

A Guide To Prep & Posing For Your Next Boudoir Photo Session

Compliments of [Less Is More Boudoir](#) - Bloomington, Indiana



“Ready to book your next Boudoir Photo Session? Whether you’re a bride to be or just want a few self love momentos to commemorate your beauty and courage- I’d love to work with you!” - Liv



“You Are Magic- Own That Shit!”

The Goddess Rebellion

Feel Confident, Courageous And More In Love With Your Beauty Than Ever Before

Maybe you're planning a sexy, sultry gift to give to your partner on your wedding night- Or maybe you just want a little something for yourself- to celebrate your beauty, growth, courage and confidence.

No matter what your reason- I applaud your decision, and want to do everything in my power to help you feel calm, comfortable and deeply connected with yourself during your experience. That's why I've created this professional prep and posing guide.

Read on for valuable information about what to expect during your boudoir shoot, including wardrobe suggestions! I've also included a few of my favorite boudoir poses with instructions just in case you want to give some of them a try in the comfort of your own home!



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Hi Beautiful! I'm Liv- Owner And Sole Photographer At Less Is More Boudoir!

I'm on a mission to help you embrace every inch of your body, mind and soul!

Booking a boudoir session is a huge deal- especially if it's your first time! This guide will hopefully help you shake some of those nervous feelings!

After years of capturing gorgeous women of all shapes, sizes and backgrounds in and around Bloomington, Indiana- I realized that most of my clients were experiencing very similar fears and reservations before their boudoir shoot.

What will I wear? How will I pose? Should I be practicing at home? I'm not photogenic...I don't feel super confident in my own skin. AM I REALLY ABOUT TO GET NAKED IN FRONT OF A STRANGER? I don't know if I can do this.

If any of those thoughts have been running through your mind- I want you to know that You're not alone- these feelings are completely normal- I'm here to help you with what to wear and how to pose. You look incredible. You are perfect. You can do this- and dear,
YOU FREAKIN DESERVE THIS!

If you want to know about my personal boudoir process- You can always reach me at info@LessIsMoreBoudoir.com



Livia Villanueva
Less Is More Boudoir- Bloomington, In



Why Is This Awesome Guide Free?

It's free because I think you deserve the best Boudoir session possible! I don't want you missing out on sleep, worrying non-stop, or thinking you need to change a single thing about you! The clarity and reassurance this guide offers will allow you to show up to your Boudoir Photography session feeling well-rested, confident, comfortable and at least a tiny bit familiar with the process.

I want to help take the stress and pressure out of the planning process so that you can focus on pampering yourself and arriving revitalized, refreshed- full of energy and excitement during your shoot!

[@Less Is More Boudoir](#)

<https://www.pinterest.com/livvill/>

<https://www.LessIsMoreBoudoir.com/>

Livia Villanueva
Less Is More Boudoir- Bloomington, In



A Little Bit About Boudoir

The term Boudoir literally means- a woman's bedroom or private room/changing room.

The place where a woman can be sexy, fun, flirtacious, sensual, erotic and completely free!
A room that you can run around naked in- and express your sexual side in- without fear of judgement or pervs!

The place you feel completely accepted, loved, confident and safe.

All of these feelings, translate perfectly into what you deserve to experience during your Boudoir Photo Session.

What's The Purpose Of A Boudoir Photo Session?

