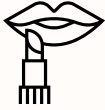


MATERNITY PHOTOSHOOT CHECKLIST



PERSONAL PREPARATION

- Rest :** Ensure you get a good night's sleep before the shoot day.
- Hydrate:** Drink plenty of water for a natural glow.
- Skincare:** Moisturise skin to prevent dryness or oiliness, especially on the face and arms. If you are a person who likes to get facials or use face masks, we recommend this the day or night before your shoot (but not on the day of the shoot). Hair and Makeup: Going for a professional look that feels natural for hair and makeup is best. Style your hair to make yourself feel good.



CLOTHING AND ACCESSORIES

- Outfit Choices** You may bring 2-3 outfit options, including a flowy dress or gown to accentuate your belly. Consider choosing solid colours or subtle patterns and comfortable undergarments that align with the outfits.
Please note: We also have a selection of beautiful dresses at the studio, which may fulfil your needs, and we include this in the Luxury and All-Inclusive packages.
- Accessories:** Minimal and elegant, e.g., simple necklaces or bracelets.
Shoes: Mothers usually go barefoot in our maternity photos, but if you wear shoes, make sure they're very comfy.



PROPS & PERSONAL ITEMS

WE HAVE A PROPS DEPARTMENT IN OUR STUDIO THAT YOU ARE WELCOME TO USE. SHOULD YOU WISH TO BRING YOUR OWN PROPS, HERE ARE SOME IDEAS:

- Scans:** An Ultrasound Image for a personal touch.
- Clothes** Baby Shoes or Clothes to symbolise the baby's arrival.
- Sentimental:** Any items meaningful to your pregnancy journey.

ON THE DAY

Eat a Light Meal: Avoid heavy meals, as they might make you feel a little sluggish, but don't come hungry, as this might affect your energy levels for the photo shoot.

Arrive Early: Arrive 10-20 minutes early to allow time to settle in and discuss last-minute details with Selina, such as changing and make-up or hair touchups.

Relax and Enjoy: Embrace the experience and trust Selina's expertise.

AFTER THE PHOTOSHOOT

- **Post-shoot Care:** Plan for some rest after the shoot, as it might be tiring. Take off your outfits and make-up, and relax.

Plan the Final Images: Discuss with Selina how and when the final images will be delivered and decide if you need any additional frames, prints or canvases.