

T/G HEADSHOT CHECKLIST



Time for your headshot?

We hope you're excited (or at least not dreading it)! It's our goal to make this as painless as possible, and finish with a photo you can be proud of. Headshots make some people nervous. But getting a good headshot is a lot like baking a cake. All you really need is a good recipe. We made this little list to help. Take these steps, and we promise you'll have better results!

More than a week before:

- ❑ Schedule your shoot - Plan a day when you won't have to rush or be distracted.
- ❑ Do you need a haircut or color? We recommend sticking with a style that is typical for "you." Do this more than a week before, so you have time to let it grow some and time to get used to styling it.
- ❑ Teeth - Start whitening if you so choose.
- ❑ Plan your attire - If you don't think you have something suitable, now's the time to shop.
 - No thin stripes, no loud or busy patterns
 - Not plain, bright white
 - Colors that complement your eyes, skin tone & personality work best

3-4 days before:

- ❑ Try on your outfit if you haven't. Even if it looks good on the hanger, double check for stains, etc.
- ❑ Test accessories.
- ❑ Start drinking extra water - This will help your skin be more clear, and give you a more vibrant, youthful appearance.

1-2 days before:

- ❑ Look in the mirror and decide on expression and pose. We'll direct you and provide you with pose options, but it's helpful if you knew what angle you prefer.
- ❑ Facial hair - Eyebrows, nose hairs, beard, etc. Do this 1-2 days out to avoid redness or irritation.
- ❑ Check fingernails - Make sure they are clean cut. Neutral polish is recommended for ladies.
- ❑ Does your outfit need ironing, or steaming?
- ❑ Don't drink alcohol. Get sleep. (We do great retouching, but nothing replaces the natural glow from a good night's rest.)

Day of headshot:

- ❑ Makeup - Neutral palette works best.
- ❑ Style Hair - Avoid anything unusual or extreme. Make sure to spray down flyaways.
- ❑ Avoid teeth staining beverages; don't drink coffee day of.
- ❑ Have a good attitude. Do you what you can to give yourself a great day.
- ❑ Avoid hard conversations or decisions beforehand.
- ❑ Improve your mood by listening to happy music, for a better and more natural smile.

Pack these items (if applicable):

For touchups in our dressing room (we have nice well-lit mirrors):

- ❑ Hairbrush
- ❑ Hairspray
- ❑ Makeup (lipstick)
- ❑ Lint roller if wearing black
- ❑ Snack - no one looks good hangry
- ❑ Bring something or someone to help make you smile, if you wish

Don't worry! You'll have a chance to review your headshot(s) during your session.

Overall, don't be too critical of yourself!
Enjoy the experience, & have fun!