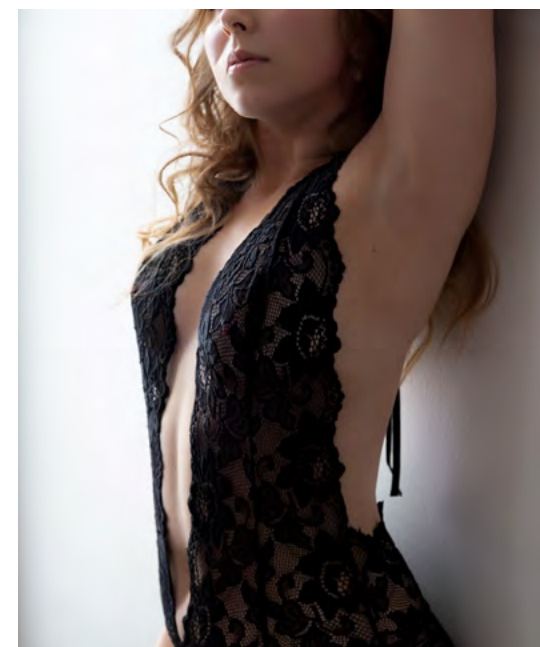
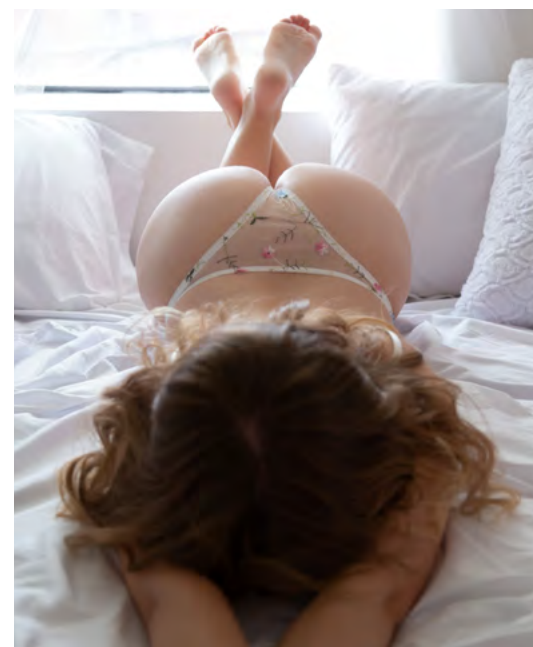
Boudoir photography sessions are all about you celebrating you in a comfortable, connected professional environment!

The photos from your session are timeless- eternal- and all yours!

They're meant to always remind you of special moments in your life when you completely accepted who you are- how you look, and how you feel, and how you've grown- free of inhibitions and reservations-

These sessions are perfect for owning your uniqueness, embracing change or celebrating victory over past traumas.

They're designed to help you feel BOLD and BEAUTIFUL from head to toe!



What Type Of Woman Books A Boudoir Photo Session?


- **Brides to be** looking for that special gift to give on their wedding night
- **Moms to be** who want to capture that remarkable moment of growing a life inside of their body! (This is absolutely one of the most unique times of a woman's life!)
- **Mothers and wives** who spend all day taking care of everyone else, and are looking for a little self love and recharge
- **Women commemorating a special or challenging time in their lives** - a divorce, a weight loss or fitness journey, a breast augmentation or mastectomy
- **Women wanting to elevate their level of self-respect and self-validation** seeking a confidence building experience that increases self acceptance



What Type Of Woman Books A Boudoir Photo Session?

- **Women who want to revitalize their sex lives and express their sexually charged side-** boudoir sessions are the perfect opportunity to showcase your freaky, kinky, vivacious interests!
- **Women wanting to access their youthful vigor-** boudoir photo sessions are amazing for helping you get reacquainted with yourself
- **Women who love shopping-** There's no better way to showcase your collection of luxury lingerie and sensual outfits!

While these are all amazing reasons to book a shoot- The truth is that you really don't need a reason to participate in a session. It can simply be for fun, or out of pure curiosity. The only thing that truly matters is that the experience brings you joy, and elevates your sense of self-worth and appreciation.



Liv helped me see my inner beauty and bring my confidence to a whole new level -- 10/10

- Recent Google Review From Miss K -

What To Expect During Your Boudoir Session

Honesty & Patience

- This is so incredibly important! It's my job as a Boudoir Photographer to make sure you're feeling comfortable and confident in your own skin. Let's discuss your intentions, your emotions and why this session is important to you. Let's talk about any insecurities you might have, and how we can work together to set your mind at ease.

Control & Guidance

- Boudoir is all about accessing and expressing the sexy, fun, fierce side of yourself. To do so, you need to be super comfortable in your environment, and confident that your photos are going to be everything you dreamed they would be! --
- We'll throw on your favorite music, get loosened up, take a few deep breaths and dive in. During the session I'll help guide you into poses perfect for your body and we'll review a few images as we go to make sure you understand how gorgeous you are and how amazing this photo set will be!

Comfort & Reassurance

- You'll have control over the temperature settings in the studio to ensure maximum comfort no matter what outfit you are or aren't wearing!
- I have a fridge full of snacks that will reduce bloating and boost your energy! I've also got a ton of feminine products and Ibuprofen on hand if you need them-
- I promise to keep the energy up during the session. I'll encourage you, compliment you and do everything in my power to keep the session fun! (You can basically just consider me your personal hype girl!)

