

# Bad Ass Boudoir Styling Guide



*Lee Marie*  
PHOTOGRAPHY

# About Me

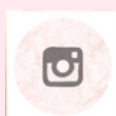
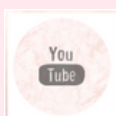
I have two amazing children and one Sexy A\$% husband who I adore (we met at GNC in the mall) - you'll have to catch me LIVE on Instagram one day to ask me how that went down - but I digress - we have moved over 13 times in 12 years (and yes we moved twice in one year) we currently reside right outside of Charlotte, NC and are LOVIN' it! We have done it all from starting businesses, to failing, to filing bankruptcy, to losing our house and cars (all pre-babies thankfully) Young, Dumb and Reckless.

I believe that you GROW through what you GO through. And man have I GROWN. With every struggle, hardship, obstacle and stumbling block - I have grown. With every pound gain, lost, - with every stretch mark, web of cellulite and every wrinkle I have grown. With every hair loss and grey hair gained - I have Grown. I have grown to appreciate who I am, and what I am capable of. Women are remarkable creatures - both soft and hard, feminine and masculine, sexy and moody, mysterious and open. And to their very core - compassionate. I became a boudoir photographer to empower women to embrace what they have GONE through and how they have overcome it or may still be overcoming - the beauty is not found at the end but in the moment - EMBRACE IT. You may think that your BOUDOIR session is something you do for someone else - IN Fact → It's ALWAYS something you do for YOURSELF.

Ok, what the hell - here goes ---- so your bio or about you page is supposed to be super creative and sell your client on who you are and why they should work with you, why you are the best at your craft, why they should invest their money in your captured moments, and how you are going to make them look and feel incredible....and YES I do believe in all of those important aspects of owning my own photography business - but I think this page should be 110% LEGIT - like Too Legit To Quit - see what I did there?!?!?.

I might have just aged myself, so before you try to guess by looking at my branding photos - I am 40 - YES - you heard me correctly - the big 4-0 - spelled with a capital FORTY!

## Follow Me On Social Media



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# Chapter 1

Welcome  
Boudie Babe!

Hey Babe,

This handy guide is your best friend in preparing for your empowering boudoir photo shoot.

I'm going to walk you through what to wear to flatter your awesome bod, while encouraging you to have some fun with your choices.

What you decide to wear for your session should reflect you and your own unique style but also highlight your assets.

Xoxo!



# Chapter 2

## What To Wear TO Your Shoot!

Get cozy! The day of your shoot, you're going to want to dress in the loosest clothing possible. Bras, tight pants, socks, etc. all leave those pesky little indentations in your skin- and those take awhile to leave, so it's best to skip them. What to wear:-Loose dress or loose pants with a loose top and no bra-Soft, comfy shoes that won't leave marks on your feet or ankles(think UGGs, slippers or flip flops)

Alright, you've booked your session and now it's time to really start preparing for it. Anxiety starts kicking in and you're panicking about what the heck you're going to wear.

STAAAHHHHHPPPP.

Right now. Take a deep breath (or ten)and remind yourself that this is going to be amazing.

Give yourself permission to enjoy this experience,rather than live in the fear of it.It is undeniably scary to do something new, to put yourself out there and be vulnerable. The thing is, the absolute BEST things in life happen outside of our comfort zones. I gotchu babe!





Stay  
True  
To  
You!

# Do you!

The single most important thing for you to keep in mind isto stay true to yourself when you're picking your wardrobe options. I want this shoot to be a celebration of who you are, whatever that looks like for you and you alone!

Are you super fancy or more on the casual side? Frilly and feminine or edgier? Babe, there is no right or wrong here and I want you to see yourself in your beautiful images!



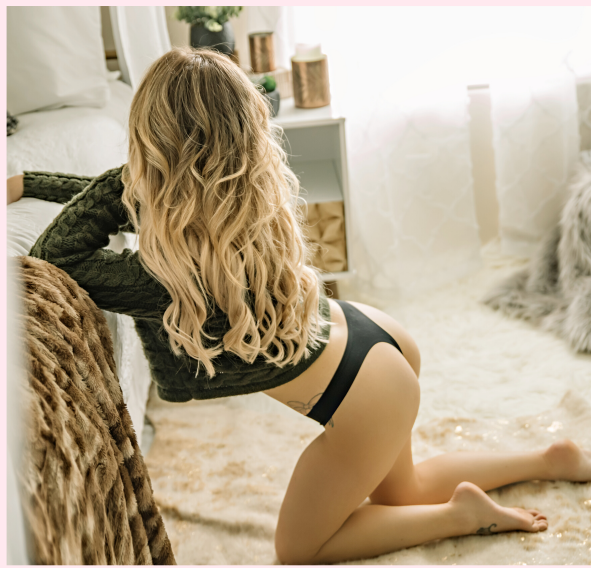


# Chapter 3

## PANTIES



HIGH WAISTED



THONG



CHEEKIES

Some styles of undies are better for boudoir than others, and these three are my super faves.

