



Vanessa Thurgood Photography

Prepare to Impress with your

HEADSHOTS

WELCOME to your guide for professional headshots. In this guide you will find tips on how to prepare for your upcoming session so that you are able to stand above your competition, whether in the business world, politics, modeling or acting. These photos essentially become your calling card and at Vanessa Thurgood Photography, I will do my utmost to see you succeed in your endeavors. Let's get started!

General Preparation Tips



Tip #1 Have Fresh, Pressed Attire.

If you plan to wear a suit for any part of this session, I highly recommend getting it dry-cleaned and pressed. This will go a long way in helping you feel polished and confident. Ensure the shirt you choose to wear underneath is also clean and ironed.

Tip #2 Polish Your Shoes

It may be a headshot that we are focusing on, but we will do full body shots as well. So make sure your shoes are brightly polished and free of scuff marks.

Tip #3 Colors, Prints and Fabrics

Your choices of clothing say a lot about you. Your clothing should enhance who you are rather than detract. When your client see your photo, that is who they expect to meet. Keep your clothing simple, clean, and free of distracting prints or colors.

Look instead for mid-toned colors such as blue, green, wine, or purple as these are universally flattering. If you plan to wear a suit, choose a darker color. This will help your face to stand out from your clothing which is what we really want to see. Also, ensure that your clothing matches your skin tone.

Tip #4 Bring More Than One Outfit

By changing your apparel half-way through our session, you will gain a refreshed look to your photos, Plus, it will provide you with more options to choose from in your gallery

Tips Especially for Women



Make up

For you ladies out there, I recommend collaborating with a make-up artist for this aspect of your preparations. This is a major way to ensure that your photo will stand out and truly represent you. If you choose to do your own make up, practice it a day or two before your session. This way, you will know exactly how you need to have it done the day of and it will relieve some stress. Remember, this is a reflection of you on your very best day. I would also recommend putting it on a touch heavier than you normally would. You want to define your face, but be careful about over doing it.

Beware of Jewelry and Watches

Some necklaces and earrings can actually over power your face in photos. Wear subtle, but quality pieces that accent rather than detract. The same goes for watches and bracelets.

Make Use of your Hairspray

It can get warm sitting underneath those lights and your hair can take a beating. Be sure to use sufficient hairspray to keep it in place or bring some along with a small comb to retouch it when you arrive.

Skip the Falsies

Unless they are an everyday accessory for you, consider using your lash curler and lengthening mascara instead of false lashes. This provides a more natural look.

Tips Especially for Men

Watches

Take care when choosing the watch you match with your outfit. Make sure it is in good condition and reflects well the brand you wish to portray.

Ties

Ensure your tie complements your suit as well as not detracting from your face. If this is for a professional or corporate headshot, red ties would not be a bad choice. In general though, stick to midtones that contrast well with your suit and shirt.

Suits

When choosing clothing for your headshot: think classic. Pick your favorite suit that fits you well and is preferably a classic dark color like navy blue or gray. Choose a one that doesn't bunch up when you button it or if you sit down. It is also important that you wear the full suit. Even though we will focus primarily on you face, by wearing the complete suit it will allow us a wider variety of angles to choose from.

Shirts

If you choose not to wear a tie, pick a colored shirt instead. If you decide to wear a button up shirt, consider also bringing a jacket or blazer to layer over top. Or consider a darker colored shirt. And make sure we can't see your undershirt beneath the button-down shirt.

Beards:

If you have a beard, trim it evenly so it's nicely groomed. If you're going clean-shaven, get a good shave before your headshot. Darker colored beards tend to be accentuated in photos- trim it well so it's not too thick.



What to Expect on Session Day

What to Bring

- * Bring your second outfit into the studio when you arrive. There are bathrooms available for you to change as well as a make-up room to touch up your hair and cosmetics.
- * Bring a comb and/or brush to touch up your hair between outfits. Have hairspray handy as well if needed.
- * I will have complementary water available.

Policies and Cancellation

Please arrive no more than 10 minutes early. I may still be setting up and preparing for your arrival. If you know you are going to be late (no later than 15 minutes) give me a call or send a text. If it is over the 15 minute late window, there will be a \$25 late fee. If you do not show at all and do not call, you will be charged the full session fee and no refunds will be given. If you know you won't be able to make your session, call and I will happily reschedule it for you on a different date.

Photos will be returned to you within seven (7) days of your session. If you wish to see something retouched differently after viewing them, let me know and I will gladly accommodate you.

Thank you for choosing Vanessa Thurgood Photography!

I look forward to working with you and seeing you succeed at your endeavors. Don't forget to follow me on Instagram or Facebook to see a first look at your photos!

First impressions are made of 15's. They make up your first 15 seconds in a conversation. Your first 15 steps into a room, your bottom 15 inches (i.e. your shoes) and most importantly your top 15 inches. Impress them.