

THE
**WHAT
TO WEAR**
GUIDE



HOW TO USE THIS GUIDE

“Style is a way to say who you are without having to speak.” -Rachel Zoe

First and foremost, I want to tell you how excited I am to start planning your senior portrait session! Other than your amazing personality, your wardrobe is one of the key factors to having a successful session that reflects your true self. Please use this guide to begin to prepare for your senior session wardrobe options. It includes everything from what colors look best with your skin tone, what clothing styles look best with your body shape, as well as tons of styled outfits for you to use as inspiration when planning your wardrobe options.

One of the most important things you can do right now, is to write down on a piece of paper, three to five things that you want your senior picture wardrobe to say about you. A few that may come to mind are “bright,” “happy,” “smart,” “confident,” “fierce,” “deep,” “chill,” “fun loving,” “adventurous,” etc.

Believe it or not, but you can actually present yourself through the clothing you choose to wear for your senior portraits! So, once you decide what you want your clothes to say about you, read this guide and find out how to make that happen!

Feel free to take this guide with you when you go shopping and if you have any questions, please don't hesitate to e-mail me and ask!





THE
basics

what to wear

bright - jewel toned colors or neutrals with metallics

complimentary layers

functional clothing: if you want to get the most out of your poses, you need to be able to sit, squat, stand, etc comfortably in ALL of your outfits

classic and thin chained jewelry paired with simple earrings

a variety of outfits that show off your true personality: at least one classic outfit + jeans, shorts, dresses, skirts, etc... mix it up!

NUDE under garments

tailored clothing that accentuates your best assets

a variety in style: casual, prep, edgy, glam, boho, etc

what NOT to wear

wrinkled & dull clothes or neon colors

busy patterns: camo, plaid, etc.

short length skirts, dresses and/or shorts that expose too much when sitting, squatting or bending over

trendy and chunky jewelry that can draw attention away from your face

the same outfit pieces over and over again: wearing four dresses over the course of your portraits may not show variety

cleavage-baring tops & blouses

tight fitting clothing that can accentuate problem areas

the same style over and over again: wearing all edgy outfits, or all casual outfits



WARDROBE

BY

body

TYPE

If you're worried about what types of clothing to wear to best accentuate your body's beautiful features, have no fear!

Over the next few pages, you'll learn how to dress to create illusions for the best possible you.

*The Ruler
or
Rectangle
Body Type*

TRAITS:

your slender upper body tends to be the same width as your slender lower body

you may often consider yourself "boxy"

YOUR WARDROBE GOAL:

enhance your figure by creating curves with hemlines and colors

DO'S & DON'TS

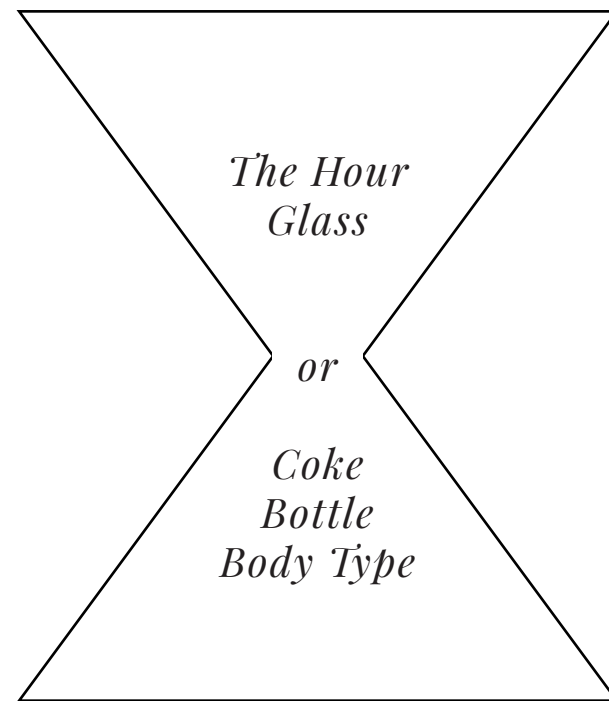
don't be afraid to experiment with colors - if you want to accentuate your upper body, wear a brightly colored top with darker bottoms, and vice versa if you want to accentuate your lower half

shapely tops (scoop neck, v-neck, sweetheart, halter necklines) can create curves on your upper body

peplum tops or dresses will add curves by bringing attention to your hips

refined patterns in classically bold colors help give depth and a richness to your frame

high waisted belts will give you the illusion of a smaller waist which will add curves