What's Provided/Allowed At Our Boudoir Shoot?

Here at Less Is More Boudoir- We always keep these essentials handy for our incredible clients-

Healthy, Energizing Snacks & Hydration

- It's so important that you're eating and hydrating before your session! - Every woman is worried about how they'll look on camera. It's normal and perfectly acceptable to want to look thin and toned- but babe!- let me remind you that HEALTHY IS THE ULTIMATE BEAUTY! You're going to need plenty of energy to finish a boudoir session- so I'll make sure to keep the fridge stocked with a few of the foods known best for reducing bloating while energizing your body and mind.

Music

- Throwing on your favorite playlist is a simple yet highly effective way to set your mind and body at ease! You're in full control of the tunes during your session- Sing, move your body- loosen up and set the mood for a fun-filled session!

Emergency Products

- You've been prepping and practicing and pampering yourself- eating clean, sleeping well- doing everything possible to make sure your session is AMAZING!!! And then mother nature decides to step in and deliver a little gift on the morning of your shoot. -- Don't worry! I've got you covered.
- I always make sure to have a little basket of feminine products on-site touchup products! --- **PANTY LINERS, TAMPONS, IB, DARK CHOCOLATE**

Things To Avoid Before And During Your Boudoir Session-

A little advice on practices, products and pre-session educate to keep in mind-

Avoid Tanning & Tint-Based Lotions

- Over tanning, spray tans and tan-based lotions are notorious for leaving unnatural tints and orange glows that are near impossible to retouch. If you're wearing white during your shoot, products might transfer, creating unsightly stains. We're aiming to create the best results possible-- let me assure you that your natural skin tone is perfect just the way it is!

Avoid Treatments That Might Cause Irritation

- Feeling silky smooth is such an amazing feeling! You're free to wax before your session- just keep in mind the risks involved with fillers, botox and chemical peels! It's much better to avoid the risk right before your shoot-----

AVOID PARTYING AND ALCOHOL!

- They call it beauty rest for a reason! A good nights sleep and proper hydration are essential to feeling well rested and energized for your session. There's nothing worse for your mood or the overall experience of a Boudoir shoot than showing up still hungover and exhausted from the night before.
- While other photographers might offer a little shot or some champagne during your shoot- here at Less Is More Boudoir, we will never offer you any sort of mood inhibitor- we want your connection and confidence to be real and lasting- not inspired by a temporary buzz.



If you're hesitant to step out of your comfort zone, you're not alone! I was absolutely terrified! But talk to Livia. Just talk. She will provide as many consultations as it requires to develop a trusting relationship with you before any photography takes place. So, go for it gals. You'll be glad you did!

- Recent Google Review From Miss V -



**Now Let's
Address 2 Of
The Most Asked
Boudoir Session
Questions Of
All-Time**

**What Do I Wear
&
How Do I Pose
During A
Boudoir Shoot?**

What To Wear/Bring To Your Next Boudoir Photo Shoot

Boudoir doesn't always mean stripping down to nothing. This experience is all about expressing your individuality!

The advice I give all of my clients is "wear only the things that make you feel beautiful- things you're completely comfortable in, and proud of."

Confidence is sexy- empowering! Whether you're dressing all the way up, or down, the results of your session will be breathtaking as long as you own it!

--- I know what you're thinking... "Wear whatever I want isn't the answer I was looking for Liv!" --- I gotcha babe! Let's browse through some of the most common/popular options available for Boudoir Shoots- Hopefully the following pages will help you with planning outfits- If you need help or are having a rough time finalizing your selections, just DM me and I promise to respond ASAP! https://www.instagram.com/less_is_more_boudoir/

Something Casual Or Classy

There's no better way to warm up, build confidence and shake off those nerves than showing up and starting your Boudoir Session fully clothed in something simple or sophisticated. This is a great opportunity to express your everyday sexy self, and create some memories in those special occasion dresses you've been waiting to bring out!

- Your favorite pair of jeans
- A simple white tanktop
- Silky Pajamas
- Cocktail Dresses
- Your partners favorite button up
- (If you're giving these photos as a gift you might opt for something meaningful or fun for your partner- like a shirt of their favorite band or an oversized jersey from their favorite sports team!)



