will make you feel frazzled and out of sorts. We want you to have a fabulous experience from start to finish and the best way is simply to feel prepared.

### SKIN

Hydrate the week of your shoot, drink water regularly your skin will love it and it gives your skin a refreshed look.

It's a great idea to exfoliate your body prior to your shoot, make sure not to irritate and redden your skin though, best to do it 2 or 3 days before your session.

If you wax, make sure to do it or have it done leaving enough time for your skin to calm down if you are prone to any reaction, for example reddened areas.

Please don't go for a tanning session for at least a week before your shoot, it will not look natural and adds an orange tint to your skin. Bring your body lotion with you to your session.

### FACE

Treat yourself to a facial. Your skin will glow, just make sure to know how your skin reacts and give yourself time for your skin to calm down after your treatment.

Whitening your teeth - there are an affordable at home use products or schedule a dental visit

Get your eyebrows waxed if they need it. Since they frame your eyes, they're an important part of prepping.

### HAIR

Get a trim before your shoot. Typically a week prior to your shoot. Don't go for a drastic hair style change right before your session.

Make sure that if you colour your hair your roots are touched up and a deep conditioning can help your hair shine with a beautiful glossy finish.





# PREPPING

## FOR YOUR BOUDOIR SESSION

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“Freedom lies in being bold” - Robert Frost

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### HANDS & FEET

Your hands can be used in very sensual, creative ways in a Boudoir shoot, you want to make sure they're looking their best.

A manicure and pedicure are a definite must, if you don't wear polish, I suggest having at least a clear polish put on.

If you are planning to wear jewellery, rings or bracelets make sure to clean them prior to your shoot to have them looking their best. Of course, this goes for necklaces and earrings as well.

### CLOTHES AND ACCESSORIES

Prepare those amazing outfits at least a few days in advance, don't cram them into a bag, hang them if possible, to avoid wrinkles. Make sure to try everything on before your shoot and choose outfits that not only fit well but make you feel wonderful and sexy. Bring at least 5 choices, we'll talk about this in our consult. It's good to bring a variety of colours that look great on you.

Make sure you have everything you need including shoes, stockings and any accessories you want to bring.

### DATE | TIME | LOCATION

Please make sure to arrive a few minutes before your scheduled appointment so your shoot isn't cut short. We need to stay on schedule to make sure your session is perfect. Hair and makeup will take a certain amount of time and we want to make sure we have all the time we need for your shoot.

### RELAX. BE YOURSELF

You're investing a lot into this experience, so enjoy it. Don't think about any negatives or what you may consider to be imperfections. Have faith that you look amazing, the rest is up to us and we'll make sure you look amazing. We'll have lots of fun and laughs.

You're welcome to bring music that you love, whatever will make you feel good and either relax you or get you pumped, your choice.

SARAH



Is there any reason we can't be our own inspiration?



## SELECTING YOUR IMAGES

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After your shoot I'll book you in for your viewing and design session, usually one week after your viewing. Before you return, I will carefully edit and retouch your images, think of this as adding the final polish.

