

the
WHAT *to*
WEAR *guide*

TAKE THE GUESS WORK OUT OF PLANNING YOUR SESSION OUTFITS



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PHOTOGRAPHY

WHAT TO WEAR...

Is the most common question I receive from seniors as soon as they book their senior portrait sessions! In this guide, you will find lots of inspiration and information to answer this popular question.

What you wear is important for two reasons...

1. You want to look great in your photos
2. You want your style and personality to shine

Helping a senior plan the outfits for the shoot is one of my favorite things to do! I love picking out clothing that helps a senior feel beautiful and confident inside and out.

This guide was created to help you put together looks for your senior session that will look great on camera, help you show off your personality and make sure you feel confident at your photoshoot.

Read through this guide and use it as inspiration to determine what you will wear for your senior session! If you are still having trouble, give me a call! We can upgrade you to the Style Session and meet for a wardrobe consultation where I will help you go through your options and pick the best outfits for your senior photo session!!

Picking out your wardrobe should be fun! So relax, have fun and let me know if you have any questions!

xoxo,
lauren





“ Style is a way to say
who you are *without*
having to speak.

-Rachel Zoe-

”



the
DO'S &
DON'TS
OF SENIOR FASHION

WHAT TO WEAR

- Clothes that make you feel beautiful and confident
- Colors that compliment your skin tone
- Layers that provide visual interest and can easily be removed for a few shots
- Outfits that celebrate your unique style and personality
- Accessories such as rings, earrings, necklaces, hats, scarves, etc. that complete your outfits
- A variety of options from casual to dressy
- Clothing that is easy to move in and allows you to easily sit or stand so we can do a variety of poses
- Styles that compliment your body type and fit well

WHAT *not* TO WEAR

- Clothing that is wrinkled and full of lint
- Clothing that is all the same color or all pattern, bring a variety
- Things that are too trendy and not your style
- Styles that are too old for you
- Clothing that is too tight
- Clothing that is too big
- Colored/patterned undergarments that could show through
- Clothing that shows bra straps
- Clothing that reveals too much such as cleavage
- The same type of clothing for everything meaning all dresses or all pants, mix it up



OUTFIT *formula*

STAR PIECE + INTEREST PIECE + SHOW OFF + ACCESSORIES = PICTURE PERFECT!

When choosing your outfits, you want to make sure they are styled perfectly for the camera while still being you! So take your regular style game and add a little pizzazz to make sure you are photo ready!



STAR PIECE

This is the piece of clothing you are most excited about! The main piece that everything else will be styled around and the piece you love most!

INTEREST PIECE

This is a piece that has detail such as texture or pattern, something unexpected or maybe is a little bit of a risk without being over the top. This provides visual interest to the outfit.

SHOW OFF PIECE

This part of the outfit allows you to show off a part of you that you love! Love your legs, then choose a skirt or shorts. Love your waist, then make sure this piece accentuates it!

FINISHING PIECES ACCESSORIES

From shoes to necklaces, scarves to belts, adding accessories adds the finishing touch to every outfit. You can wear more than one with your outfit and examples are: earrings, rings, hats, shoes, belts and more!

SENIOR SESSION *style*

THE PERFECT LOOKS FOR SENIOR PHOTOS



When it comes to senior session clothing three outfits is the perfect number of looks to allow you to show off your style. Check out our top three favorite types of outfits for every senior session.



Look No. 1

Something Dressy

Something Dressy! It is important to bring one outfit that shows off your dressier side. This can be a dress, long or short, and as dressy as you want! Yes, you can even bring your prom dress if you want! The key to this look is showing off your formal side while still expressing your personality. Here are some examples of our favorite dressy looks!



Look No. 2

Something Casual

Something Casual! This can be anything from shorts and your favorite top to jeans and a sweater or a cute two-piece set to another less formal dress than the first look. Think casual with pizzazz because you still want to look put together and picture-perfect. Here are some examples of our favorite casual looks.



