

COUPLES SESSION *guide*

FOR THE LOVERS



ENGAGEMENTS

Start on time!

As much as I wish I could control the sun, alas I cannot! Your shoot is scheduled at a time that makes the most of the natural light we have! Please allow yourself time for travel and/or traffic so we can make the most of the time we have! Even if you arrive late, I can't shoot after the light is gone so even if I wanted to, I can't stay later! Being there on time ensures that we will get the most out of the light we have so your pictures can reach their fullest potential!

Come prepared!

If you want to arrive in your first outfit, we will get right to work! Either way, planning out the little details like the perfect shoes and the right colored socks helps ease the stress! Sometimes it's nice to set out your outfit the night before so you have all your accessories ready to go! You also may want to consider spraying down with some bug spray before you come if your session is in the summer! And if it's in the winter, consider bringing boots, hand warmers, blankets etc to keep you cozy!

It's okay to feel nervous!

I totally get being nervous, I've been on the other side of the lens too! Just know that I don't expect you to be models or experienced by any means! That's part of my job! To make you feel calm, relaxed, natural and most importantly just to be yourselves! The most important thing is to feel comfortable, because if you feel comfortable, you look comfortable in your photos! Also, I am here to capture your love and your story. PDA? Yes please. In a way, pretend like I'm not there! I will give you direction don't worry, but after I give direction, just let the feelings flow! Don't feel like you need to practice posing or obsess over endless perfect Pinterest pins. By the end of my sessions, I almost always have couples tell me that they felt so relaxed and comfortable during their sessions so just do me a favor, take a deep breath and let those nerves go!



Pinterest!

Okay so there's a difference between obsessing and getting an idea for a look you want!! If you want to make a Pinterest board of 10-15 shots/poses you want feel free! You can send me the link or add me to the board! My Pinterest account is @laurenrosephoto (: I have put together a couple boards for props and outfits if you need some inspo! If you want me to help style your session, I would more than love to do that! Just let me know!

Props, puppies, pizza? sure!

YES! If you want to make your session more personal to you and your story, feel free to bring along any props that are meaningful to you! Whether that's a box of pizza from your favorite pizzeria, something that was part of your proposal or your bestie furry friend, BRING IT ON! Whatever you want in your photos, let me know! I'll do my best to make it happen! Also blankets are super helpful especially for a cozy look or to sit on for a few shots! Totally up to you though! If you need some options for blankets let me know, I have a few we can use if you don't want to bring your own (:

Lastly, YOU GOT THIS!

Don't stress just be yourself! You are in love, and it shows. That's why I love working with couples the most because no matter what you do, it's just sweet and tender and beautiful.

Cheers!
Lauren (:

