



# HOW TO DRESS FOR A PROFESSIONAL PHOTOSHOOT

The ultimate guide to styling  
by Sivana Atelier for Yanamy Photography

# HOW TO LOOK AND FEEL YOUR BEST DURING YOUR PHOTOSHOOT

Choosing what to wear to a photoshoot is an essential part of your preparation. The images captured to represent you deserve to be planned ahead of the session.

Please take a moment to plan your outfit to reflect your personality accurately.





# FITS JUST RIGHT

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Dressing for the shoot doesn't have to be complicated; still, you want to show that you care about this occasion.

Staying true to yourself and defining who you are is crucial.

# Portrait zone

Make certain the neckline area is neat: not busy or messed up.

Layers of clothes, a shirt or jacket collar sometimes clog this area.

If you chose to wear a collared shirt, pick the one made of quality fabric, firm enough to hold shape.



# Neckline

The neckline is an essential part of your outfit; this shape works like a frame for the face if chosen correctly. We want the neckline to draw attention to your features.

Taking into account your facial shape is a safe bet while choosing between the Round and V-shape neckline.

In general, Round shape is flattering next to rounded face features with dominating curved attributes.

V-shape looks best next to angled and straight face features with dominating straight lines.

V-necks bring a casual vibe.

# Shirt fit



Collar goes around your neck without constricting and allows two fingers to go in.

Sleeves are not too tight showing the details of your arm.

When you fold your hands behind your head, the shirt stays in the pants. Does it ride up? The armholes are not high enough for you.

If you plan on wearing the shirt untucked, raise your arms and make sure none of your belly is exposed