Look No. 3

Something in-between

Something in between! What do I mean by this, I mean really anything goes for this third look! This look is that extra look where you can be adventurous, show off your style, or maybe show off something that really says you!! Sports uniforms, your graduation dress with cap and gown, your favorite current trend, maybe an outfit based solely on your favorite pair of shoes or your favorite outfit from your closet! This third outfit is your chance to think outside the box! Here are some of our favorite looks.



The *key ingredients* for
Senior Session Outfits

The best thing you can add to your senior
session portrait wardrobe is...
VARIETY!



HOW TO GET THE MOST *variety* FROM YOUR SENIOR SESSION OUTFITS

INCLUDE A VARIETY OF COLORS

When it comes to choosing color and pattern for your outfits, make sure you mix it up. Don't bring all the same color and don't bring all solids or all patterns. Make sure you have a variety so your photos don't look too repetitive and instead show off a mixture of colors and patterns.

WEAR DIFFERENT TYPES OF CLOTHING

As you are choosing what to wear, be sure to choose different types of clothing. You don't want every outfit to be a dress or every outfit to be jeans. Choose different articles of clothing that show off style. Remember something dressy, something casual and something in between!

BRING A VARIETY OF ACCESSORIES

A very easy way to change up the look of your outfits is to change up your accessories. Be sure to bring a variety of jewelry and other accessories so your looks have variety!

CHANGE UP YOUR SHOES

Just like with accessories, you want to change up your shoes for your different outfits. Wearing the same ones throughout the session will get boring. Shoes can be a great way to add in a bit of variety and style!

MIX IN DIFFERENT TEXTURES

Adding texture to an outfit can provide visual interest in a photo! Knits, leather, linen, and other textures can be a great addition to any outfit to provide variety to your looks.

WEAR DIFFERENT SEASONS

If you want to show off summer and fall, bring an outfit for each of those seasons to your shoot to give your shoot variety!

WHAT'S YOUR TONE?



HOW DO YOU KNOW WHAT SKIN TONE YOU HAVE?

THE PAPER TEST

Hold a white piece of paper up to your face

- If your skin appears yellowish or sallow beside the paper, you have a warm skin tone.
- If your skin appears pink, rosy or blueish-red, you have a cool skin tone.
- If your skin appears gray, you have skin with a neutral skin tone.

Warm Skin Tones



If you have a warm skin tone, you will look best in colors with a warm, golden undertone. Colors such as browns, yellows, oranges, greens and ivory look best. Generally warm skin tones look best with hair color that changes from golden blonde to medium golden brown. Avoid harsh, bright colors such as fluorescent yellow, hot pink and lime green.

CELEBRITY EXAMPLES with a warm skin tone are Gigi Hadid, Giselle Bunchen and Jennifer Lopez.

Cool Skin Tones



If you have a cool skin tone, you will look best in colors on the cool end of the color wheel spectrum. Colors such as blues, emerald green, purples, pinks, grays and whites will look best. Generally cool skin tones look best with hair colors that are cool, ash colors such as platinum blonde or dark colors such as brown or black with blue undertones. Avoid oranges, beige, browns and other warm type colors.

CELEBRITY EXAMPLES are Katie Perry, Anne Hathaway, and Gwen Stefani.

Neutral Skin Tones



A neutral skin tone is one in which a mixture of cool and warm tones are present. This skin tone is lucky because you can play around with all tones to find ones that work best. Colors that fall in the middle of the color wheel look best such as soft pinks, medium blues and greens as well as neutrals such as taupe and gray.

CELEBRITY EXAMPLES are Taylor Swift, Angelina Jolie and Julia Roberts.

CELEBRATE YOUR SHAPE

DRESS FOR YOUR BODY TYPE



Hourglass

HOURGLASS

The hourglass shape is the most balanced of all shapes with its proportionate top and bottom with a well-defined waistline. This body type looks best in clothing that is cinched at the waist and belts are a great way to show off the waistline. Necklines that work well are v-neck or scoop neck. Choose clothing that shows off your figure and try to avoid clothing that is oversized and flowy with no shape.

CELEBRITY STYLE ICONS with this shape are Scarlett Johansson and Sofia Vergara.

