

A PREP PREVIEW
BY RECLAMATION BOUDOIR

Reclamation Boudoir Prep Tips



Before You Take it Off

So you're curious about a session. Maybe this is all new to you, maybe you've already done some research. However you arrived, you're here — and we're really here to help!

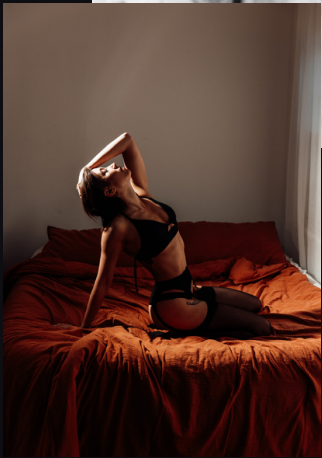
Transparency - this isn't a comprehensive list of To Do's. It's a tiny peek into the kind of practical guidance you get from Reclamation Boudoir. These tips were written for women who want to show up ready and leave with images they'll really love.

So here are a handful of practical tips so you can feel prepared and relaxed enough to show the side of yourself you want to see in your photos.

Allison, Owner + Photographer

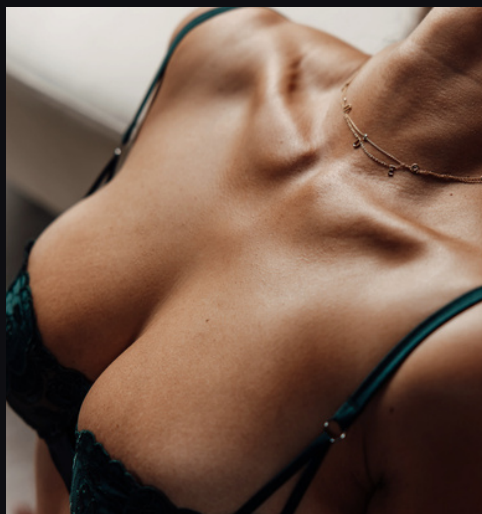
Contents

STRETCH IT OUT	03
HYDRATION	04
TRY IT ON	05
GROOMING	06
WHAT TO EXPECT UPON ARRIVAL	07



Stretch it Out

A session asks more of your body than you might expect. Holding a position for a beat longer than you expect, extending a little further, creating a line that reads well on camera — It's definitely not too much, but it does require some effort from you. A little daily stretching in the days before your shoot will make you more comfortable in your body when it counts, and more able to move through poses without the distraction feeling tight.



Hydrate Like You Mean It

While for some the first note here may be obvious but we promise that the second part of this, you have never even thought of it.

Start drinking more water at least a week before your shoot. The reason people say this is because it genuinely shows up in your skin — not in a filtered, edited way, but in the actual texture of what the camera sees. There's also a more practical reason: dehydrated muscles cramp. If you're pointing your toes and working your legs through a long session, the last thing you want is a calf seizing up mid-pose. Water is unglamorous advice, but it works.



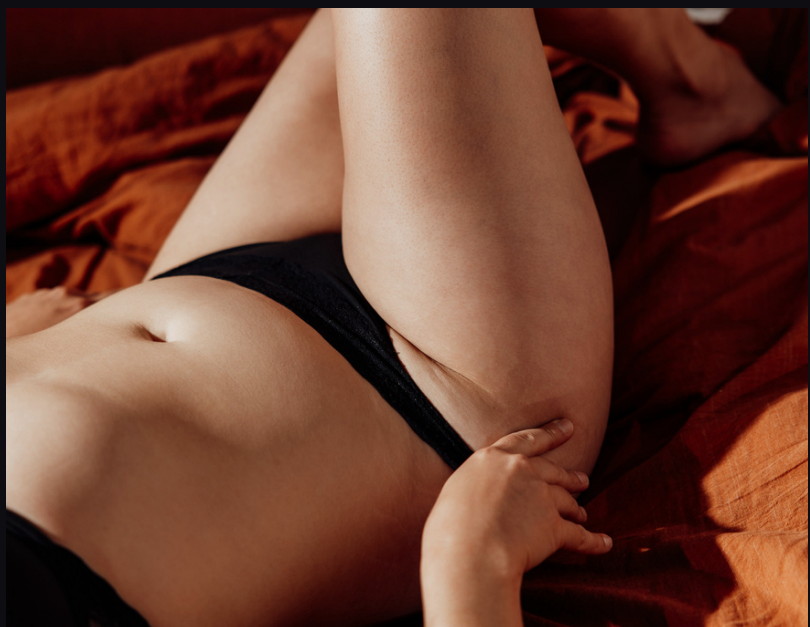
Try It Before You Pack It

Knowing what fits, what feels hot, and what you actually want to wear is not something to figure out in the dressing room three minutes before your session starts. Try on every piece you're considering — not all on the same day, not in a rush. See how it feels when you're moving. Some things that look great on a hanger don't translate. Some things you were unsure about will surprise you. Give yourself time to find out which is which.



Handle Grooming The Day Before

Shave, tweeze, whatever your routine is — do it the day before, not the morning of. If you wax or do laser hair removal, plan for four to five days of buffer before your session. Redness and irritation are real, they show up in images, and they take time to resolve. Your future self will appreciate the foresight.



Food Is Your Friend

Eat a proper meal before you arrive. A full session runs several hours, you'll be physically engaged the whole time, and a headache or energy crash mid-shoot isn't something we can retouch in post. The idea that you should arrive on an empty stomach is one of those quiet, persistent lies that doesn't serve anyone. You need to be present, focused, and able to receive direction. That requires fuel.



LET'S CONNECT
AND CREATE SOMETHING ABSOLUTELY STUNNING

Ready To Chat About A Boudoir Session?

TEXT US AT 310-879-1521

