



# Trish Eberlein Photography

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## Senior Session Tips

**Relax.** Your session is going to great so leave your worries at home! All I ask is that you come **PREPARED** (see below), show up on time with a **POSITIVE ATTITUDE** and an **OPEN MIND** and you will really enjoy the experience!

Basically, the first 30 minutes may seem awkward...no worries. We are going to work together to get the best shots possible.

I respect your time and value your ideas. If you have seen magazine/internet ads that caught your eye, send me the link or bring the ad so we can try it out!

## Clothes

**Think categories**  
**Classic. Casual. Funky.**

Be **prepared** and arrive with your **OUTFITS ORGANIZED, CLEAN** and **WRINKLE** free.

The number of outfits you wear during your session is only limited by the amount of time we have. The goal is to have as much variety in your images as possible.

Be sure undergarment straps will not peek out from under your clothes, and in the summer pay special attention to tan lines or sunburn!

Bring your favorite pair of **jeans** and a few different tops with a cami or tee shirt underneath. This allows you to change your top once or twice without changing your entire outfit.

**Accessorize!** Keep your outfit the same, but swap out accessories to mix it up.

Jackets/Letter jackets

Hoodies

Sweaters

Jewelry

Hats/headbands/hair clips

Scarves

Sun glasses

Props that illustrate who you are and what is important to you.

Don't forget to coordinate shoes to the outfit!!

**Make sure your outfit changes are very different.** For example, your first outfit might be jeans and variety of tops and accessories, your second outfit can be athletic wear, and third a simple summer dress with heels.

**Alternate between colors and styles:**

Solids vs. patterns,

Loud colors vs. soft colors,

T-shirts vs. button shirts,

Pants vs. skirts,

Formal vs. casual,

Bold vs. timeless.

Solid colors are recommended for most or all outfits. Colors that go well with a medium or dark background for close-ups include medium or dark tones of green, brown, rust, wine or blue. Darker shades tend to make people look slimmer. Try not to wear flesh-tone or neutral colors such as white, beige, tan, pale peach or pink, or gray, as these can dominate the picture and make you look washed out.

For outside photos I recommend spring and summer colors of sky blue, pale green, watermelon and dark peach to complement the outdoor setting. For fall, consider wearing red, gold, deep orange, emerald green and dark green.

**Friends, family and pets can be incorporated into the shots... however, it is YOUR session and we want to emphasize YOU.**



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## Girls:

Here are the tips and tricks that you simply must know when doing your makeup and hair for your senior pictures:

**Foundation** - Much as foundation is the key to building a house, it is also the key for building a great face. Use a matte finish liquid foundation and seal it with a loose powder. If you have it, bring along some translucent powder. While in real life, a bit of shine to the face gives you that "dewy glow," it unfortunately can look like "too much glow" in photos. I can direct you if you need to dab some powder on your forehead or nose.

**Eyes** - This is the one secret you need to maximize your makeup in your senior photos. Do not put anything below your eyes besides a slight touch of mascara! Focus on your top lid. Use a neutral color on your lids, and just a whisper of darker powder along your eyelashes. Consider a little shimmer on your brow bone to create contrast.

**Lips** - A neutral lip liner that matches the natural color of your kisser is awesome for senior photos. It gives great definition, and gives a base for your lipstick. Avoid lip-gloss - it looks a little too shiny in photos, and can draw focus away from your eyes.

**Hair** - Your hair should look simple and sleek, not greasy or overdone. Short haired girls will do well to avoid the mousse or gel. Haircuts schedule 2-3 weeks before the shoot. Roots do show...so if you color your hair have it touched up 1-2 weeks before the session.

**Hands:** Make sure your hands and nails look neat.

**KISS.** "Keep it simple, silly!" A nice subdued look is sure to make you look awesome, and give you senior portraits that you will cherish for the rest of your life.

## Guys

- Shave shortly before the session. Use lotion, sunscreen or moisturizer on face, hands and feet.
- Use Chapstick BEFORE and during the session.
- Don't wear baseball caps TO the session...no hat heads, please! Later on in the session you are welcome to wear it!
- Hands and feet show...make sure they look neat and trimmed.

### **Practice your facial expressions.**

Before you go to the photo shoot, practice your facial expressions in front of a mirror at home. You can try various smiles, serious but relaxed looks, and animated expressions for action shots (with sports gear, for example).

### **Work on your poses.**

Although I will arrange your standing and sitting positions for a variety of shots, you can try out different stances and positions at home, in front of a mirror, or by asking for feedback from a friend or family member. The overall goal is to appear natural and upbeat.