PEAR

The pear shape highlights the lower part of your body. Generally, hips and thighs are bigger than the upper body with this shape. You can easily create an hourglass shape with the right clothing by striking a balance. Pair loose tops with skinny jeans to create balance. Other tops that help create balance for pear shapes are crop tops, boat necks, sweethearts, or v-necks. You can also use patterns or ruffles on top to create balance. Avoid the reverse of a skin-tight top and loose bottoms.

CELEBRITY STYLE ICONS with this shape are Kim Kardashian, Beyonce and Jennifer Lopez.



Pear



Round

APPLE

The apple shape has an undefined waist with broader shoulders and a bigger bust than the hips. It is a good idea to elongate this shape with deep v-necklines and show off your legs. A-line or empire cuts work well as well as flared bottoms because they create balance. Avoid figure-hugging dresses.

CELEBRITY STYLE ICONS for this shape are Drew Barrymore, Jessica Simpson and Kate Winslet.

RECTANGLE

The rectangle shape is well-balanced from the shoulders to the hips with not much definition. This shape is fairly straight from top to bottom. A-line skirts or skirts with ruffles can add to the bottom while sleeveless and sweetheart tops look great on this shape. Blazers and jackets can add drama to a rectangle. Avoid clothing that is shapeless as it can overwhelm this shape.

CELEBRITY STYLE ICONS for this shape are Cameron Diaz, Taylor Swift and Natalie Portman.



Rectangle



Inverted
Triangle

INVERTED TRIANGLE

The inverted triangle shape is the most athletic-looking body type. Shoulders and arms are broader than hips so you have to remember to add definition to your hips to create balance. Skinny or straight-cut jeans and pencil skirts look great on this shape. If you want to wear patterns, ruffles, or layers, they would look best on the bottom.

CELEBRITY STYLE ICONS for this shape are Angelina Jolie and Catherine Zeta-Jones.

WHAT'S YOUR STYLE?

Fashion trends are constantly evolving. But there are certain categories of style that help give us a blueprint for figuring out our own unique styles. You may fall into more than one style category and want to incorporate a few different looks into your senior session. Use the examples on the following pages to help you determine what look or looks you want for your senior photoshoot! Remember, you want your own unique style to shine through and these can help inspire you!



CASUALLY *Cute*

Casually Cute is an effortless style that allows you to dress comfortably while still looking put together. Outfits are simple and easy-going allowing you to move around. Casual does not mean sloppy but rather well-put together with an emphasis on comfort.

Key Elements: Denim, tops including tees, sweaters, and button down styles, simple dresses, understated jewelry, flats, wedges, or tennis shoes

Favorite places to shop for this style: Jcrew, Shopbop.com

Here are some examples of casually cute clothing for senior sessions:



BEAUTIFUL *boho-chic*

Boho-Chic is a style of fashion with bohemian and hippie influences. It was popularized in the 1960s and 1970s and has come back into style today. With this style, you will see lots of soft, flowy clothes, textures, and layers. Think maxi dresses, hats, and layered jewelry. This style allows you to show off your free spirit!

Key Elements: Ethnic Prints, Textures, Soft Fabrics, Layers, Maxi Dresses, and Skirts, Hats, Layered Jewelry

Favorite Place to Shop for this Style: Free People, Altar'd State

Here are some examples of the Boho Style for senior sessions:



Gorgeous *Glam*

The Glam Style is a dressed-up look that includes body-hugging silhouettes, luxurious fabrics, and high heels. Perfect clothing for this look is prom dresses, dressy jumpsuits, and cocktail dresses. Accessories for this look are dressy too so think large, glittery jewelry. This look is one of luxury with rich colors and nice fabrics.

Key Elements: Sequins, Lace, Satin, Gowns or Dressy Dresses, High Heels

Favorite Place to Shop for this Style: [lulus.com](https://www.lulus.com)

Here are some examples of the Gorgeous Glam Style for senior sessions:



VINTAGE *Throwback*

The Vintage Style includes styles from the '50s, 60's, 70's, 80's, or 90's eras. The clothing itself doesn't have to be vintage but is inspired by vintage silhouettes, patterns, and colors. This look has a bit of quirkiness and fun to it and doesn't take itself too seriously.