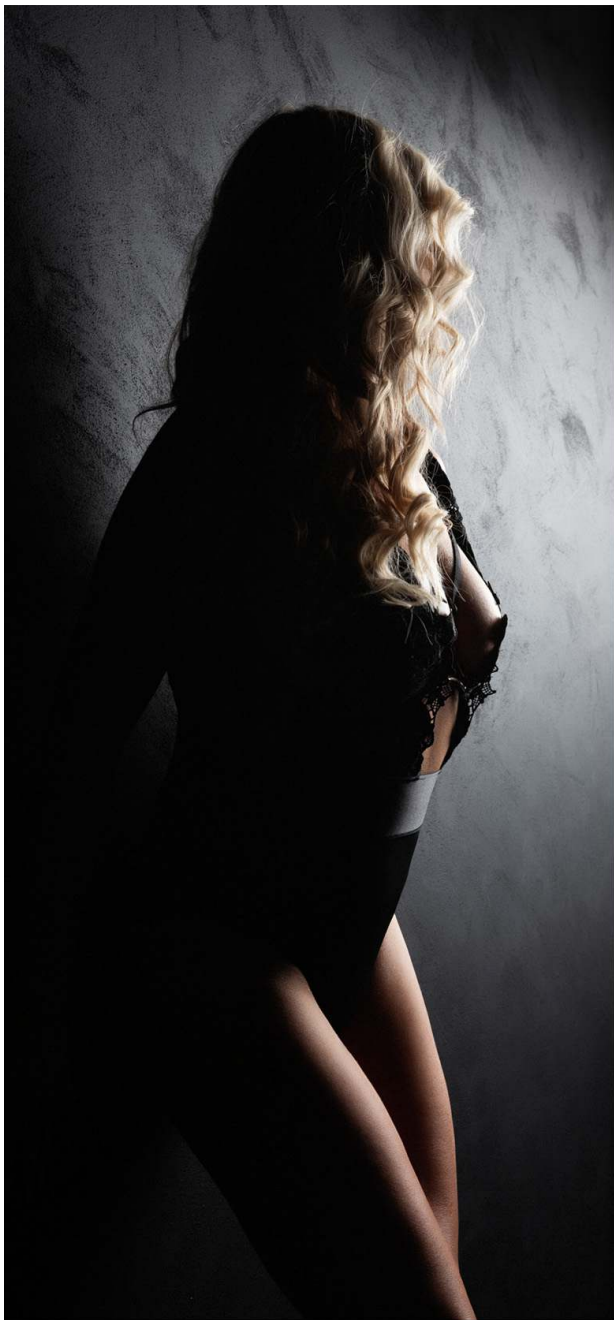
After 16 years of being a boudoir photographer, trust me I know how to subtly remove any blemishes that you would prefer not to see including, pimples, bruises and stretch marks. I will always ask you what your preference is regarding retouching.

When you come back, you'll enjoy seeing a slide show of your images on a big screen, and then we'll go through them slowly so that you can select your favourites. Be prepared, so many ladies are astounded how many images they fall in love with!

Once you have selected the images you love, I can help guide you through the many display options I offer, including albums, folio boxes and stunning wall art. Albums start from £695, folio boxes from £750 and wall art from £495. My super popular collections start from £999 and offer the best value for you.

You can then decide how you would like to pay for your artwork, I take debit or credit cards or you could opt to set up a Direct Debit Payment plan. Once payment has been received in full I aim to have your artwork ready for collection within 21 working days.

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## SESSION PRICES

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A boudoir shoot costs **£275** and includes all of the following:

A pre-shoot consultation to help you get the most out of your shoot

Hair and makeup, your look and feel fabulous even before you step in front of the camera

Up to 4 outfit changes

A fully guided shoot with me, I'll demonstrate the most flattering poses for you and gently coach you throughout your shoot

Editing and retouching of your images

A reveal and ordering session where you can select your images and how to display them

One 7 inch print of your choice







# *Helen*

"Wow, just wow!

From the moment I arrived both Julie and Miriam worked their magic, a woman who liked nothing about her body to embracing my curves.

Seeing the photos during the shoot is a confidence boost and I emerged as a lioness, ready to go naked! Viewing the photos I cried with amazement, I do look good and boy do my curves look fabulous. I've seen myself in a whole new way.

Thank you from the bottom of my heart. I will return in the future for another photo shoot. xx"





# Kaela

"I didn't realise I could look like this, it's not how I normally see myself, but I LOVE it and I will try to be this person more!

Thank you for being so kind and encouraging and for giving me so much confidence in my new body. You are a magician!!"





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## PAYMENT PLANS

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You can spread the costs of all collections and orders .

For orders above £800, you can split your payments over 6 months, your payments will be collected by direct debit. Your artwork is delivered on receipt of your final payment.

PayPal Credit (most popular option) have a great 4 months interest free program for those approved, this means you can get your final artwork quickly. (Top tip - apply before your viewing session.)

You can also **save 10% by pre-purchasing a collection** and unlock some great bonuses , simply select a collection and pay for it before your photo shoot. Call me for more information.

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### **Please Note**

Once your order has been processed, I aim to deliver within 15-20 working days.

I only do one viewing and ordering session.

I only keep the images you purchase at your ordering session.



*Thank you*

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***CAPTURING THE BEAUTY OF EVERY BODY***