*The Hour
Glass*

or

*Coke
Bottle
Body Type*

TRAITS:

your upper body and lower body are similar in width while a very small waist breaks through your middle

you often refer to yourself as "curvy" with a small waistline

YOUR WARDROBE GOAL:

to accentuate your curves without looking suggestive

DO'S & DON'TS

wear fitted/tailored looks that aren't too tight or attention drawing

waistline belts can help accentuate your stomach and show off your figure

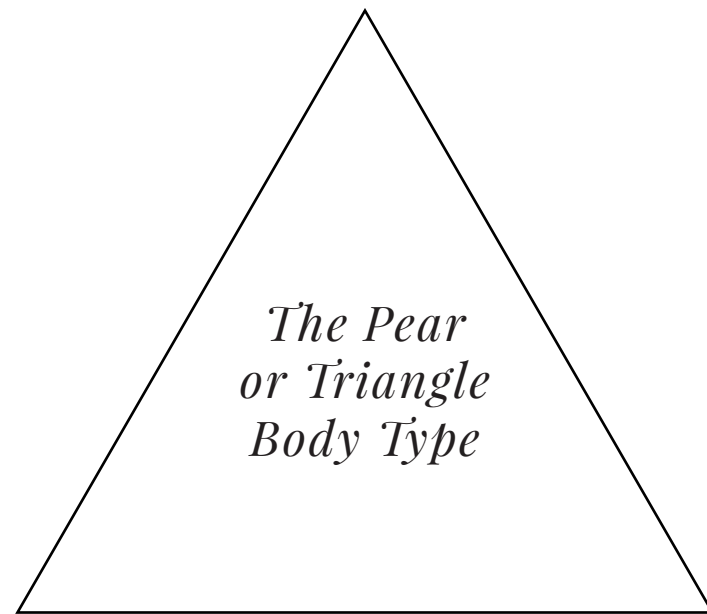
skinny jeans and boot-cut jeans look best on you

nude high heels can lengthen your legs

try not to wear your skirts/dresses too short as it can look less than classy on your body type

fitted jackets can help hide larger breasts and not call attention to them

watch how low your top plunges - keep it senior appropriate



TRAITS:

your upper body (shoulders, chest, and stomach) is more slender in comparison to your wider lower body (hips, thighs and bottom)

YOUR WARDROBE GOAL:

to balance out your lower body by creating optical illusions on your upper body with appropriate clothing

DO'S & DON'TS

keep your tops lighter in color than your bottoms - it will bring attention to your thin upper frame

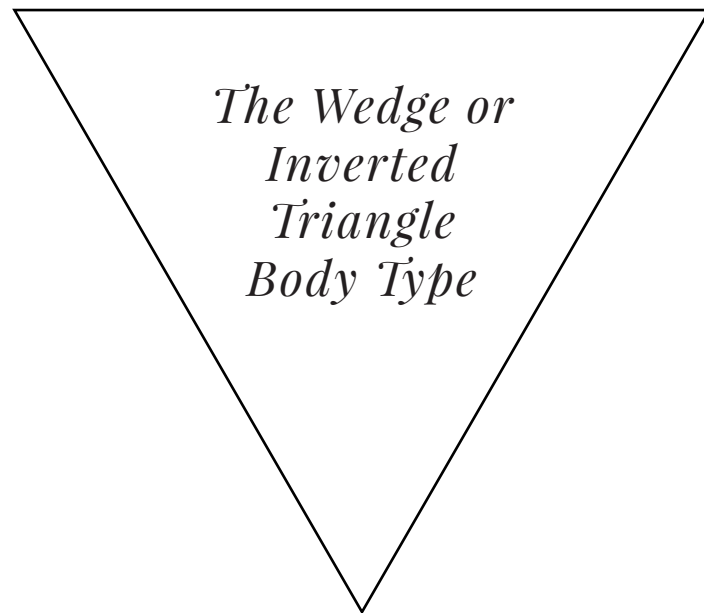
wear blazers and jackets that stop at the hip-line

brightly colored cardigans/tops will always draw attention away from your hips and up towards your face

your pants should be boot or flare cut - it will help balance out your hips

stay away from pencil skirts - they will only accentuate your lower body

a-line cut skirts will help balance out your hips as well



TRAITS:

your upper body (shoulders, chest and stomach)
measure wider than your smaller lower body

YOUR WARDROBE GOAL:

minimize your upper body and accentuate
your lower body to create balance for your
body type

DO'S & DON'TS

high waisted bottoms are great for this look
because they help bring attention to your
shapely hips

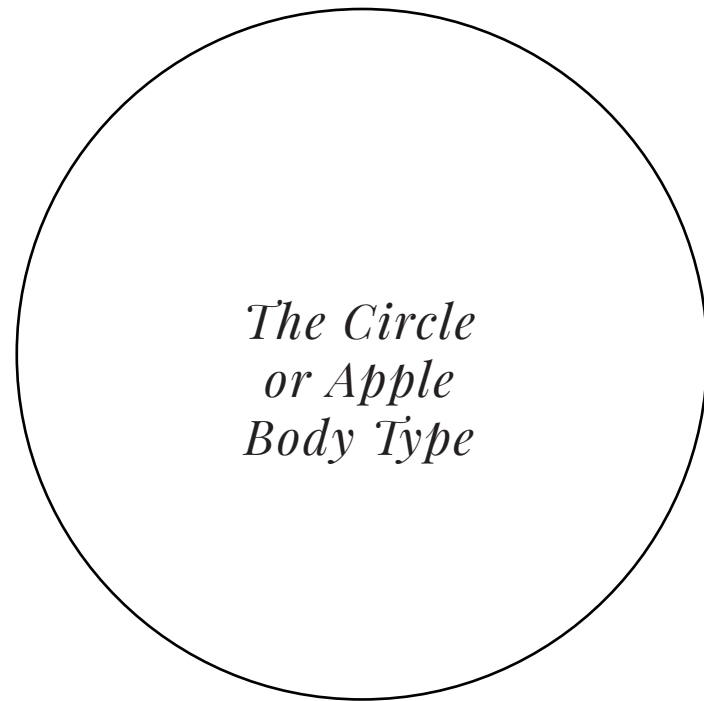
keep your neckline soft: go for cowl necks,
deep v-necks or even scoop necks