Lace Bodysuits & Fancy Lingerie

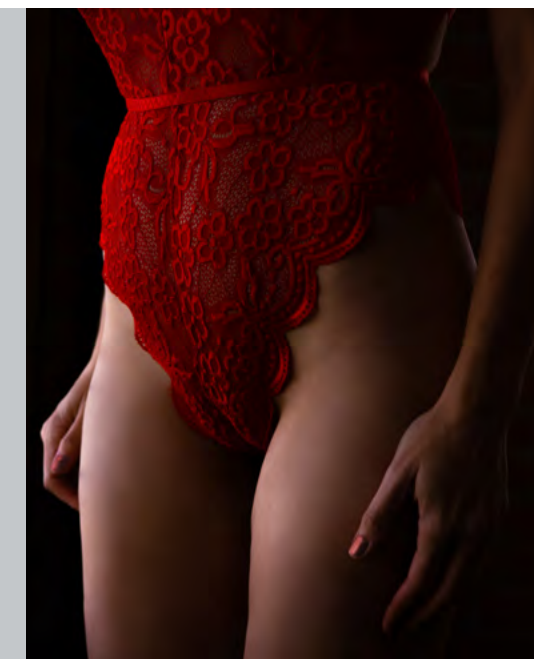
Guaranteed to be sexy, sultry and fun- while offering support in all the right places! The following selections differ slightly from everyday lingerie wear and can easily be paired with a dressed up or down look. Thanks to their unique cuts, these options are great for enhancing your bust and making your hips/waist look amazing!

- Fitted Lace Bodysuits / Teddys
- Babydolls and Chemises
- Corsets & Bustiers
- Luxury Lingerie Sets (shameless plug for [AgentProvocateur](#) -- they're turly the best of the best!)
- Sheer Mini Dresses

Your Simple, Basic, Everyday Lingerie Set

More than likely, you've got that one set of everyday lingerie that just makes you feel incredible! Maybe it's the way it makes your body look/feel. Or maybe it just has a special secret meaning to you and your partner. Whatever the reason- if it helps you feel at ease and at home in the studio- bring it on baby!

- Normal Bras
- Cheeky Undies or Tangas
- Thongs
- Hip Huggers
- Boy Shorts
- Shrugs or Lace Shaws



Sensual Lace, Silk & Satin Outer Garments

There's almost nothing sexier in the whole wide world than a silk see-through robe! Not only do sheer outer garments look fabulous on camera- they also provide a level of unrestricted comfort that other outfit choices can't compare to. If you can manage to bring one these items along for the ride- you won't regret it!

- Camisoles
- Robes
- Gowns
- Kimonos
- Nightgowns
- Lace Trimmed Slips
- Lace & Satin Capes

Something Classic, Vintage, Pinup Inspired-Timeless

Little fun fact about myself- My love of Boudoir was developed while I was living with my grandparents-- Grandpa had a very large Playboy collection. I actually would use those magazines to learn how to draw bodies, just anything and no one ever thought anything negatively of it. In fact, it was okay for me to sit at the dining room table with a magazine open, with my sketching pad and charcoal pencils- If you've been looking for a boudoir photographer that's obsessed with vintage, classic styles- I'd love to connect with you!

- Vintage 2 Piece Bikinis & Swimsuits
- Antique Bloomers
- Fur/Faux Fur + Lace Robes
- Old School Kaftans
- Vintage Halters, Sweaters & Pencil Skirts



Something Kinky, Erotic, Powerful

Risque, bold, edgy! Whether this is a familiar experience for you, or a little more avant-garde- Kinky, crotchless, dominatrix style outfits are killer for boudoir sessions! These outfits are sure to make you feel powerful, assertive, sexy af and ready to take over the world!

- Full leather bodysuits
- Catsuits
- Latex Lingerie
- Leather/Spandex Pants
- Bondage/Chain Body Harnesses
- Front Buckle Corsets
- Fitted Leather Mini Dresses
- Studded Bras & Panties
- Super Short Crop Tops

What Accessories Should I Include In My Experience?

You've got the perfect outfits picked out (or you've got a suitcase full of options to bring along to your session so I can help you make final selections)- Now it's time to add a few details that will perfectly compliment and enhance your personality and accoutrements!

