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PHOTOGRAPHY



The Couples'
Style Guide



Welcome!



Okay let me just say I am PUMPED to be working with you! When you finish this guide you'll be totally ready to pick out your dream outfit and I'm honestly so excited to see what you choose!



Couples' sessions seriously my JAM. They are just so special and a ton of fun! If this is an engagement session for you, not only will you learn to be more comfortable in front of a camera for your wedding day, but also I get to create something so meaningful with you. You're going to be married for over fifty years, but you only get to be engaged for this short period of time. If you're already married, I hope your love is even more vibrant and beautiful than when you were engaged! I created this guide for you, engaged or not, and packed it with a bunch of secrets for getting the best out of your couples' session, so let's dive right in!



The basics

The location of your portrait session is up to you! For most of my sessions, outdoor, open-air environments are always my first choice. I love shooting in wide-open natural spaces because the light is divine, especially during golden hour.

Some photographers will suggest you stay away from patterns. I am NOT "some photographer" haha! Don't get me wrong, solid colors are amazing and really draw your eye to the subject (YOU!) in the photo, but patterns (stripes, florals, polka dots) when done tastefully can be absolutely show-stopping!

This guide is exactly that: A GUIDE. It is not law, and it's okay to break a few of the "rules" in here if you have a piece you love and feel super confident in. I'm not going to roll my eyes and say "he's wearing jeans," or "she's wearing a sleeveless dress." But I also want you to take it seriously because you are making an investment in your session and I want you to have the most stunning images. A lot of that comes down to what you wear and HOW YOU FEEL about what you wear.





STYLE TIPS

For her

Have you thought about rocking a sequined gown, tulle skirt or flower crown but just never had an occasion for it? This is your chance to do it up! Remember: There is no such thing as “too dressed up” when it comes to your engagement or couples’ session, so don’t be afraid to have some fun!

Long, flowy dresses and skirts look amazing on camera because they bring extra movement to the photos. Especially when juxtaposed with nature. Cute, shorter-length dresses photograph beautifully as well. Dresses and skirts tend to look most stunning on camera because they really flatter the female body — which is probably why the red carpet is always full of so many dresses and not very many pantsuits! I recommend avoiding pants and shorts for your session, and saying yes to a dress or two!



As you're coordinating your outfit with your man's outfit, keep in mind that your outfits will look the most cohesive on camera when the color palettes coordinate, but don't necessarily "match." You should each aim to wear a different dominant color, but stay within a similar color palette family. So if you're wearing a blush dress, soft blue earrings and nude heels (blush being your dominant color), then he could wear a navy coat with gray pants, paired with brown leather shoes and maybe even a blush pocket square. Now he has his own dominant color (navy) while still incorporating a few touches of your color palette.

Wear what flatters you

In my experience, every woman, regardless of her shape has an area of her body that she's self-conscious about, so recognizing what that in advance is key. Choosing flattering silhouettes and colors that compliment your natural features is the best way to ensure you'll love the way you look in your photos. Three-quarter length sleeves create an awesome slimming effect on all arms, so be on the lookout for an option with a longer length sleeve. You could also bring a cute jacket, blazer or cardigan along, too.

Skinny straps or strapless dresses have the opposite effect on arms on camera, so I recommend avoiding those whenever possible if your goal is a set of slimmer-looking arms. Heels elongate women's legs, making them look fabulous. Closed-toes heels in particular look great on camera because they carry out the line of your leg all the way down to your toe. If your toes are showing in a peep-toe heel, you might want to schedule a pedicure before your session so you don't regret letting your feet show. These little tricks make all the difference!





Pairing an accessory or two with your outfit can really help bring some extra dimension to your images. Big statement necklaces bring a lot of pop to the photos, while the smaller, delicate ones are not as noticeable on camera. Belts, bracelets and earrings bring great visual interest, so choose one or two that don't compete for attention. Fresh florals in a crown or bouquet can be a really romantic touch as well.

Don't forget that your ring - whether you're engaged or married - will be front and center so give yourself permission to polish it up before your session! Also, don't forget to spoil yourself and get your nails done, too!

*Confidence is your best
accessory!*



STYLE TIPS

For him

From James Bond to Don Draper, men look so striking in a well-tailored suit. If he doesn't have one, now's the perfect time to invest in something he'll wear for the rest of his life! The best part? It's a lot less expensive than you might think! While custom suits can cost thousands of dollars, some of the most well-known brands have off-the-rack suits in their stores for a fraction of the price. Solid shades of gray or navy are a strong compliment to most women's outfits, whereas pinstripes or plaid patterns tend to distract the eye.

Many of my guys love to mix a suit coat, blazer or sport coat with a different pant color. It adds some extra visual interest, and can be more fun than wearing two full suits in a row. I'm a big fan of this fresh take on a timeless classic.



Use your layers

Next time you walk by a store like J. Crew, or even Target, you'll notice the male mannequins and models are always wearing several layers at once. Layers on men look great on camera, so even when it's hot outside, trust me when I say that it's worth an hour or two of discomfort for photos that will last you both a lifetime. Adding another layer will bring extra dimension and visual interest to your photos. Blazers, vests and coats up the level of any look. If the temperature permits, he could even consider adding a v-neck sweater with a pop of color from a long-sleeved collared shirt and tie underneath. Don't be afraid to get a little creative with layers!

Don't be afraid to dress up!

Long pants and closed-toed shoes are the most sophisticated and masculine looks for men. They draw attention away from his legs and feet and place it where you want it: on the face you fell in love with. So, for your session, it's best to leave the shorts, sandals and jeans at home, too. Suit pants, dress pants or colored pants work best. Brown leather dress shoes compliment almost every look, whether he's wearing a full suit or a blazer and colored pants. Ties, bowties, pocket squares, colored socks, belts, tie clips, suspenders, vests and watches are sharp compliments to any outfit.





I know I just gave you a lot to think about. I created this guide to help make your couples' session experience something you'll look back fondly on for years and years to come. At the end of the day, though, the location you choose and the outfits you select won't matter nearly as much as the memories you make together. Your future together is the most important thing to me, and I want your session to be a time for you to just be yourselves and enjoy it. Have fun together. Laugh a lot. And I'll take care of the rest!



Don't forget to plan a dinner date. You're already going to be all dressed up! Why not take advantage of it? I know the wedding planning process can feel all-consuming, so take some time after the session just for the two of you to relax and have some fun together.