stay away from spaghetti straps as they can
draw attention to a larger upper body

do use a high waisted belt to accentuate your
waistline

go for simple and darker toned tops, while
experimenting with brightly colored or refined
printed bottoms

wear wide legged pants to balance out a wider
upper body



TRAITS:

your middle body holds most of your weight
(chest, upper arms, stomach, hips and bottom)

YOUR WARDROBE GOAL:

lengthen your torso and create the illusion of
a waistline

DO'S & DON'TS

wear a great tummy shaper to minimize any
bulge at the waist and an uplifting bra to
create separation between your waistline and
bra line

a darker toned longer length cardigan can
help elongate your torso and cut your middle
horizontally in half

wear a structured blazer or jacket that will
help draw angular lines giving your upper
body structure

3/4 sleeves are best for your tops to draw
attention away from your upper arms

heavier fabrics are best to help hide any trouble
areas - any lycra or spandex in your clothing
will mean that it may cling to your body

bootcut bottoms will help lean out your body





WARDROBE
BY
skin
TONE

What tone am I?

HOW TO KNOW:

+ the vein test

- look at the veins on your wrist
- olive/green veins = warm toned
- blue veins = cool toned
- mix of the above = neutral toned

+ the white paper test

- hold a white sheet of paper next to your chest
- blue/pink skin colors = cool toned
- green/gold skin colors = warm toned
- neutral tones will fluctuate based on season

+ the jewelry test

- use only necklaces or bracelets for this test
- which metal makes your skin look healthier?
- gold metals = warm toned
- silver metals = cool toned

+ sun exposure

- cool toned skin tends to burn easily
- warm toned skin tends to tan easily





shades for everyone

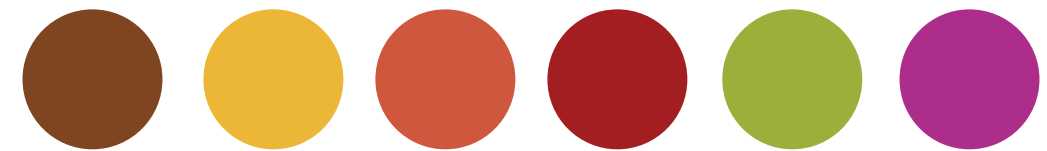


Blush Pink
True Red
Sea Teal
Eggplant Purple

These beautiful shades look great on almost every skin tone. These shades are considered "universal" in that they flatter most tones paired with eye and hair colors.



warm skin tones



HAIR COLOR: deep dark brown to dark blonde

SKIN TONE: green / yellow / golden / olive undertones

CELEBRITY SHADES: J Lo, Jessica Alba, Kim Kardashian,
Sandra Bullock, Jennifer Anniston

The colors that look best with your skin tones are rich, earthy tones in shades of red, orange, yellow, greens and browns. If you're in the mood for neutral colors, check out warm grays like mushroom or taupe and off-whites.

Quick Tip: jewel tones still look good on warm tones, but deeper in color (eggplant instead of purple, deep teal instead of electric blue)

Complimentary Colors: khaki, gray, olive green, orange, coral



cool skin tones



HAIR COLOR: ash blonde and ash brown, black with blue

SKIN TONE: blue / rosy / pink undertones

CELEBRITY SHADES: Anne Hathaway, Amanda Seyfreid, Nicole Kidman, Liv Tyler, Emma Stone

The colors that look best with your skin tones are considered sea shades (teals, blues, greens) as well as frosty shades (berries, blue grays, icy tones). If you're in the mood for neutral colors, check out crisp whites.

Quick Tip: if you have blue eyes, wear blue... and the same goes for green eyes and a green outfit

Complimentary Colors: blues, greens purples



neutral skin tones



HAIR COLOR: combination of blonde with ashy streaks or brown with warmer streaks

SKIN TONE: ivory / beige / light olive undertones

CELEBRITY SHADES: Angelina Jolie, Rachel McAdams, Taylor Swift, Reese Witherspoon, Emmy Rossum

The colors that look best with your skin tones are blush toned pinks, pastel yet rich berries. If you're in the mood for neutral colors, check out off-whites or grays.

Quick Tip: most neutrals have hazel eyes and can accentuate the green in their eyes by wearing purples

Complimentary Colors: jade green and placid blue



WARDROBE
BY
style



CASUALLY *carefree*

One of the best things you can remember when deciding your senior portrait wardrobe is to BE YOURSELF! If denim cut-offs, sandals and a slouchy knit top is your way of relaxing, let one of your outfits show that off! Don't be scared of this style - you can still keep it looking pretty!