- Bridal Veils & Garters
- Garter Belt w/Clip
- Floral Arrangements
- Body Chains
- Cuffs & Light Restraints
- Hats
- Jewelry
- Stockings
- Heels
- Selfie Gear (polaroids/Instax)
- Hair Accessories & Wigs
- Custom Furniture & Products

The following pages show some of the amazing results I've been able to create for my incredibly unique clients over the years- Maybe you'll find a style or image that connects to you! If so, make sure to bring it up during our consultation call, and we can work together to create a moodboard of other outfits you'd love to rock during your session.





**Casual Lace Top
& Daisy Dukes**



**Simple, Comfy
Oversized Sweater**



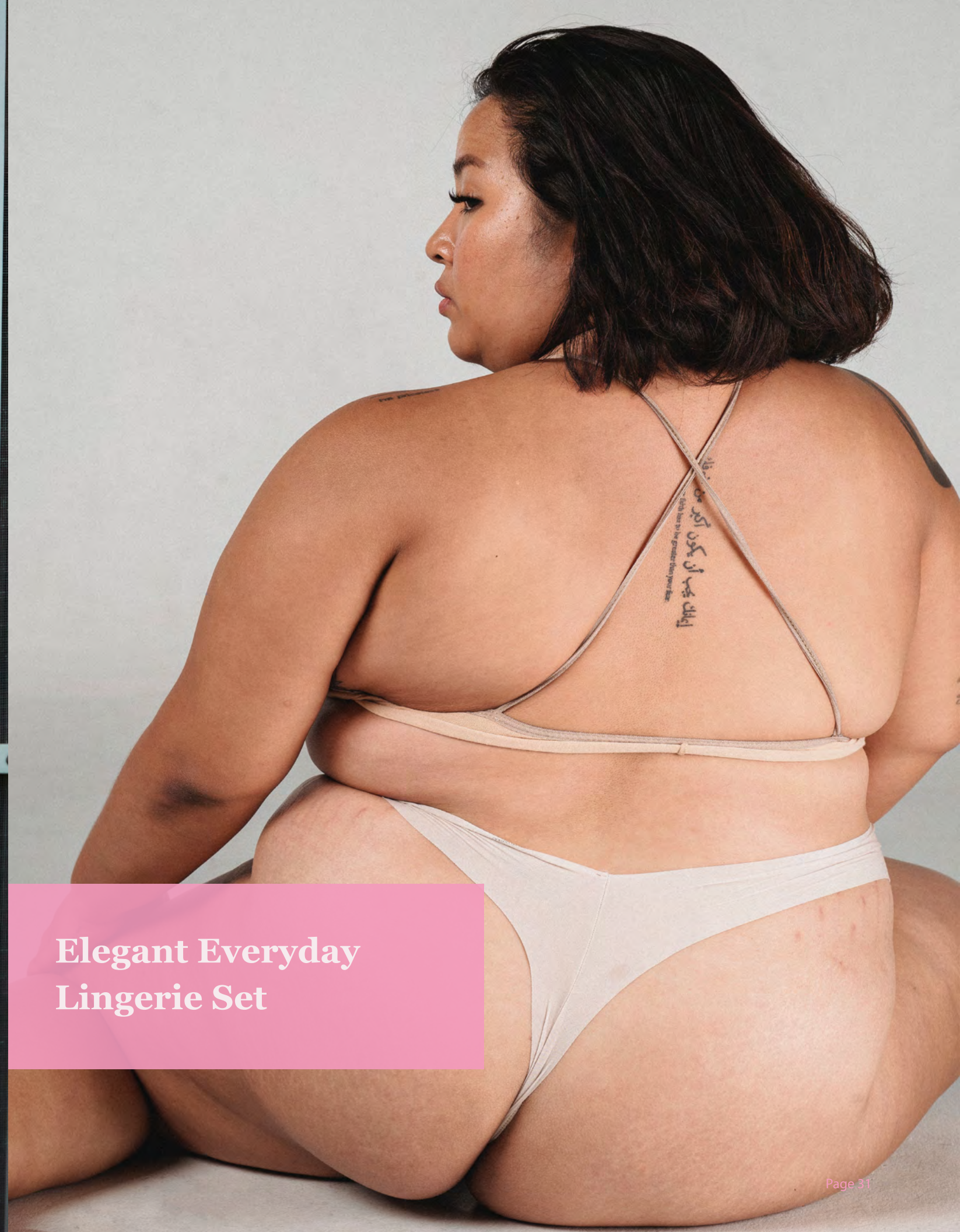
Fancy Lingerie With
Floral Details



Lace Maternity +
Bouquet & Pearls



**Sexy Patterned
Bralette Set**



**Elegant Everyday
Lingerie Set**



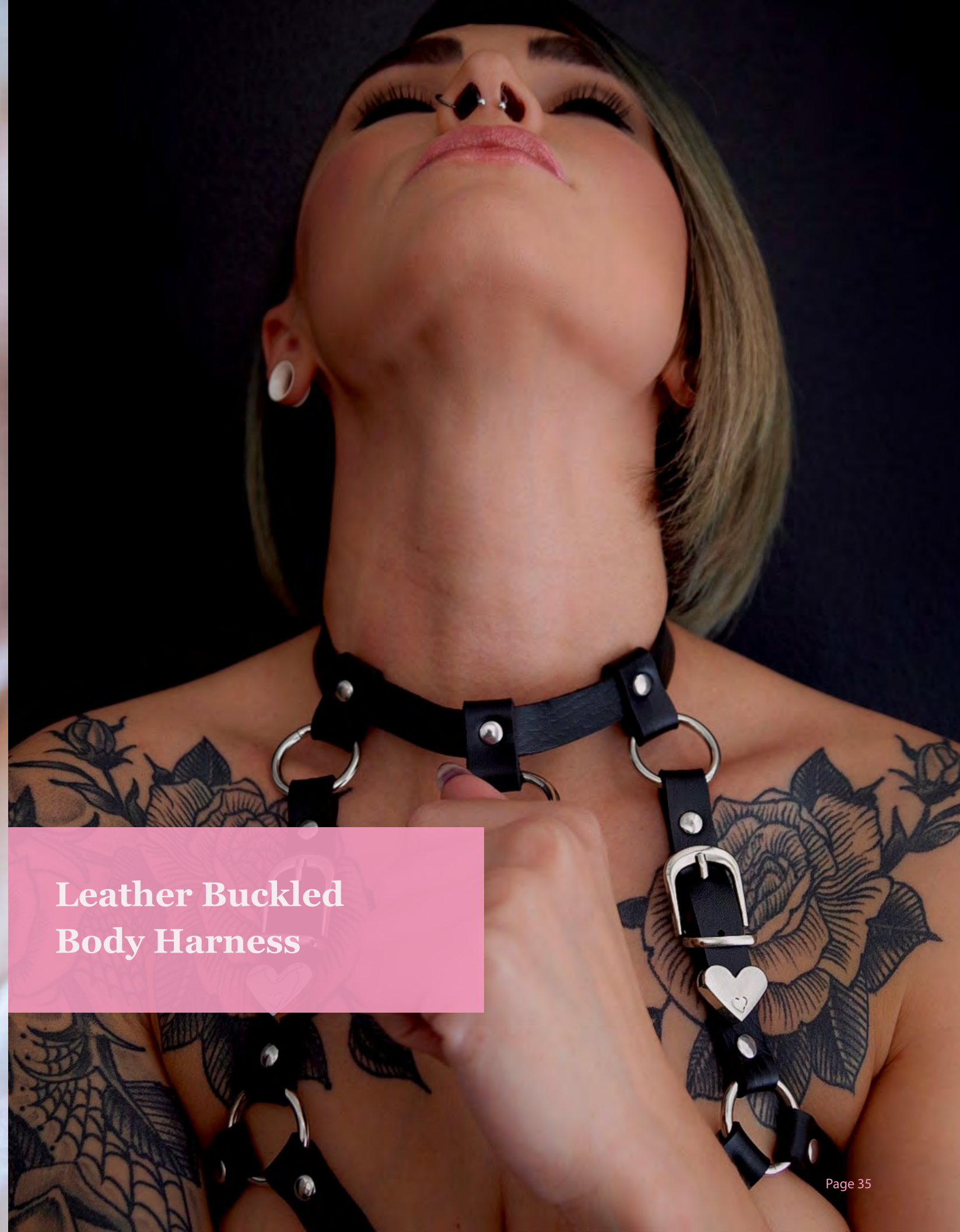
**Suit Jacker With
Lace Lingerie Set**



**Pinup Inspired With
Garter Belt + Clips**



**Wedding Lingerie +
Your New Bling!**



**Leather Buckled
Body Harness**



**Sheer Lingerie With
Polaroid Camera**



**All Nude With
Pearl Necklaces**



Want Even More Wardrobe Ideas & Inspiration?

