



ICONIC

THE BOUDOIR CONFIDENCE AND PREP KIT

Feel prepared
Feel confident
Feel like yourself

A practical guide to help you feel calm, ready, and beautiful before your boudoir session.

FROM THE PHOTOGRAPHERS

OUR JOB IS TO GUIDE YOU, HELP YOU FEEL COMFORTABLE, AND CREATE IMAGES THAT FEEL BEAUTIFUL, REAL, AND TRUE TO YOU.

Boudoir is often imagined as something polished, effortless, and a little intimidating from the outside. What people do not always see is that most women arrive with questions, nerves, and a running list of what-ifs in their head. That is normal.

This guide was created to make the experience feel clearer, softer, and more approachable before you ever step in front of the camera. You do not need to arrive fully confident or perfectly prepared.

You do not need to know how to pose or how to perform. You only need to come as you are. Our role is to guide you with intention, help you feel at ease, and create images that feel beautiful, honest, and unmistakably like you.



Debbie Labrot

Lily Rose Photography, Inc.
Labrot Studios

Mia Beneweth

Labrot Studios

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WELCOME

**If you're feeling excited and nervous,
you're in very good company.**

That mix of emotions is completely normal before a boudoir session. Most women do not show up thinking, Perfect. I woke up feeling like a lingerie model and a movie star today.

They show up feeling curious, a little unsure, and hopeful that this experience will help them see themselves in a new way.

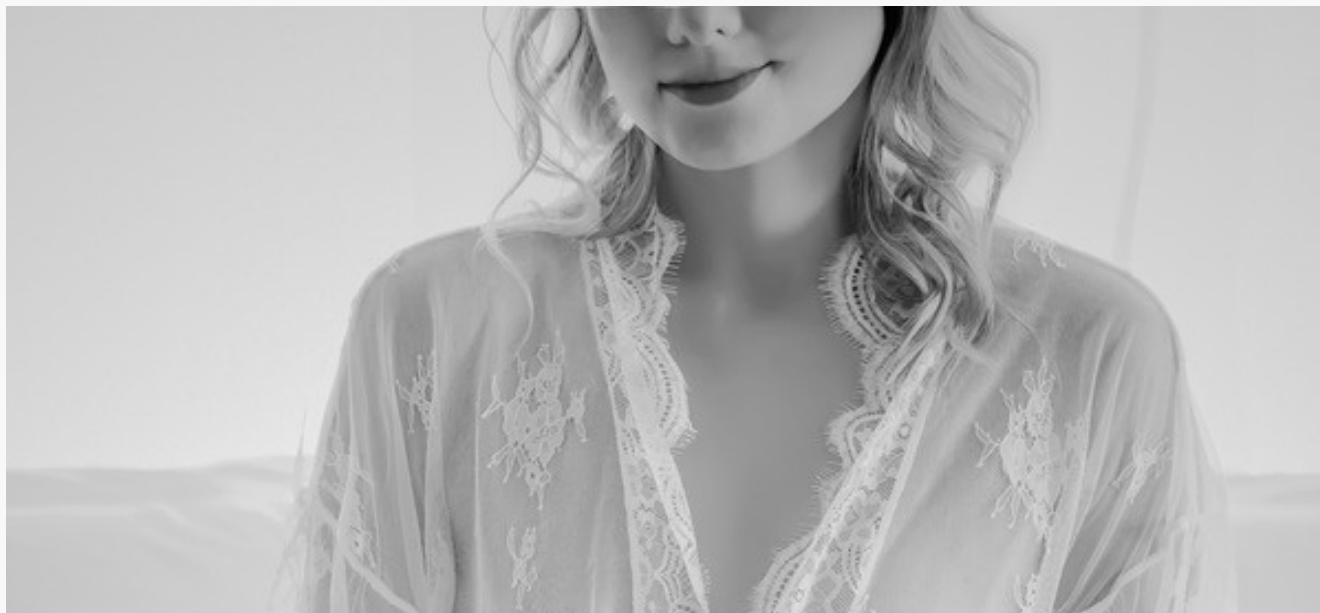
That is exactly why I created this guide.

Inside, you'll find clear help for what to wear, how to prepare, what to bring, and what to expect. My goal is simple. I want you to feel less overwhelmed, less self-conscious, and more ready when your session day arrives.

Boudoir is not about perfection. It is about showing up as you are and letting yourself be seen in a way that feels beautiful, honest, and empowering.

Boudoir is not about perfection.