Whether you like bold colors or muted tones, there is so much you can do with this casual senior look! The huge plus to this style is that it completely transitions into any season so there's no reason to worry about the weather!

A FEW TIPS & TRICKS TO KEEP IT POLISHED

A casual classic will always be denim. Whether it's cut-off shorts, boot cut jeans or denim skinnies, you can always transform this look into whatever you want it to be.

Keep your colors neutral and bold (instead of soft) to play up your primary colors.

To keep this look casual, keep your top loose fitting and/or slouchy.

A great way to anchor your whole outfit is to add some casual kicks in the form of Vans, ADIDAS, Converse, etc.



DARING *denim*

Denim certainly gets its own category because let's face it... you can dress it up, dress it down, make it sophisticated, pair it with diamonds and a ton of other styles to accentuate your look. Today's fashion trends lean so heavily on denim that you can even double it up for a bold fashion statement. Whether you decide to wear your denim vintage, ripped, dark or acid washed, you'll never fail with this choice for your senior pictures.

A FEW TIPS & TRICKS TO KEEP IT POLISHED

Remember that the shades of denim will either hide or accentuate your body parts. If you want to accentuate your legs and thighs, wear light denim in jeans. A darker wash will hide your thighs.

If you want to have fun with denim on denim, always mix your washes, weight, and shades to create a dynamic variety in your outfit.

To make your denim pop, consider pairing it with luxe accents like heels, diamond jewelry, an embellished top, or a sparkly clutch.



FLIRTY *florals*

If you're feeling fun and flirty and want to show off your girly side, floral prints are a great way to achieve that! There are a ton of options out there in color, size of print, and even texture so you know you'll have a ton of variety to choose from when choosing your style.

While florals have always been a timeless trend, there are a ton of ways to wear them that will represent you in your senior pictures.

A FEW TIPS & TRICKS TO KEEP IT POLISHED

If you want to add a simple statement piece to your minimal outfit, throw on a floral kimono or duster to go a bit more girly.

Whether your floral prints are tiny or huge, allow your piece to be the main show by pairing it with solids. For example, if you're going to wear a floral top, pair it with solid color pants or a skirt.

Remember that darker florals can lean toward fall and winter seasons, while lighter and brighter florals can lend themselves to the spring and summer seasons.

Not feeling so girly, but still want to flaunt florals? A great way to edge them out is to pair them with a masculine structured piece like a leather jacket or boyfriend jeans.



URBAN *street*

Whether it's military/combat boots, leather jackets or bold angular patterns, urban street style is always a great modern look for your senior portraits. If you're looking for a hard edge, stick with dark muted tones and tailored outfits that are as straight laced as your boots. If you want to soften it up a bit, add a few brighter tones and flowy fabrics to keep it chic but still street. Feel free to mix and match new threads with thrift shop finds and remember to throw back a bit to the '80s and '90s.

A FEW TIPS & TRICKS TO KEEP IT POLISHED

Want to brighten up a foundation of dark colors?
Try a light pair of ripped jeans or upscale joggers.

Remember the shoes:
To really kick up your outfit and keep it real, throw on a pair of legit underground kicks. Play with either ankle cut or high top sneaks for a more hip hop look and play with military lace ups or combats for that army brat look.

Jackets:
The only way to go for this look is to keep it structured and stitched. Black leather or army green jackets will keep your look muted and edgy. Keep them matte with metal accents for authenticity.



PRETTY *prep*

This look is for those who love tailored structure with whimsy accents. Collars meet jewels while blazers are paired with pops of color all while staying inside the lines. Soft patterns share pastel colors and light and airy fabrics are paired with streamlined silhouettes. If you're a happy, go lucky girl who likes to look polished and playful, this is the style for you.

A FEW TIPS & TRICKS TO KEEP IT POLISHED

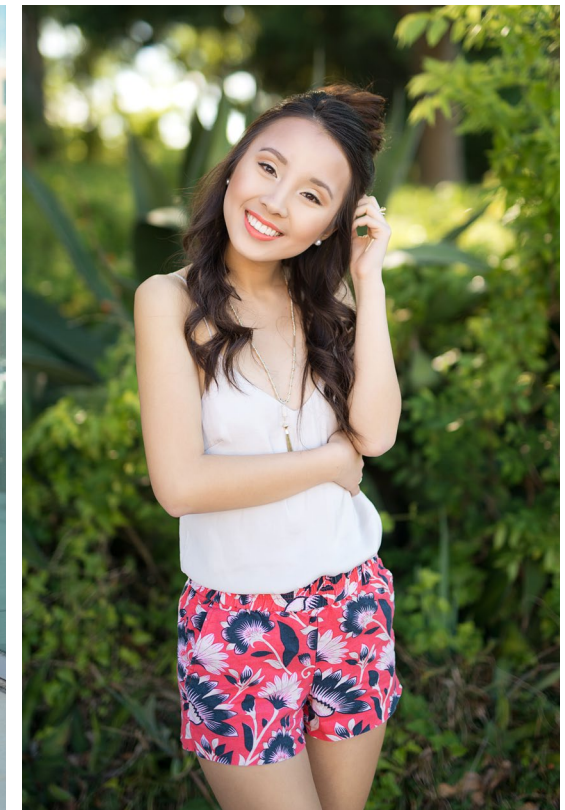
If you love Chambray collars, pair them with a pretty sweater and heavy jewels to play up your neckline and keep it feminine.