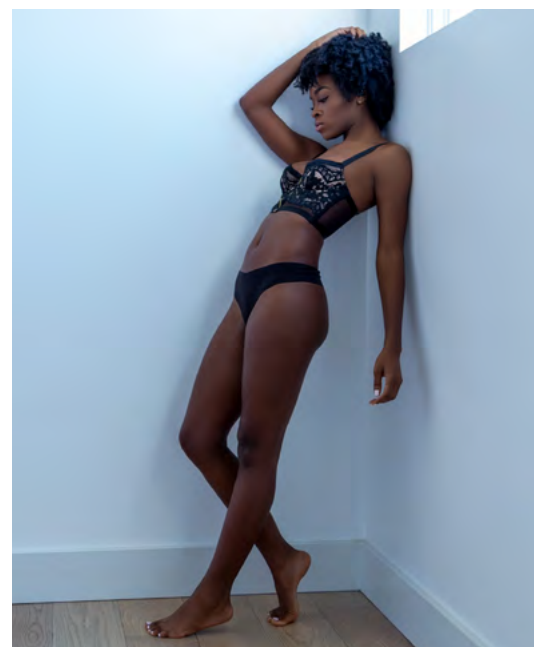
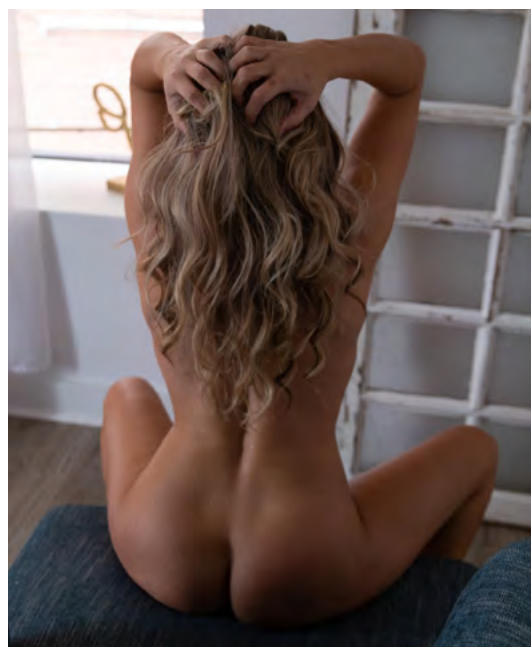
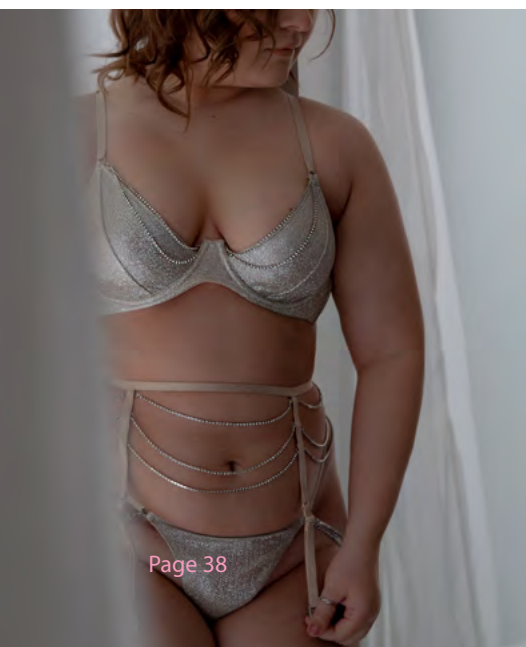
I thought you might!

That's why I created several organized Pinterest Boards for your convenience!

Just head over to my [Pinterest Page](#) to get started-

Feel free to create your own boards with personalized style inspiration. I'd love to see what you come up with! Share your link with me [via email](#) or [DM](#) and we discuss your ideas during our next consultation call!

Tips To Help You Pose Like A Pro During Your Boudoir Experience--



First Things First- There's Something Very Important That I Want You To Remember

You are not expected to know how to pose at all- not even a little bit-- It's my responsibility to help guide and direct you into poses that are perfect for your body, personality and attire!

I'm proud to offer my clients over a decades worth of experience working with models of all shapes, sizes and personalities!

I've captured and edited over 500 boudoir experiences during my time in the industry- and am dedicated to delivering the highest level of professionalism, guidance and encouragement possible to each and every woman that steps through my studio doors.