WHAT BOUDOIR REALLY IS



Boudoir is not one look.

It is not one body type, one age, one style, or one version of confidence.

Boudoir can feel soft, bold, romantic, playful, elegant, moody, fashion-forward, or beautifully simple. You can be covered up, more revealing, smiling, serious, glamorous, or relaxed.

There is no one right way to do this.

A boudoir session is about creating images that reflect you.

Not a filtered version of you.

Not a Pinterest clone.

Not a performance.

You do not need modeling experience. You do not need to know how to pose.
You do not need to earn your session by changing your body first.

You just need to come in open to the experience.

That is enough.

WHY WOMEN BOOK BOUDOIR SESSIONS



Every woman has her own reason.

Some book a boudoir session as a gift for a partner.

Some are celebrating a milestone.

Some want to reconnect with themselves after motherhood, divorce, grief, burnout, or years of putting everyone else first.

Some want to mark a season of growth.

Some have no big reason at all other than this one:

I want to do this for me.

That reason counts.

You do not need a dramatic backstory or a special excuse. You are allowed to want beautiful images of yourself simply because you exist right now and deserve to feel good in your own skin.

That is not vanity.

That is self-respect.



"IF NOT NOW,
THEN WHEN?"



*You do not need
to arrive fearless.*

You just have to walk in.



LET'S TALK ABOUT NERVES

Feeling nervous does not mean boudoir is not for you.

It usually means you care.

You may be wondering:

What if I feel awkward?

What if I do not know how to pose?

What if I do not like my body in photos?

What if I bring the wrong outfits?

What if I am more covered than what I see online?

What if I freeze the second I step in front of the camera?

These are normal concerns.

They do not mean you are doing anything wrong.

Confidence does not always show up before the session starts. Often, it arrives during the experience.

No one expects you to walk in fearless.

You just have to walk in.

COMMON FEAR #1

"I DON'T KNOW HOW TO POSE"



Good news.

You do not need to.

Posing is not your job. Guiding you is mine.

During a boudoir session, you will be coached through flattering angles, hand placement, posture, expression, and movement. Small adjustments make a huge difference in how your images look.

Something as simple as lowering a shoulder, pointing a toe, or shifting your chin can completely change the final photo.

You are not expected to know any of this on your own.

So please cross “be naturally amazing at posing” off your to-do list.

That part is already taken care of.

COMMON FEAR #2

"I NEED TO LOSE WEIGHT FIRST"

No, you do not.

That thought is one of the biggest reasons women delay sessions that would probably mean a lot to them.

You do not need to shrink yourself before you allow yourself to be celebrated. You do not need to wait for ten pounds from now, a flatter stomach, better skin, longer hair, or some future version of yourself that feels more worthy.

You are already allowed to do this.

Right now.

Great boudoir photography is not about hiding who you are. It is about using light, angles, styling, and direction to create images that flatter you and honor you as you are today.

Your body is not a before photo.



COMMON FEAR #3

"I'M NOT COMFORTABLE SHOWING A LOT OF SKIN"



That is completely fine.

Boudoir does not require you to be highly revealing. Some of the most beautiful images are created with more coverage, not less.

You can wear:

- an oversized sweater
- a robe
- a button-down shirt
- a bodysuit
- a slip
- a fitted tank
- a jacket or blazer
- sheets for implied coverage
- off-the-shoulder pieces
- soft lounge wear

Sexy does not have one dress code.

Sometimes confidence looks like lace.

Sometimes it looks like an oversized shirt and bare legs.

Sometimes it looks like keeping a little mystery.



FIT,
TEXTURE,
SHAPE, AND
COMFORT
MATTER
MORE THAN
YOU
THINK.

WHAT PHOTOGRAPHS BEST



When choosing outfits, think about fit, texture, shape, and how the piece makes you feel.

Pieces that often photograph beautifully include

- bodysuits
- matching bra and panty sets
- high-waisted bottoms
- robes
- oversized sweaters
- slip dresses
- button-down shirts
- fitted tanks
- lace pieces
- sheer layers
- structured jackets or blazers
- heels or boots

WHAT TO LOOK FOR

Look for pieces that

- fit well
- flatter your shape
- stay in place
- make you feel confident
- have texture like lace, satin, mesh, or ribbed fabric

Boudoir is not about wearing the most daring thing you panic-order online at midnight.

It is about wearing pieces that make you feel beautiful and comfortable enough to relax into the experience.



