



YOUR ULTIMATE BOUDOIR CHECKLIST

2 Months Before Your Session

- Start drinking ALL the water. Get into the hydration habit now, because your skin will thank you!
- Start shopping for your 3-5 outfits you want to wear. Make sure to choose items that are flattering, well-fitting, and make you feel beautiful.
- This is your last opportunity to get any tattoos you want presented in your session. I do not recommend getting tattoos any closer to your session than two months, to give your skin a chance to heal properly. In fact, it's prohibited per the Client Agreement you will sign.
- If you get waxed or sugared, now is the time to schedule your appointment for 3-5 days before your session. I recommend Voda Salon in Herndon, because Heather is amazing!

2 Weeks Before Your Session

- Visit with your hair stylist at this time. If you regularly get your hair cut and colored, this is the time to do it, to allow for any color or cut corrections prior to your session.
- Begin cutting out carbs and processed sugars to make sure your skin is glowing.
- Try on your outfits and narrow down your choices.
- Keep drinking that water!

3-5 Days Before Your Session

- If you wax or sugar, visit your salon or spa and have this done at this time, to give your skin a chance to calm down if you happen to experience any redness or sensitivity.
- Exfoliate.
- Time to get that mani and pedi!
- Continue to drink ALL the water.

The Day Before Your Session

- Keep drinking that water. You are a *mermaid*.
- Make double-sure your outfits fit and you want to wear them.
- Pack your bag with outfits, shoes, and any accessories you want to bring.
- Wash and blow out your hair right before bed. This is especially important if you have fine hair, so it holds a curl or wave the next day.
- Moisturize that skin!
- Get a good night's sleep! Nobody likes dark circles in photographs.

The Day of Your Session

- Start your day off with a big glass of water.
- Use clear deodorant.
- Eat something light but filling. Trust me, you're going to burn it off. I promise!
- Wear comfortable, loose clothing prior to arrival at Supernova Boudoir to prevent lines on your skin. I recommend coming braless! You can change privately here.
- Make sure you leave with plenty of time to arrive, because #traffic.