



THE
nail prep
GUIDE



WHEN IN DOUBT, HIRE A PRO

The best thing you can do at least two days before your session is to get a professional manicure following the rules below.



CHIPPED NAIL PAINT, EW

There's nothing worse in senior portraits than chipped nail paint. Go ahead and remove all of your polish before showing up to have your picture taken. If your photographer decides to place your hands next to your face, unsightly nails could draw attention away from your pretty face.



KEEP IT NEUTRAL

While “Dayglow Mango” may be the newest trend in nail color, opting for a more neutral nail tone is always the best decision. Getting trendy with nail color can date your senior pictures and you want to remain classic and timeless with beautifully polished neutral nails.



DON'T TOUCH YOUR CUTICLES

Whether you're having your nails done professionally or doing them yourself, please don't touch your cuticles. Pushing them back or having them removed can cause your nail bed to look red and/or damaged and can even sometimes result in bleeding. Stay away from cuticle manipulation for your session so that your nails look effortlessly flawless.



MOISTURIZE YOUR HANDS

For the entire week before your session, use a heavy moisturizer on your hands, cuticles and nails... especially if you bite them. This extra moisture can help heal any cracked skin or broken nail beds which left untreated, can result in red nail beds and even older looking skin.



TIME TO SHAPE UP

Opt to keep your nails rounded and simple instead of shaping them like pointy claws. It may be super popular right now, but in ten years you don't want to look back on your portraits and wonder what you were thinking with stabby paws.



NO PEELING

Never peel old polish off your nails... it can leave your nails extremely dry and looking stripped down. Instead, use polish remover and a cotton ball to swipe away old color and leave your nails looking clean and even toned.



GOING A LA NATURAL? GO BUFF!

If you're opting for super clean nails, try buffing them a bit before your session for a beautiful shine! There are a ton of great product options in the market to buff your nails to super clean shine! Add a clear coat on top and you'll have perfectly pristine fingertips!



NO BITING! SERIOUSLY!

If you're a nail biter, do everything in your power to STOP a full month before your senior session. If your nails and nail beds are damaged, red and swollen, it can draw attention away from your face for your images.



DON'T FORGET YOUR TOENAILS!

Especially if you're going to show off your toes in peep toe heels or sandals, remember to keep your toenails perfectly pampered with a professional pedicure.



ANGIE LANE PHOTOGRAPHY

angie@portraitsbyangielane.com

209.607.2768