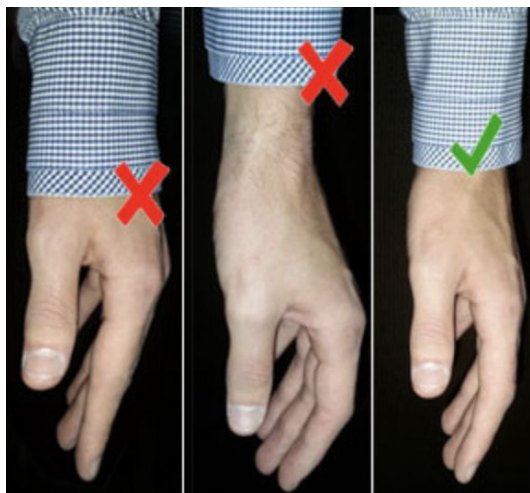
Right fit



Tight



Loose




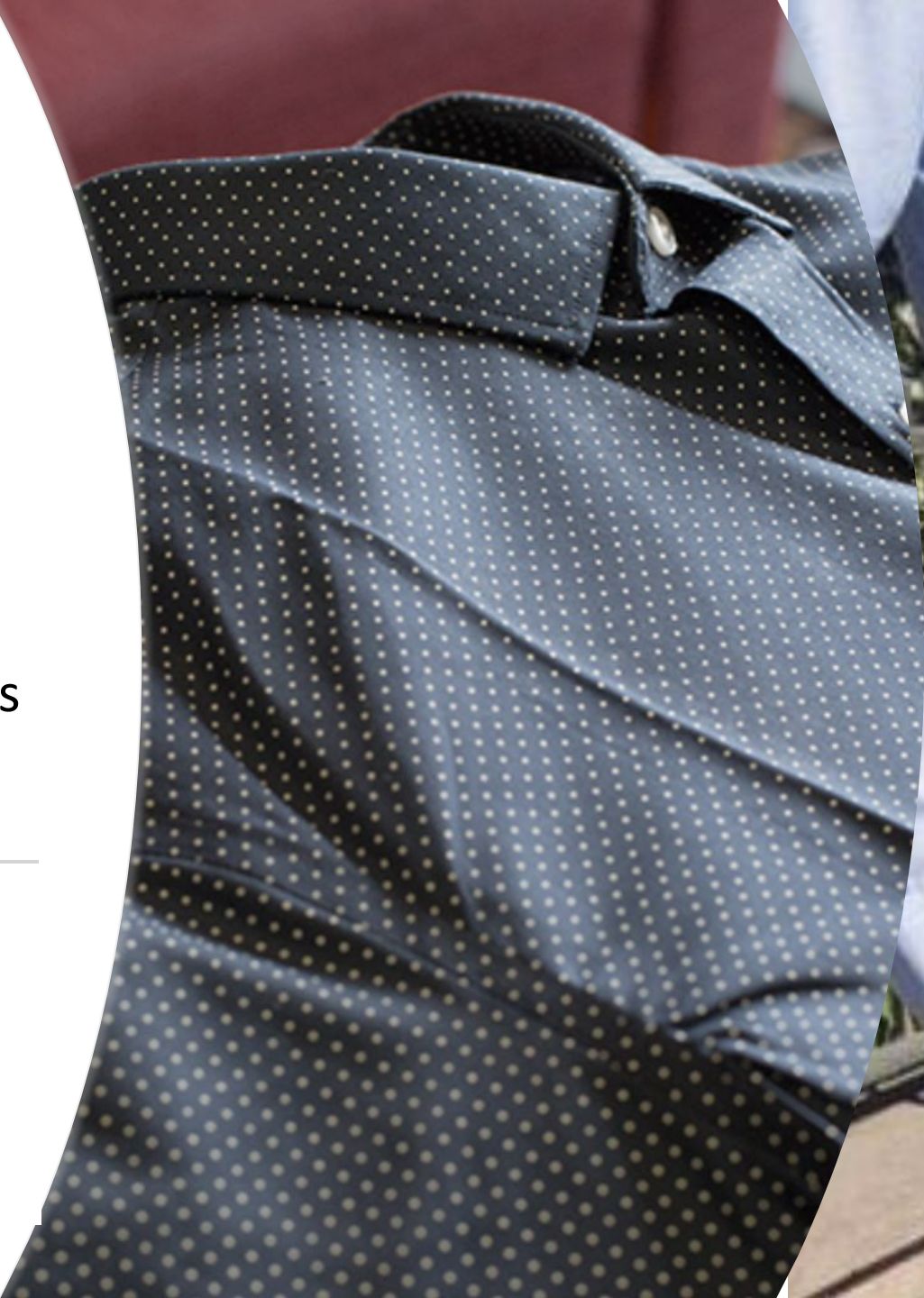
The shoulder seam is at your shoulder bone.

Hold up your left arm and pinch the fabric together at your sides.

You should be able to pinch around 2-3 inches.

Any more than that, and it's too large. Any less and it's too tight.

Cuffs meet the point where the palm begins are not too long to billow above the cuffs.



# Is your shirt ready?

Iron or steam your outfit thoroughly, put everything on the hangers to prevent wrinkling.

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Please avoid showing up with a new packed shirt you have bought, it will have prominent creases.

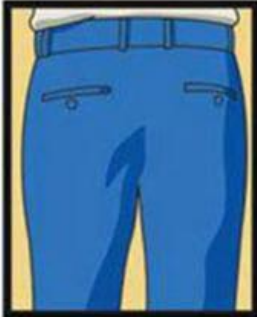
# Jacket fit



Right fit

Tight

Loose



# Knitwear fit



Tight



Loose

Pullovers and jerseys should be considered with fabric quality in mind.

Instead of bringing cozy vibe, they can ruin your efforts, looking overly tight and wrinkly or too baggy and sloppy



## Color

Choose the basics that easily complement each other.

When selecting the colors, stick to what works best with your contrast level.

Double-check that your outfit is neither overpowering your face nor washing it out.

The harmonious choice will support your features and will not draw focus away from you.



## Bright patterns

Noticeable patterns look good in the mirror but won't look that way in a photo.

Please stay away from gaudy patterns. These types of designs can create annoying noise in photos.

Stripes, plaids, florals, animal prints will create undesirable effects.



# CONTACTS

Feel free to reach me out to discuss your goals and getting a quote

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# ABOUT ME

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Anastasia Sivtsova, MFA in Fashion Design, creator of Sivana Atelier, couture designer, and expert stylist.

Armed with years of experience and with the latest styling techniques, I'm your reliable resource if you have questions or need fashion advice.

Working closely with your photographer, we will plan the theme and style of the shoot to make the photos represent you or your family in the best way.





# SERVICES

Preparing for your session should be fun and inspiring, with no stress involved. I'm here to help you look great when dressing for the photoshoot. I'll be happy to guide you through the options and provide a personal consultation.

The subjects I will address:

- the foundations of your look aiming to express personality and style
- your current closet, what to choose?
- accessory guidelines, how to elevate the look?
- how to maintain a degree of consistency between the garments and your appearance?
- how to use your contrast level match and choose colors complementing you and each other?
- personal fitting and styling concerns