For a bold look, play up your patterns in a bold way and go with large prints. For a softer look, keep your prints small and light.

If you do go with floral/pretty prints, remember to anchor them with a heavy solid like a beautifully colored cardigan.

Balance the seasonal approach by pairing chunky sweaters with light skirts or fall skinnies to keep the look girly and fresh.

Patterned shorts/skirts/rompers are always adorable - remember to anchor them with a complementary color on top.



LUCKY IN *lace*

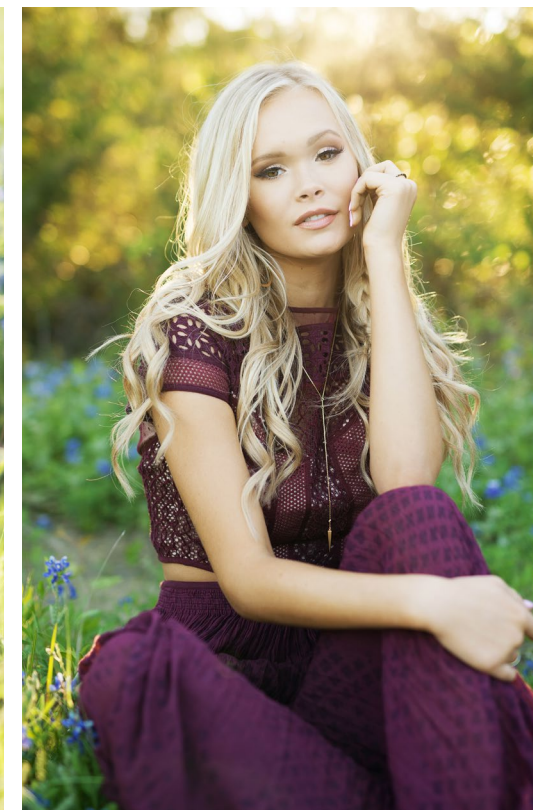
Whether it's a lace top, lace shorts or a lace dress, you can never go wrong with this fun and flirty classic! Keep it modern by wearing it in bold and rich colors or keep it timeless with muted tones of cream and blush. Play it up with a strand of pearls or bring it way down by pairing lace with cowboy boots for a down home style. It's feminine and always soft when you want to keep your senior portrait style all American with that "girl next door" look.

A FEW TIPS & TRICKS TO KEEP IT POLISHED

To keep lace looking high end, be sure to purchase only those pieces that are scalloped or open hemmed. That makes the piece look unique and intricate.

Remember that lace is usually see through, so pair your piece with nude undergarments. Refrain from using anything other than nude undergarments because it can come off as less than classy.

If you are foregoing pretty pearls for a more modern look, stick with thin chained necklaces when wearing lace as not to compete with the pattern in the lace.



BOHO *beautiful*

Whether you're a wanderlust at heart or a wild spirit, this boho look is for you! This style is the love child of the gypsies and the 1970s and is such a great way to bring emotional freedom into your senior portraits!

Most boho looks are light and airy with sheer fabrics and lace while others are full of bold tribal patterns and hints of Middle Eastern flair. You can mix and match these two options or keep them separate for two completely different looks.

A FEW TIPS & TRICKS TO KEEP IT POLISHED

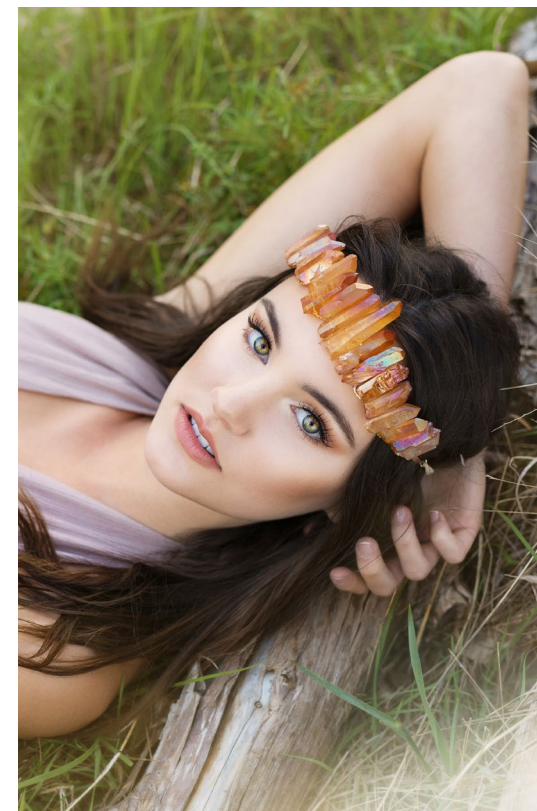
If you decide on sheer fabrics, remember to bring NUDE undergarments to maintain your modesty. Black or white undergarments will definitely show through.