OUTFIT IDEAS BY COMFORT LEVEL



More Coverage

- oversized sweater
- button-down shirt
- robe over lingerie
- slip dress
- off-the-shoulder knit
- sheets or implied
- leather jacket

Balanced

- bodysuit
- bra & panty set
- lace teddy
- high-waisted lingerie
- sheer robe over set
- fitted dress with strong lines

Bolder

- strappy lingerie
- dramatic robe
- sheer layers
- blazer with lingerie
- editorial bodysuit
- statement heels
- accessories

Choose outfits based on how you want to feel.

Not based on what you think you are supposed to wear.

The best outfit is usually the one that lets you breathe, move, and forget about the outfit long enough to enjoy the session.

BEAUTY AND GROOMING PREP TIMELINE

A little prep goes a long way.

You do not need a complicated beauty routine or a last-minute reinvention. The goal is to feel polished, comfortable, and like yourself on session day.



One Week Before

- try on your outfits and narrow them down
- make sure everything fits comfortably
- check for missing straps, loose seams
- remove tags
- decide on shoes, jewelry, and accessories
- book or confirm hair and makeup if needed
- moisturize regularly and drink water

Two to Three Days Before

- shave, wax, or groom if that is your routine
- moisturize skin and lips
- avoid trying new skincare products
- steam or hang outfits so wrinkles can fall out
- clean rings, necklaces, and any accessories you plan to wear
- make sure your nails are clean or freshly done if that matters to you

The Night Before

- pack your outfits, shoes, and accessories
- get a good night of sleep
- drink water
- avoid heavy alcohol and anything that leaves you feeling puffy or dehydrated
- lay out what you need so the morning feels easy
- remind yourself that you do not need to show up perfect

The Day Of

- arrive with a clean face unless told otherwise
- wear loose clothing to avoid marks on the skin
- avoid tight socks, bras, or waistbands right before the session
- bring water and anything needed for touch-ups
- eat something light so you are not running on nerves alone
- take a breath and let yourself enjoy the experience

The goal is not perfection. The goal is to walk in feeling prepared enough to relax.

WHAT TO BRING

You do not need to bring your entire closet.

A few thoughtful outfit options and a small bag of essentials will go much further than overpacking and feeling overwhelmed when you arrive.

NO
LACE
REQUIRED.
JUST
YOU.

OUTFITS AND ACCESSORIES

- 2 to 4 outfit options
- matching underwear if needed
- robes, sweaters, slips, or layers
- shoes or heels if you want them
- jewelry and accessories
- nipple covers if you use them
- fashion tape if needed
- extra stockings or thigh-highs

PERSONAL ITEMS AND TOUCH-UPS

- water
- lip color or gloss
- powder or simple touch-up makeup
- hairbrush or comb
- bobby pins or hair ties
- lotion
- deodorant
- anything personal that helps you feel comfortable

OPTIONAL BUT HELPFUL

- a playlist you love
- a sentimental item
- a partner gift if the session is for someone else
- a button-down shirt, blazer, or jacket for layering

Bring pieces that make you feel like yourself, not pieces that make you feel like you have to perform.

WHAT HAPPENS DURING THE SESSION

Most boudoir sessions feel far more relaxed than people expect.

When you arrive, we'll take a few minutes to settle in, go over your outfits, and make sure everything feels organized and comfortable.

From there, you'll be guided step by step.

That means help with:

- where to stand or sit
- what to do with your hands
- how to angle your body
- where to look
- when to soften, smile, stretch, or move

You are not expected to know any of this on your own.



We'll usually move through your outfits one look at a time, making small adjustments as we go.

Some poses will be simple. Some will feel more playful or expressive. The goal is never to force anything that does not feel like you.

There is time to breathe, reset, and settle in.

You do not have to perform.

You just have to show up and let yourself be guided.

WHAT HAPPENS AFTER THE SESSION

Most women leave their session feeling lighter than they expected.

A little tired, a little excited, and usually very glad they did it.



RIGHT AFTER THE SESSION

Once we finish, you can take a breath, change back into your clothes, and let it all settle in. For a lot of women, this is the moment it starts to click. The nerves are gone, and what is left is relief, adrenaline, and the feeling of having done something brave and beautiful for yourself.

CHOOSING YOUR FAVORITES

After the session, images are processed and uploaded to a private, password-protected online gallery. You'll review your private gallery of images and choose the ones you love most. This part does not have to feel intimidating. You are not expected to love every frame. The goal is simply to find the images that feel most like you and the ones that make you pause in the best way.

