



# STYLING GUIDE



# HEY THERE,

This little styling guide will give you a few hot tips on how to nail your wardrobe for your session.

These suggestions are based on my years of experience photographing couples and families in natural light.

The number one thing I want you to remember- being comfortable and feeling like yourself is everything.



## MIKAELA



# BE COMFY PLEASE

---

We're all familiar with the feeling of blisters on pinky toes, the discomfort of clothes that ride up in the wrong places, and the sleeves that keep falling down needing to be adjusted.

This is exactly what you want to avoid during a photoshoot session. Going with something tried and true is generally the best option. If you're going all out and purchasing a new outfit for the session, make sure you've tried it on and worked out its little quirks so you know in advance if you need to safety pin it, use double sided tape, wear something underneath etc.

If authenticity is what you're after, you're going to have to show up as yourself. And if you want to capture this time of your life in all its glory, then it's about the feeling of being in your own skin.



# LET'S TALK TONES + TEXTURE

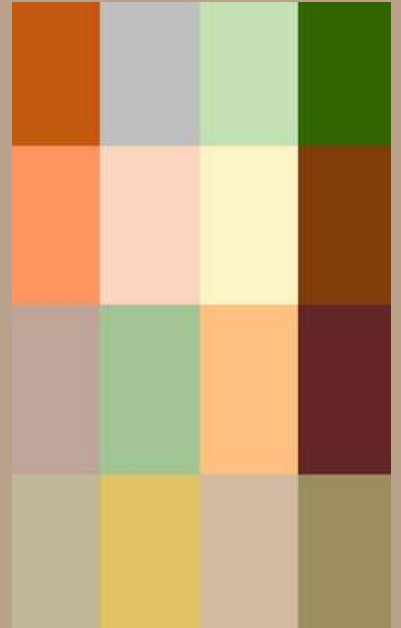
---

Neutral, earthy tones have proven to be reliable and adaptable to almost every environment, both indoor and outdoor. Think rust, apricot, cream, tan, olive, mustard, gingham, sage, gold, soft grey and beige. You can also get away with white, and sometimes black depending on location. This warm palette also lends itself really well with my editing style.

Whilst primary colours can be striking, they can also be really distracting, and detract from the rest of the content within the frame (you). This isn't to say don't wear the blue, however maybe try toning an electric blue down to a sky blue, or bright red into a baby pink.

For families, my advice is to compliment rather than match. Pick a few key colours and work with them to collaborate rather than copy. If you are inclined to do the white t-shirt, blue jeans look, I recommend mixing up the styles and shades of blue for some variety and to avoid it looking like a uniform.

Adding different textures can be a great way to subtly add more depth. Think- velvet, silk, linen, corduroy, woolly.





# LADIES

## LISTEN UP

---

Don't overthink it, trust me. Again, you've got to be comfortable. Whether that means wearing your favourite t-shirt and jeans, your glittery ball gown or anything in between. If you're doing a couple or family shoot, keep the same level of casual/formal as the rest of your crew.

I've found clothing that responds well to movement is a huge advantage when it comes to posing. A flowy dress or skirt, or a cute kimono over the top of a simple singlet top works really well. Also, I recommend dressing to the weather as much as possible. If it's a cold day, don't be afraid to bring the knit or denim jacket to put over the top of whatever you're wearing. There's nothing worse than freezing for an hour and paying for photos where your lips have turned blue. Sporting a sweaty upper lip also isn't ideal if you could have avoided it by going with the short sleeve instead of the leather jacket and scarf.

Other things to be mindful of:

- Nude coloured underwear if wearing light coloured clothing
- Strapless bra to avoid distracting straps
- Bringing multiple outfits can provide variety and is encouraged





# GENTLEMEN

## KEEP IT SIMPLE

---

I promise, it's not as painful as you think. Firstly I recommend listening to your partner and accepting their kind offer to assist you in your outfit selection. But a general rule of thumb, you can't go wrong with a button up shirt and some jeans, chinos or nice shorts.

Other things to be mindful of:

- Avoid logos on tees; they're super distracting
- Avoid thongs unless you're on the beach (in which case you'd be barefoot, so just leave your thongs at home)









# ACCESSORIES + PROMPTS

---

The right accessories can lead to a variety of shots, giving you the most bang for your buck. Think: hats, sunglasses, socks, jewellery, hair pieces, jackets and cardigans.

Another fun way is to bring more of your story into your images is through props. These can be general (an umbrella, flowers, beer or bottle of champagne) or more of a reflection of you such as a pet, instrument, surfboard or blanket/throw. If you're unsure- bring it along!



**Hot tip:** dogs make for an adorable and heartfelt prop







→ 13  
→ 13 A

FILM NEGATIVE

→ 13  
→ 13 A



FILM NEGATIVE

FILM NEGATIVE



→ 14  
→ 14 A

FILM NEGATIVE

→ 14  
→ 14 A



FILM NEGATIVE

FILM NEGATIVE



→ 13  
→ 13 A

FILM NEGATIVE

→ 13  
→ 13 A



FILM NEGATIVE

FILM NEGATIVE



FILM NEGATIVE

→ 13

→ 13 A



FILM NEGATIVE

→ 13

→ 13 A



FILM NEGATIVE

→ 14

→ 14 A



FILM NEGATIVE

→ 14

→ 14 A



FILM NEGATIVE

→ 13

→ 13 A



FILM NEGATIVE

→ 13

→ 13 A