1. The thong. If you've got a bangin' bum and you want to showcase your booty, a thong is a great way to do that. We always prefer more coverage rather than g-strings.
2. High waisted love. These are our personal all time loves. High waisted panties are so flattering on all body types, but especially those of us who have some insecurities around showcasing the tum (let's be crystal clear, we love all tums and celebrate them equally- but we also realize some folks aren't ready to embrace theirs.)
3. Cheeky cheekies. Another thumbs up goes to this style. Cheeky panties are made to embrace the bum cheeks and they do that fabulously



# Chapter 4

## Bra & Panty Sets



When shopping for bras, fit is the absolute most important part. Head to your local bra shop and have a specialist properly size you. If you can, grab a matching set or two, but you can absolutely mix and match here too!

I suggest you choose at least two bras:

Something classic: A great black bra goes with so many different things for your shoot! Aim for a classic neutral color.

Something fun: Texture (lace, strappy bits, embroidery, velvet, etc.) really adds a special element to photographs. Don't forget the bra's awesome little sisters-bralettes. These babies are comfy and move with your body during posing in ways formed bras don't.

**GET FITTED BY A BRA SPECIALIST.**

Over 80% of women are wearing the wrong bra size. A proper fit bra makes a huge difference in appearance!



# Chapter 5

## BODYSUITS WHY DO I LOVE THEM SO MUCH!

Bodysuits are my jaaaaam!

These babies are so gorgeous on all body types, and they come in so many fabulous options. While some gals are hesitant to try a bodysuit (fitted is scary, we get it!), I really hope you will!

*Why are they so flattering?*

They skim your body, rather than adding bulk like some other options can (ahem, baby dolls). Look for details like trim or piping that creates the illusion of an hour-glass figure (like the images below).





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## Chapter 6 Over Pieces

Add a little extra texture or coverage with something fun to throw over lingerie or your gorgeous nekkid self.

Options: Sweater, button up shirt,robe (NOT your cozy housecoat, something cute),kimono, faux fur coat

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# Your Smile Is The Sexiest Part Of You!



## What to look for:

complimentary colors to your under bits,  
texture, timeless patterns, sheer material if  
possible

## What to avoid:

too tight pieces, heavily worn or washed items  
(no pilly sweaters please)



Bold Is Beautiful



Accessories

# Chapter 7



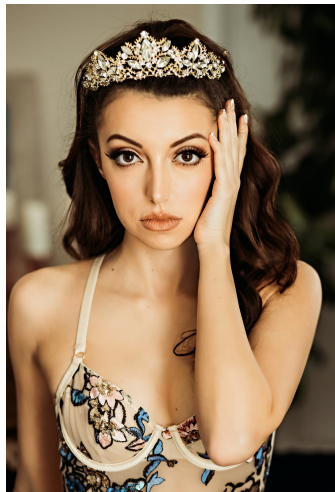
Add a little something special to your images with a fun accessory or two. These aren't a must, but they can be a good way to have a little extra fun with your photo shoot.

**What to look for:**

body jewelry, jewelry, heels, hats, scarves or kick ass pasties (I especially love the X ones!), stellar sunglasses

**What to avoid:**

anything too over the top or gaudy, aim for simple rather than in your face and nothing too "proppy".



# Chapter 8

## OTHER THINGS TO CONSIDER



## Texxxxxtures!!!

Texture is where it's AT in photography.

Adding an interesting texture can take a lovely photo up to an AWESOME one!

### What to look for:

Velvet, lots of straps, lace, mesh, fishnets, faux fur, satin, silk, sequins, other sparkly bits, embroidery, metallic fabrics

### What to avoid:

Scratchy fabrics (don't pick anything that is going to hurt or scrape you!), overwhelming design (YOU need to be the focus here), too tight stockings- fit is vital.





There is no rule in boudoir that says you have to bare it all- or even partially. If showing loads of skin isn't your thang, that is 100% okay and you are absolutely allowed to show as much or as little skin as you want to.

You do you boo!



# Feeling Modest?



## What to look for:

Long sleeve bodysuits, fitted shirts, jeans, sweaters, rompers, cute pj sets, cut off shorts or even leggings

## What to avoid:

Using your wardrobe to hide behind, too tight or too loose of pieces- make sure they properly fit you.