Key Elements: Depends on the era but can include a retro look and feel, bold colors and patterns

Favorite Place to Shop for this Style: modcloth.com or vintage stores

Here are some examples of the Vintage Throwback Style for senior sessions:



PRETTY *Preppy*

Pretty Preppy is a classic American style. This style is inspired by the South as well as the East Coast. Think coastal grandma style as it is often referred to. This style is clean, simple, and traditional. Classic brands such as J-Crew and Lilly Pulitzer are iconic for preppy style. Pops of color and patterns on traditional style clothing are perfect for the preppy look. This style incorporates nautical and equestrian themes as well as stripes, plaids, gingham, polka dots, and florals. Accessories for this style are typically classic such as simple gold hoops or pearls as well as classic watches.

Key Elements: Bright Colors, Patterns, Clean Lines, Simple Structure, Polo Shirts, Shorts, Shift Dresses

Favorite Place to Shop for this Style: JCrew, Lilly Pulitzer

Here are some examples of the Pretty Preppy Style for senior sessions:



SCHOOL *Spirit*

The School Spirit Style includes anything to help you show off your school spirit! This can be for your high school or for the school you plan to attend after high school! This style can be as literal as you want with actual clothing that has the school logo or wording or you can simply choose to wear the colors! This style is a great way to show off any uniforms of teams you may be a part of as well as props such as flags, pennants, and more!

Key Elements: School colors and memorabilia

Favorite Place to Shop for this Style: Your school store

Here are some examples of the School Spirit Style for senior sessions:



"I've always thought of accessories as the exclamation point of a woman's outfit."

- Michael Kors



Oftentimes, accessories are overlooked! But done right, accessories not only finish your outfit but also bring your entire look together perfectly.

ACCESSORIES

THE FINISHING TOUCH TO ANY OUTFIT

When choosing accessories, you really want to pick pieces that compliment your look, enhance it and match the overall style.

After you pick your outfits, try them on and ask yourself the following questions to help determine accessories:

- Is my outfit missing something?
- Does my outfit look complete?
- What items would help finalize my look?

Once you have assessed your looks, it's time for the fun part...picking the accessories!

There are lots of options when it comes to accessories including belts, scarves, jewelry, sunglasses, hats, hair accessories and shoes.

Here are a few tips:

- If your outfit already makes a statement, choose minimal accessories
- If your outfit already has a print or pattern, choose accessories that are solid and match the print or pattern.
- Keep the overall style of the outfit in mind. If traditional, stick to traditional accessories. If trendy, go for a trendy accessory.

No matter what accessories you choose, remember the purpose is to enhance not take away from you outfit or you!



NECKLACES

Necklaces work great for necklines that are simple such as round or v-neck, strapless or turtleneck. Use a necklace as a way to enhance the top half of your outfit. You may not need a necklace if your top already has embellishments or is a statement top with things such as ruffles. Keep your necklace simple if your earrings are bold. Or try a bold necklace or a layered look with simple earrings. Be sure to choose a necklace that works best for the top. For instance, a v-neck looks best with a shorter necklace that fills the open space of the neckline. However, a long necklace looks great with turtlenecks or round necks.



EARRINGS

Earrings are a great accessory especially for close ups because they will add a little sparkle to your photos. There are so many earring styles to choose from so be sure to pick the ones that compliment your outfit. Aim to choose earrings that frame your face and complement your hair, eye color and skin tone. If you have long hair, make sure to choose earrings that can be seen. Choose a metal or a color that work with your skin tone as well as your outfit colors. Have fun with quirky earrings or statement earrings if you are wearing a simple outfit or wear earrings that have sentimental meaning to you. When in doubt, simple hoops work with almost anything!

BRACELETS

Just like with earrings and necklaces, bracelets can add just the right touch to your outfit. Make sure to consider your outfit and its style when choosing bracelets. Pick bracelets that add a bold statement or keep it simple with a timeless choice. Layered bracelets can be fun but remember to not wear too many to overwhelm your arm. Think about your sleeve length when considering bracelets because if you are wearing a shirt that covers your wrists, you may not want to bother with bracelets. Save bracelets for an outfit that shows off your arms so you get the full benefit of wearing bracelets.



