



BOUDOIR

by Bre Ashley

PREP GUIDE



# Hello Gorgeous!

Boudoir is for every body type..

Boudoir photography is a celebration of your unique beauty, no matter your shape, size, or age.

It's about embracing who you are and feeling empowered in your own skin. Every body type is beautiful, and boudoir captures the essence of that beauty in its most authentic form.

Whether you're petite, curvy, tall, or somewhere in between, boudoir allows you to express your confidence and sensuality in a way that feels true to you. The focus is on highlighting your best features and showcasing the strength and grace that come with being comfortable in your own body.

This experience is not about fitting into a certain mold—it's about celebrating your individuality and the way you carry yourself with confidence.

Boudoir is for every body because every body is beautiful. Let's capture that confidence and create stunning, empowering images that you'll treasure

## WHAT TO EXPECT

Your boudoir session is designed to be an empowering and unforgettable experience, tailored to celebrate your beauty and confidence. When you arrive, we'll take a moment to chat, review your outfits, and go over the session plan to ensure you feel comfortable and excited. If professional hair and makeup are included, you'll be pampered by a stylist who will enhance your natural beauty and create a look that suits your vision.

During the shoot, I'll guide you through every pose, so no modeling experience is needed—my goal is to make you feel confident and radiant in every shot. With music to set the mood and a relaxing atmosphere, we'll capture a variety of looks, from soft and romantic to bold and dramatic, creating a stunning collection of images.

At the end of the session, I'll explain the next steps, including how and when you'll receive your beautifully edited photos. This is your moment to shine, and I'm here to make it as seamless and empowering as possible!



# HOW TO PREPARE

## NAILS & FEET!

Nails! Both Mani & Pedi! Don't forget to pamper your hands & feet! They will be in lots of shots! If your not one to get salon Mani & pedis thats totally fine! Just make sure to buff & clean up your nails & feet at home!

## EYEBROWS

Don't forget your Eyebrows! Whether you wax, pluck or all the other options out there just be sure to plan ahead & for sure do your eyebrows at leasts 2-3 days before your session so you don't end up with red puffy eye lids! You know your body best!

## TANNING?!

You are more than welcome to tan just be sure you have done it before or know the process! I would Highly recommend a spray tan with a professionally versus an at home lotion tan. Please also be sure to do this a few days in advance so you don't have lines! Defiantly consult your spray tan artist when the best time to do your tan would be! Also make sure they know it is for a boudoir session! The most common area I see lines is below your butt checks so just be cautious & follow your spray tan artists instructions carefully!

I highly recommend one of the following!

Bronze 515 - Urbandale, IA

The Bronzery - Indianola, IA

## WAXING OR SHAVING

Once again, you know your body best! Follow the same steps you would before a big event, bikini worthy vacation or date night. If waxing be sure to do this 2-3 days before your session to avoid any redness, puffy or bruising. If shaving just do a close shave the night before or morning of! Just be careful not to cut yourself and take it slow! Make sure to Moisturize, moisturize, moisturize!!

## LOSE CLOTHING!

Night before & morning of! Be sure to wear LOSE clothing and avoid anything that can leave marks on/in your skin! Socks, bra, jeans & so on! Come in soft, lose clothing!

## STRETCH!

The week leading up to your session I highly recommend lots of stretching & balancing exercises! A boudoir session is a whole palliates workout, no joke! Obviously I the poses I select work specifically with your body & your comfort level so if you are not up for a pose you don't have to do it!

## HYDRATE & NOURISH!

The morning of I recommend lots of water and a banana for sure! This will help try and avoid muscle cramps as well as your stretching! But hey we all get them so if you get one during your session we will ride it out, no worries!

## FOOD

You don't need to nor should you starve yourself before your session, really please don't! Just be sure not to eat things that you know will cause bloating within a couple days of your session. Like no Mexican food if beans make you bloated or greasy food in general! Eat nourishing clean whole foods that make you feel amazing! Your body is beautiful no matter what & you don't have to starve yourself for it to be!