# Color Tones



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When in doubt,  
neutral colors  
(white, cream &  
black) always  
look amazing!

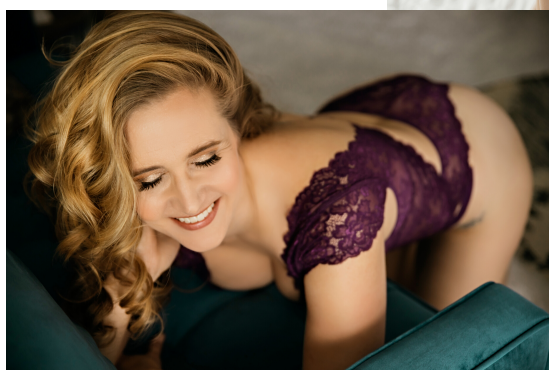
## What to look for:

Pick pieces in colors that look great with your skin. To get a general idea, look at the veins in the palm of your hand and your inner wrist- if they look blue or purple, your skin is cool, if they appear green, you've got warm skin. If you can't tell, you've probably got neutral toned skin.

Warm skin tends to really pop with warmer toned clothes, and cool skin shines brightly with cooler shades. This is just a suggestion though, if you really love a color that doesn't go with your skin- rock it!

## What to avoid:

Stay away from intense, bright or neon colored clothing. These can create insane color casts (i.e. that neon orange bodysuit is going to make your skin glow bright orange too-eeek!).



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# What NOT To Wear!

I want to make sure I'm giving you the most beautiful, flattering images possible and truth is, wardrobe has a lot to do with that.

In the photos in this book you can see each client's body shape and curves. Make sure you are choosing pieces that accentuate your body, **SHOW IT OFF - Don't hide it!**

Pick pieces that skim your body, babydolls are the devil.

## Chapter 9



# Chapter 10

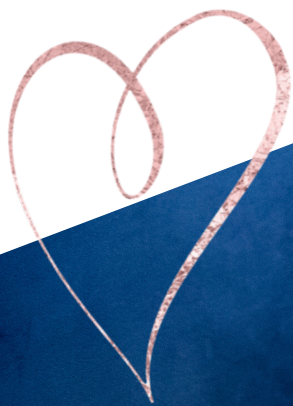
## Where To Shop!

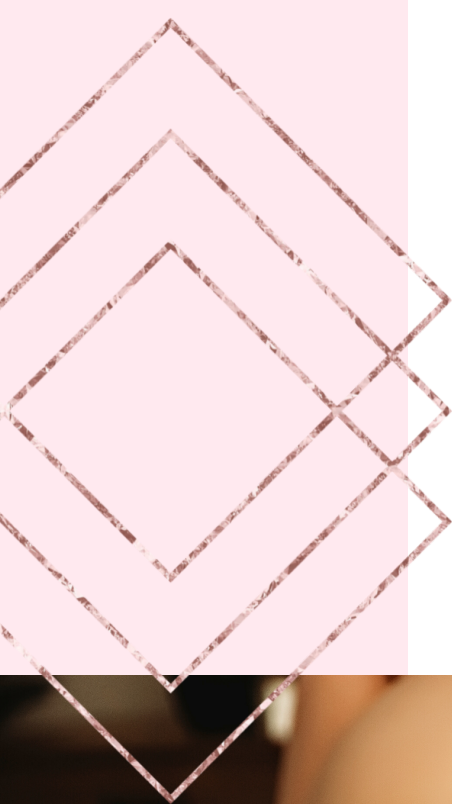
Now that you've gotten the low down on what styles and colors work best for photography, let's get to shoppin'!

Online Retailers: (stores marked with \* are size inclusive)

Addition Elle\*  
Adore Me  
AerieAsos\*  
Bare Necessities\*  
Bawdy Love\*  
Boohoo\*  
SHEIN\*  
CosaBella\*  
Eloquii\*  
Fig Leaves  
Forever 21\*

Fredericks  
Hey MAVENS\*  
Hips and Curves\*  
Journelle  
Playful Promises\*  
Savage x Fenty\*  
Smart and Sexy\*  
Solstice  
Thirdlove\*  
Torrid\*  
Yandy





# “Final Tips!

- Always bring more outfits than you plan to wear so that we have options.
- Bring one outfit that's totally out of your comfort zone, you don't have to wear it but you just might want to!



Please note, all images shared in this guide are courtesy of

*leefmarie*  
PHOTOGRAPHY



This guide is not to be redistributed in any way.





The  
End