Stackable bangles are HUGE accessories for this look and can add to the authenticity of the style.

Headbands (for across the forehead) also bring a certain genuine look to match this gypsy throwback style.

The more rings, the better!

The more layers you have on, the better! Add on a sheer kimono, fur vest belted with skinny belt, boot socks, and everything else you can think of!



THROW *back*

Retro wear is coming back with a vengeance and wow - it is absolutely amazing! Chokers from the 90's, track shorts from the early 80's and high waisted bell bottoms from the 70's are making their way front and center to the fashion world. If you connect with any of these eras, now is your time to pay homage.

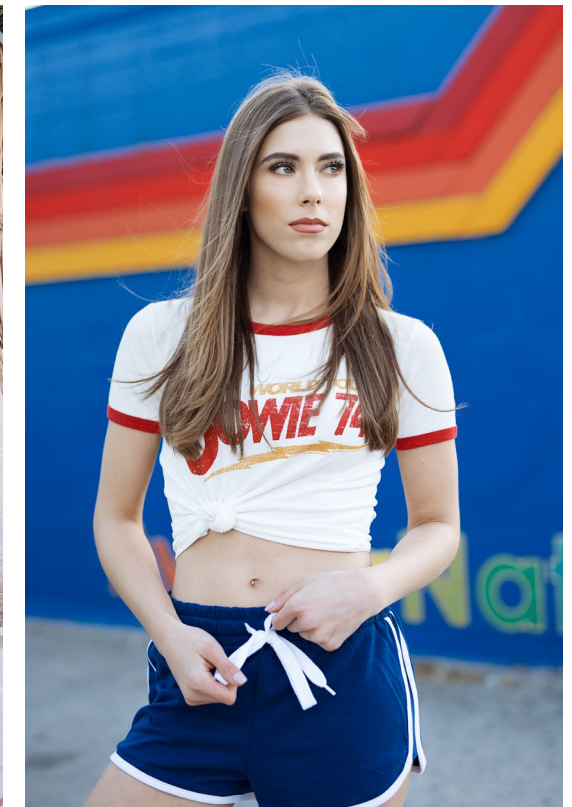
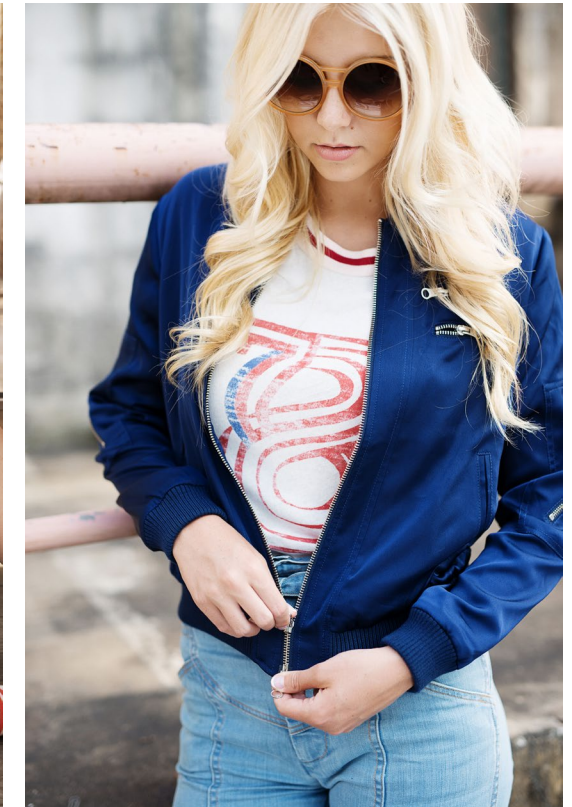
A FEW TIPS & TRICKS TO KEEP IT POLISHED

Do your research. Start a Pinterest board with ideas to keep you on track and find out what was the fashion for the era. Pin to your heart's desire and before you know it, you'll have the perfect wardrobe for your retro vibe.

Staying era specific is EVERYTHING. If you're going with the 70's, commit to only 1970s trends. Don't throw in a different era piece - it may ruin the entire look.

Sun glasses can really set off your look. Again, make sure to stay era specific.

When you decide on a retro look, I will find a location to match. Just like trends, if I place you in the wrong location, it can ruin the entire look.



