



STOPPED DOWN
STUDIO

PORTRAIT/HEADSHOT CHECKLIST

Follow these simple steps to prepare for a great portrait session:

HOW TO PREPARE / THINKING AHEAD

- **Lots of sleep for three days before our shoot.** Heavy on water; light on alcohol.
- **Makeup: Less is more!** What works for the boardroom or the boardwalk is too much for my high-detail camera.
- **Clothes.** For portraits, bring what makes you feel bold, powerful, and yourself. For headshots, solid colors only, please! Patterns are distracting.

WHAT TO PRACTICE / FEELS WEIRD; LOOKS GREAT!

- **Turtling.** To sharpen your jaw line, push your chin out and your forehead down.
- **Squinching.** To make you look confident, raise your lower eyelids without lowering the upper ones.
- **Small smile.** This will help you look approachable.

WHAT TO EXPECT / HOW IT WORKS

- **I'll coach you through posing; we'll review the images together, and delete the ones we don't love.** At the end, I'll retouch your favorite image with your input.
- **My retouching philosophy is simple.** I correct color, remove blemishes, and reduce lines. I will not make you look like someone else.

Read the [whole guide](#), and get an instant quote. | Questions? [Email me](#).