RINGS

Rings can make as much of a statement as any other piece of jewelry. And rings can look great in photos for poses that have your hands near your face or as a focus of the photo. Multiple rings can be a statement where one ring with special meaning can evoke emotion. Consider the style of outfit when choosing rings...boho looks are complimented with layers in both the clothing and jewelry so multiple rings would fit that style. Simple and classic outfits work best with simple and classic jewelry so one ring would be best. Remember your skin tone and the rest of your jewelry when choosing the metal of the ring or rings you wear. If you are a cool skin tone, silver works best. But if you have a warmer skin tone, choose gold.

HATS

Hats are such a fun accessory for senior photos! They can be added to any outfit and immediately change up the look of that outfit.

All types of hats can work depending on the style of your outfit. Here are some that work best for senior photos:

- Baseball Caps
- Straw Hats
- Fedoras
- Beanies
- Newsboy Caps
- Cowboy Hats
- Floppy Hats
- Berets

No matter what style of hat you choose, make sure it works with the style of outfit you are wearing and fits your personality.

Hats give a certain attitude when seniors wear them and that can give a little something extra in your photos.

Hats also give you something to pose with so therefore you get a lot of variety when you add a hat to one or more of your outfits for your senior photo shoot.



HAIR ACCESSORIES

Hair accessories are another fun accessory to add to an outfit. Scarves tied around pony tails, headbands, scrunchies or fun barrettes can be a great way to add your own style personality to your outfits. Hair accessories can also give your hair style variety making it look like you had different styles per outfit in your photos.

I can help you add a hair accessory on your shoot to change up your look. A half up half down looks great with a scrunchie or clip. Or we can pull back a piece of your hair with a few barrettes.



"Shoes transform your body language and attitude. The lift you physically and emotionally."

- Christian Louboutin



Shoes can be the perfect accessory to make any outfit pop! The right pair of shoes can not only give you confidence and attitude but they can set the mood of your entire outfit.

You can style an entire outfit around a great pair of shoes and if you have a favorite pair that you love, they are the perfect choice for your senior session. Shoes can elongate your legs, be used to dress up an outfit or dress down a look. A bold patterned shoe can be the focus of an outfit or a nude pair can disappear.

Check out the suggestions on the next page

SHOE STYLES

A SHOE FOR EVERY OUTFIT



HEELS

Heels immediately make you feel taller, stand straighter and elongate your leg. A great pair of heels can be the perfect accessory to an outfit. Be sure to pick the right heel height that you feel comfortable wearing.



BOOTS

From cowboy boots to knee-high boots to booties, there are tons of options when it comes to boots. Boots work with dresses, jeans or skirts and can make a statement. Mix it up and pair combat boots with something girly or over the knee boots with a short skirt.



SNEAKERS

Sneakers are a fun way to make a dressy outfit look more casual and they can also express your personality! The options are endless including bright colors, hightops, sparkles or even a retro sneaker. When it comes to sneakers be sure to show off your unique style and personality and think outside the box.



PLATFORMS OR WEDGES

Platforms and wedges are great for added height while still being able to walk and stand comfortably. Wedges are available in many styles from boots to sandals and are made in a variety of materials including cork, jute or wood. Balance is key with wedges so if your outfit is skinny jeans or a pencil skirt a heel may be a better option.



Your Shopping Guide

WHERE TO SHOP

First, shop your closet! You may have the perfect outfit that express both your style and personality hanging in your closet! Try on your options first, determine what you might be missing then if you need some items to complete your looks for your senior session, go shopping! Below is a list of both online and local options that my past seniors have recommended to me that carry great items that I know look awesome in a senior photo session.

LOCAL

- Panache Boutique - Online and Downtown Bay City
- Adorn Boutique - Frankenmuth
- Thrift Stores
- Ferne Boutique - Bay City
- OMONI Boutique - Bay City
- Elixir Clothing - Davison

ONLINE

- Amazon has some great finds!
- Lulus
- Pink Lilly
- Abercrombie
- Altar'd State
- Dry Goods
- Hollister
- Selfie Leslie
- Hello Molly



I CAN'T WAIT!

I can't wait to see the amazing outfits you choose for your senior photos.

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