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PHOTOGRAPHY

YOUR GUIDE ON WHAT TO
WEAR FOR YOUR SESSION



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THE DREADED QUESTION...

”What do I wear?”

Choosing the right outfit can be a daunting but fear not! This lil' guide will help you choose the best attire for your session and for YOU.

Now here's the thing, these are simply guide lines, nothing is set in stone, so if you choose something that differs from this guide, no worries!

The most important thing to remember is that we are capturing you in this moment right now. So whatever is most "you" wear that thing.

So above all, do "you" boo. 🙄

Bring options! I love digging through and helping you choose what compliments the location AND truly draws attention to the most important part of the session, YOU.

Now options doesn't mean your whole dang closet so I suggest grabbing two or three bottoms and three or four tops. Of course toss other alternative items such as dresses, accessories and different shoes in there too if you like.

If you're not comfy doing a quick change in the back of your car (as most outdoor locations don't have access to bathrooms) don't fret! One outfit is A.O.K. just make sure and drop me a few pics via text before the session so we can make sure it's the best choice for creating perfect images during your sesh.

First things first...



Make sure it works

You want your attire to work WITH the location and the weather. One of the best ways to bring focus to you is to take away distractions and sometimes your attire might be one of those distractions.

If your session is mid summer on a hot day, make sure and wear breathable clothing so you aren't super sweaty in every photo. Or if its chilly, wear layers and cozy accessories.

If you choose a mountain top location for your session, high heels might not be the best choice. Boots that have a good grip on the other hand would be great!

In the end, dress in a way that will make you as comfy as possible because not worrying about falling off of a rock in your high heels will allow you to focus on being present and being yourself.



Choosing colors can be tricky but I've narrowed down some "safe" colors that I think always look rad in photos and don't distract from the emotion of your moment.

Generally I suggest "neutral" tone and colors for my clients.

In my book neutral doesn't just mean beige, cream and grey.

It can also be the subdued version of any color. So if you want to wear a green suit for your session try a forest or hunter green rather than a shamrock green.

Anything that's super bright can reflect off of other objects back onto you, accidentally making your skin look the color of your shirt. Yikes. So choosing mellow, subdued tones help safe guard against that.

Tones + Colors





Patterns

Generally I suggest little to no patterns.

However...these are simply guidelines.

So if you decide patterns are your jam then I usually suggest keeping them smaller and not stacking too many patterns as it distracts from your gorgeous face!

If you're unsure if something is "too busy" looking for photos, drop me a pic and I'll help you decide.

P.S wrinkles also distract from your lovely face so make sure you iron or steam your outfit prior to your session and hang them when driving in the car!

Props



If done well, props can be a great way to further express who you are and include meaningful items into some of your images.

My photographic mantra is, do what you wanna' to do and I'll be there to capture it for you. If that's kick flips at the local skate park, I'm there. Or if cuddling up with your boo and your fur baby on the couch is more your speed, count me in. Pizza and champagne picnic on your favorite hiking trail. Yes please.

Props don't have to be cringe worthy so if you have something special you'd like to do or include in your session let me know and we'll make sure to include it in a tasteful way.



Movement

Believe it or not the material your outfit is made of can make a big difference in the emotion and quality of your images.

I love when clients choose soft, flowing or textured fabrics that allows for comfort but also movement.

This isn't a must but its another way to create an image that looks natural and emotive.



Hair & Makeup

As always my biggest tip for hair and makeup is to do whatever makes you feel your best! Don't alter your style too much as we want to real you to truly shine bright.

Generally my clients choose to do their own hair and makeup as this best represents who they are on the daily.

If you do choose to get your hair and makeup done professionally then I suggest scheduling that to where you will be finished at least one hour prior to when you need to leave for your session.



In Home Sessions



In home sessions are awesome as they offer a little more flexibility when it comes to wardrobe.

Often I suggest to go even MORE casual with these types of shoots. I mean let's be real, you probs chillin' on your couch in sweats and a big t-shirt and socks right now. In order for your outfit not to look "out of place" choosing something that is more casual and shows more skin is always good.

Anything from a big comfy sweatshirt and undies to jean shorts and a tank, all lend themselves to in home sessions as they look like something you'd chill around your house in.

If you're worried your house isn't "vibey enough" NO WORRIES! We can book an Airbnb or Peerspace for your sesh and still get that in home feel!



Need a bit more guidance?

I'm always here to help so don't feel like you're on your own when it comes to donning the right outfit for your session! When in doubt always ask! 🙋

I love being a part of the entire process of your session from start to finish. So don't hesitate to reach out with any little (or big!) questions you may have.

And above all remember the best dang part of your session isn't the location, hairstyle or outfit you're wearing...its you. Above all, you do you, and I promise the rest will be a piece of cake.

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