

# BRIDAL SESSION *guide*

FOR THE BRIDE & GROOM



# BRIDALS

## *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!

## *To bring or not to bring!*

Some couples want to bring friends or family to their bridal session and the choice is entirely up to you! The most important thing to me is that you feel comfortable and able to express the fullness of your emotion with your person and that can sometimes be hard to do when you have a crowd watching you!

Don't worry about people carrying your flowers or adjusting your veil, that's what I'm here for! If you think it would be beneficial to you and your photos, I have no problem with it! I just want to be sure that it's not going to make you want to hold back anything!

## *Come prepared!*

For my brides, many choose to get their hair and makeup professionally done for the session. This allows them to try out their look prior to the big day and feel a bit more special for their session! Be sure you plan out enough time so both you and your hair/makeup artist (if you choose to have one) don't feel rushed or pressured (: If you want to arrive in your dress, we will get right to work! If you want your first look captured, you can either choose to take 2 cars or change when you get there, but if you choose the latter be sure you plan out time to do so! Either way, planning out the little details like manicured nails and the right colored socks (both not requirements, just examples!) 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 if it's spring or summer! For winter, if you expect snow bring some boots and maybe a blanket to keep yourself warm between shots!



## *It's okay to be nervous!*

I totally get being nervous! I've done bridals too! To my brides, he is going to love the dress! Even if you were wearing a potato sack, he would still love it I promise! And to my grooms, don't stress about getting that perfect reaction or that you have to look a certain way! Make sure your girl knows you love her and just go with what feels natural! This moment is beautiful and it is unique and most importantly it's yours! 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!*

So I know I said not to obsess over Pinterest pins and I mean it! But it is nice to have a guideline of the photos that you want! This way I can make sure that we are getting all the shots on your wishlist and it really helps me get an overall feel for the kind of photos you're looking for!

## *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 (:

