

Carlo Capomazza Photographer

preparation for a shoot:

Several days Before the shoot

- Resist the urge to over-exercise or diet excessively. Don't eat a lot of junk food or carbs.
- Avoid breakouts by not trying any new make-up or skin care products. Do not get a facial within 4 days of the shoot.
- Scan fashion magazines to get ideas on posing.
- Write words of emotion (like happy, sad, sultry, attitude etc.) on a paper and practice making that expression in front of a mirror. Eventually you will learn what it feels like to make the expression and then you won't need the mirror when the photographer directs you to a certain look.

The Night Before the Photo shoot

- Remove any body hair you do not want the camera to see.
- Exfoliate your body to remove dead, scaly skin, and apply moisturizer.
- Give yourself a manicure and a pedicure, making sure to use only a clear or pale neutral polish.

What to Pack for the Photo shoot

- Any clothes, shoes or accessories your agent, stylist or photographer asked you to pack. Clothes should be clean and ironed. We have an iron in the studio for minor touch up.
- Your 'Model's Bag' (see below).

The Day of the Photo shoot

- Wear loose-fitting clothing to prevent any marks and impressions on your body, do not wear a bra to the shoot you can change into one there if you need one for the photo.
- Wear a button front shirt to protect hair and make-up so you don't pull it over you head to remove it.
- Wear a **clear** deodorant to prevent white marks on the clothes.
- Discuss if a make-up artist will be on the set, if so arrive with clean hair and absolutely no make-up.

The Model's Bag: What to Bring to the Photo shoot: The list below is primarily for women but men should use for items that pertain.

Music: Bring your favorite music that you would like to listen to during the shoot. we can plug in an mp3 player (ipod etc) mp3 disk or cds into our system.

Hair:

- headband, elastic bands, hair pins
- brushes, combs
- hair appliances (curling iron, flat iron, rollers) we have a hair dryer in the studio.
- hair products
- a razor and shaving cream

Face:

- skin cleanser and a good moisturizer
- make-up kit
- cotton balls and cotton swabs
- mirror
- lip balm and Vaseline

Nails:

- a full manicure kit
- a couple neutral colored polishes
- polish remover pads

Clothing:

- different colors of nylons · flesh toned G-string and bra
- assortment of bras including push-up
- plain black and white socks
- light dressing robe and a scarf
- we have an iron in the studio

Shoes:

- an assortment of dress shoes/sandals
- flats (brown and black)