RESORT *wear*

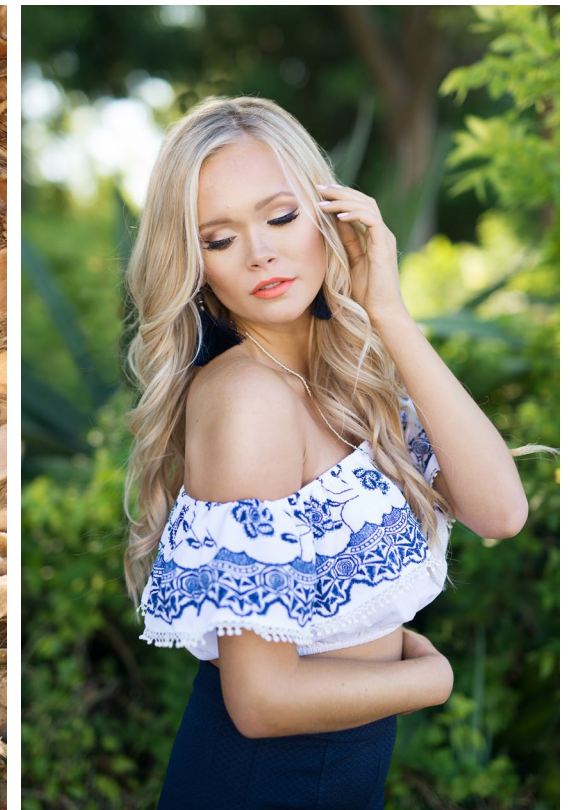
Resort wear is a beautiful option if you love bright colors, large prints and the warm breeze of summer. If you want to look like you travel the globe in your off time, this is a great wardrobe for you! Large tropical prints, linen fabric, Spanish embroidery, and bright patterns are all factors of this lovely style.

A FEW TIPS & TRICKS TO KEEP IT POLISHED

Simplicity is key when considering this option. Due to the beautifully bright prints, you'll want to keep your accessories to a minimum. A few stacked bracelets, and a pair of sunnies is all you need to set it off.

Light linen fabric is a great way to keep this look not too tropical. Pair it with wide trousers or light embroidery to keep the look interesting.

The best shoes for this look is either strappy sandals (gladiators are awesome) or open toed espadrilles or sandals.



GORGEOUS *glam*

This is the time to memorialize your senior year - and what better way to do that than to showcase your formal dress from Homecoming or Prom? Glam it up with your favorite dress that flatters you to the core! Of course, you'll have pictures from Prom or Homecoming taken with a point and shoot camera, but it's a whole other story to have professionally styled and captured images of you all glammed up at a location to match! Show off your formal style for ultimate senior pictures variety!

A FEW TIPS & TRICKS TO KEEP IT POLISHED

The length of your dress speaks loudly!
A short dress means you're the life of the party and ready to go! While a long dress exudes elegance and Hollywood glamour!

Always remember to bring the appropriate NUDE undergarments for your dress: strapless or convertible bra, SPANX, seamless underwear, shape-wear, etc.

Keep in mind that the more sequins and embellishments on your dress, the less accessories you will need. Vice versa goes for a simple dress.





ACCENTING
WITH
accessories



necklaces

A FEW TIPS & TRICKS TO KEEP IT POLISHED

To make a simple top pop, add a colorful and interesting necklace in complimentary colors.

To add glam to an edgy look, pop on a super glitz collar or bib type necklace to instantly dress up the look.

Don't be afraid to mix your metals starting with your necklace. If you mix shiny gold with brushed silver at your neck, you can mix your rings in the same finishes as well.

If you're wanting to wear a deep neckline but are uncomfortable about the amount of skin shown, throw on a beautiful statement necklace to bridge the gap a bit.



earrings

A FEW TIPS & TRICKS TO KEEP IT POLISHED

If you have opted for a statement necklace, go with simpler earrings. Too much around the face can take attention away from your face.

Hoops are always a great option for earrings. But remember that the larger the hoop, the more the style lends itself to an urban look.

Earrings can actually have a lot to do with your face shape. Long earrings can elongate a rounder face while oval earrings can accentuate an oval face.

Bone structure also has a lot to do with the look of earrings on your face. Try and match your earrings to your bone structure. For example, smaller features pair great with dainty earrings, whereas larger bone structures can usually carry heavier earrings.



bracelets

A FEW TIPS & TRICKS TO KEEP IT POLISHED

Again, if you have opted for a statement necklace, go with thinner bracelets as not to take too much attention away from your face and outfit.

Unless you're going for the gypsy look, remember that less is more when it comes to bracelets. Stacking on too many can create the pirate effect.

Chunky bracelets can actually cut the arm off, visually. If you are wanting to elongate your arms and/or make them look thinner, think about wearing dainty chained bracelets.