My personal promise to you is that when you choose Less Is More for your Boudoir Photo Session--

“You will walk in a woman- you will walk out a goddess!”

The quick tips on the following page are easy to practice at home! They'll boost your confidence and will help us produce the highest quality images possible during your Boudoir Experience. I've also included a small lookbook with directions on how to put yourself into some of the poses my models love the most!

5 Simple, Effective, POWERFUL Posing Tips To Keep In Mind

- **Keep Your Back Straight Or Arched As Much As Possible**
Straight & Arched backs elongate the body and help emphasize your curves on camera by creating a pleasant and gentle S shape
- **Practicing Lip Control Will Make A World Of Difference**
Practice full, $\frac{3}{4}$, $\frac{1}{2}$ smiles and closed lip smiles- Practice parting your lips slightly in front of a mirror to understand what's too much and what's too little.
- **Give Your Hands & Fingers Something To Do**
Experiment with running your fingers through your hair, or running them slowly down and across your body. Hands on your hips- a finger slightly grazing your lips or gripping your clothing/accessories- Can't think of anything to do with your hands? It's totally ok! Let them fall gently and completely relaxed- never stiff and rigid.
- **Relax---Breathe**
Don't force it! When you find a pose and lock your body in- take a moment to breathe through your diaphragm (the middle of your chest) and relax your muscles and facial expressions until they feel natural and comfy.
- **NEVER HESITATE TO LOOK UP IMAGES, WATCH TUTORIALS OR ASK FOR HELP!**
When you book a session with me- I'm yours for the entire journey. Here to help, coach, inspire- and answer all of your questions. Video platforms like Youtube and Image directories like Pinterest also have some amazing reference material that you can practice on your own schedule in the comfort of your home- alone

hands gently against head
with fingers slightly running
through your hair



arms up creating a
triangle frame for your
gorgeous face-

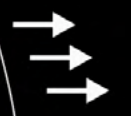
arched back to help
define your midsection
and create sexy curves



head angled +
tilted down
eyes closed
lips parted

right arm gently
and naturally
embracing left elbow

hips pushing back
to emphasize your
perfect curves!



eyes looking slightly away from camera - lips parted just a bit

back arched naturally and comfortably, creating beautiful curves.

arms resting on chair with hands gently framing your face

legs separated wide will help boost your booty!

head tilted back against the wall

hips pressing against the wall with back slightly arched -

arms and hands framing your face and lifting your chest

legs together with leg closest to the camera extended slightly more



arms and hands evenly spaced and gently gripping hair

keep your toes pointed

arched back and hips pressed gently into the bed creates a stunning and natural body contour

Did This Guide Help At All? Did I Miss Anything? I'd Love To Hear Your Thoughts!

After capturing captivating images of over 500 gorgeous women from all across the nation- I can say with 100% surety that Boudoir Photography is my true passion in life.

I'm here to show you that [Less Is More](#) is not only about creating intimate portraits, but most importantly it's about celebrating YOU- who you are, your life's journey and what has brought you here. You're ready to make a statement; about yourself, how you feel about your lover, or a situation you've conquered. Whatever it is that you want to express, I am here to capture that moment for you, with beautiful and unique images.

For more information about Less Is More, find me on [The Knot](#) or check out this great article about what we do together on [Wedding Day Online](#).



Livia Villanueva
Less Is More Boudoir - Bloomington, IN

READY TO BOOK A BOUDOIR SESSION OF YOUR OWN? I'D LOVE TO BE CONSIDERED!

You can book your consultation session directly from the [Less Is More Boudoir Website](#) by clicking [HERE](#)

My studio is super safe, super private and extremely cozy! Boho chic inspired with tons of beautiful natural light, and plenty of space to set up a variety of themes for your Boudoir experience. [Check it out HERE!](#)

Have a few additional questions? I'm constantly updating the FAQ page on the Less Is More Boudoir website to help tackle some of the most common and difficult questions my clients ask. [Browse the FAQ HERE](#) or feel free to reach out to me anytime via the following links

[@Less Is More Boudoir](#)

info@LessIsMoreBoudoir.com

<https://www.LessIsMoreBoudoir.com/>

You can also check out some amazing pre-made mood boards that I've developed over the years to help clients find inspiration for their upcoming shoots!

Check out the [Less Is More Boudoir Pinterest Page HERE!](#)



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