WHAT YOU LEAVE WITH

From there, based on your collection, you'll be sent a download link for your favorites. If your collection has additional products, or albums, the layout is designed and sent for your approval or change requests. Final images, products, or artwork will be prepared based on what you selected.

Whether you are choosing digital images, prints, or an album, the end result should feel like something personal, beautiful, and worth keeping.

You do not have to be fearless to do this. You just have to let yourself see what was already there.

A FEW LAST REMINDERS

You do not need to know how to pose.

You do not need to change your body before your session.

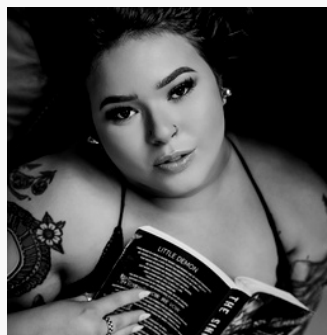
You do not need to show more skin than you want to.

You do not need to have every detail figured out.

You do not need to be fearless.

You do not need to be perfect.

**You just need to show up, breathe, and let yourself be guided through
the experience.**



CHOOSE THE STYLE THAT FEELS MOST LIKE YOU

Boudoir is not one formula.

It can be soft, bold, covered, dramatic, sculptural, playful, or stripped down to something more minimal and raw.

The right style is the one that feels most like you.

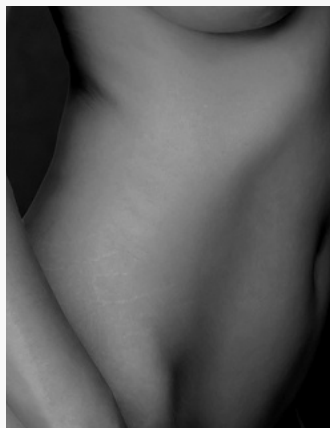


Soft and Romantic

Light tones, lace, robes, slips, and gentle posing. This style feels feminine, relaxed, and a little dreamy.

Moody and Editorial

More shadow, more contrast, more edge. This look leans fashion-forward, dramatic, and a little cinematic.



Fine Art or Implied

Minimal, tasteful, and shape-driven. These images focus on line, light, texture, and form rather than how much skin is shown.

More Covered and Comfortable

Oversized knits, robes, slips, button-downs, jackets, and layered pieces can photograph beautifully. More coverage does not mean less impact.



You do not have to fit into one style. Your session can borrow from more than one.

Sessions can also be tailored for men, couples, or clients looking for a more masculine feel.

Your session should reflect you.

FREQUENTLY ASKED QUESTIONS

Do I need to know how to pose?

No. You will be guided through posing, expression, movement, and small adjustments throughout the session.

Do I have to wear lingerie?

Not at all. Boudoir can include robes, sweaters, slips, button-down shirts, bodysuits, jackets, sheets, or more minimal and implied looks.

What if I am nervous?

That is normal. Most people arrive with nerves. Confidence often shows up during the session, not before it.

What if I do not want to show a lot of skin?

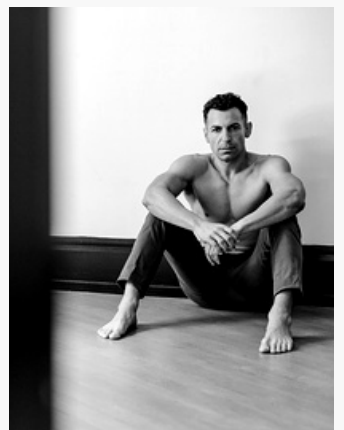
That is completely okay. Some of the most beautiful images come from more coverage, strong styling, and thoughtful posing.

Who is boudoir for?

Boudoir is for every body. It can be a gift, a milestone, a reset, or simply something you want to do for yourself.

Can sessions be tailored to different styles or clients?

Yes. Boudoir is not one-size-fits-all. Sessions can feel soft, bold, moody, minimal, more covered, or adapted for men or couples depending on the experience you want.



Your session should reflect you.



If you have made it this far, you have already done more than you think.

You have thought about what you want to wear, how you want to feel, what you want to bring, and what this experience might ask of you.

Now you do not need to keep proving that you are ready.

You are.

You do not need to arrive fearless.

You do not need to arrive perfect.

You do not need to arrive as anyone other than yourself.

You are already enough for this.

YOU'RE
READY,
WE'RE
HERE.

Scan to get in touch.

labrotboudoir.com

**LET
THEM
STARE.**