The material of your bracelet can accentuate your outfit. Meaning, if you are showcasing a casual style with ripped denim, you can usually go with stacked threaded or leather bracelets. For more upscale looks, load on the metallics!



rings

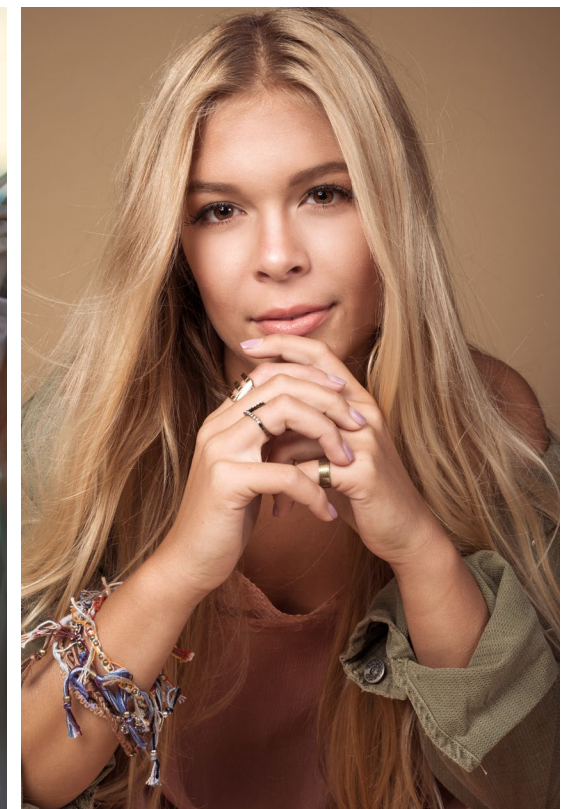
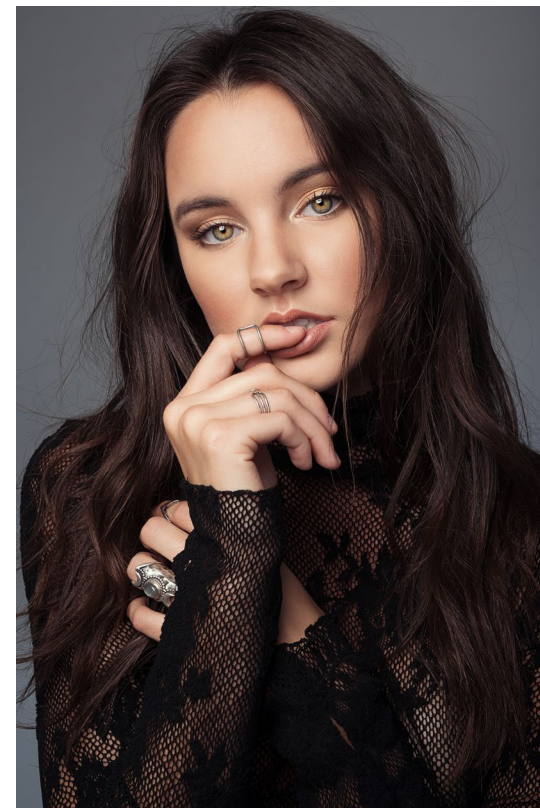
A FEW TIPS & TRICKS TO KEEP IT POLISHED

Heavier rings should be worn at the base of your fingers while thinner bands should be worn closer to the top, above the knuckle when stacking rings.

Senior pictures are a great time to showcase rings that have a personal meaning to you. So try wearing your class ring along with your family ring for a personal touch.

Another great way to stack rings in a more feminine manner is to only stack tiny, dainty, and thin rings on top of each other to create the look of a single piece.

For a more bohemian style, throw on ALL THE RINGS. Seriously, the rules go out the door for this look. Stack on fat rings, thin rings, stoned rings, and anything else that will fit on your pretty little fingers.



scarves

A FEW TIPS & TRICKS TO KEEP IT POLISHED

If you love a regular scarf and want to wear like an infinity scarf, tie the ends together and circle it around your neck twice.

Wanting to add a pop of color to an otherwise dull outfit? Throw on a scarf bursting with a beautifully colored pattern and you'll have the look you're going for.

If you want to add to your retro look, remember that short scarves tied tightly around the neck was all the rage in the 1970's.

Remember that thin scarves are in! These are a great addition to an already edgy look. Wear them by letting them hang down or tie them once, loosely around the neck to keep it cool.



hats

A FEW TIPS & TRICKS TO KEEP IT POLISHED

Try not to be too matchy matchy when it comes to your hat. If you match your hat with the rest of your outfit, that can mean one color from head to toe, and that is too much for the eye to take in.

Make sure that your hat fits your head and isn't too large or tall. A hat that is too tall for your head can make your head look much bigger than it is, and a hat that is too large, can come down too low on your forehead causing dark shadows above your eyes.

If your outfit already has several pieces, patterns and colors to it, think about NOT opting for a hat. It can add even more to an already busy look.

Experiment with hat shapes other than the floppy hat. Try beanies, newsboys, fedoras, snap-backs and berets to accentuate your outfit.



glasses

A FEW TIPS & TRICKS TO KEEP IT POLISHED

Before arriving to your senior session, remove the lenses of your prescription glasses as to not cause glare over your eyes. That can be a very big mistake that can be extremely difficult and sometimes impossible to edit out.

When pairing your outfit with sunglasses, try to remain on the classic side when it comes to shape. Tons of fun shapes are super trendy right now, but remember that these are your senior pictures and you'll be looking back on them for years to come.

That same sentiment rules when it comes to the color of your sunglasses. Remember that neutrals and metallics are always a timeless option.

Research and experiment with glasses shapes when it comes to your face shape. There is a ton of information on the Internet about what shape glasses can help accentuate your beautiful face shape.