## SESSION DETAILS

### SCHEDULE A DATE

Sessions take place Tuesday, Thursday, Friday or Saturday mornings.

### PRE-SESSION DESIGN CONSULTATION

Our consultation is a great start to getting to know each other! We will go over all the details of your session like Hair & Makeup looks, lingerie sets, and which looks & bonuses you choose! After the consultation, you will receive a copy of our boudoir magazine which will help you prepare for your boudoir experience!

### SHOOT DAY

Time to feel & see just how beautiful you are!! On the day of the session, you will arrive at our studio and start by professionally getting your hair & makeup done! Once your all camera ready we will begin our shoot which will take about 1.5 hours!

### GALLERY PROOFING

Following your session you will receive a proof gallery where you will handpick your favorite images for your products! The number of images will depend on your collection you chose. From there I will hand edit your selected favorites to give them a natural professional look! Your final products & images will be delivered within 3-5 weeks after that!

### ENJOY

Give it as a gift to your special someone or just be in aw of yourself for yourself!!



## WHAT TO WEAR

The outfits you choose for your boudoir session play a big role in how you feel and how your photos turn out. The key is selecting pieces that make you feel confident, comfortable, and uniquely you.

Start by thinking about your style and personality. Do you love lace and delicate details? Or are bold, edgy looks more your vibe? Bring a variety of options to your session—lingerie sets, bodysuits, robes, or even a favorite oversized shirt can create different moods and add variety to your images.

Neutral tones, jewel colors, or classic black always photograph beautifully, but don't shy away from patterns or textures if they make you feel fabulous. Accessories can elevate your look as well. Think about adding heels, jewelry, or a soft shawl for an extra touch of glamour. Don't forget about coordinating undergarments to ensure a seamless and polished appearance.

Most importantly, choose outfits that fit well and make you feel amazing. Your confidence will shine through when you feel great in what you're wearing, and that's what makes your photos truly unforgettable. Together, we'll create a look that reflects your unique beauty and personality!

Add the extras! I highly recommend one of your sets have a belt! Not sure what I mean by a belt? It is like what you see in the picture back one page in white! A belt can add so many fun poses not to mention extra gorgeous detail! Now I totally understand this may not be everyone's style or maybe it doesn't flatter your body type. That is totally okay! You should find pieces & accessories that flatter you & make you feel good!

If you're someone that isn't a fan of your tummy then choose a one-piece teddy! They also have two pieces that the top half goes all the way down to the underwear and still has the straps and gives you an appearance of a belt!



## STRETCHING

The Stretching is highly recommended leading up to your session! If you want to do certain poses that are maybe more difficult you will need to stretch & prepare your body to achieve them! Obviously not every pose is made for everyone so do what you are comfortable with!! This is just a suggestion, not required! But hey there are no cons to doing it only pros & bonuses!

Simple things can be done to help even sitting on the couch and stretching your feet! You will hear me say point your toes a lot haha so practicing pointing your toes and stretching your legs at the same time will help to add more flexibility and help not to get cramps! No one wants cramps!

Lots of poses encourage back stretching. Pushing your chest up and shoulders back are common posed in boudoir. As well as dropping your chest down and curving your back & bum upward. You don't have to be a yoga expert! But doing some beginner yoga stretches will help you a lot!

Another easy thing to practice is letting our back hang off your couch or side of the bed! So lay on your back on your bed and then slide your upper body off the side leaving your but up on the bed & your upper body hanging over the side to stretch and extend your back. You can place your hands or arm down on the ground to help support you and then focus on relaxing your mid to lower back. You can do this on a couch as well bu sitting on it backwards with your but against the back of the couch until you lay back and slid down, then have your but at the edge of the couch hanging backward off.

Cat and Cow is just an overall good stretch for many poses also!

But like a said this is a suggestion to make things a bit easier on you but it does not make or break the session if you forget or sont do it!

The following stretches & exercises will help with our slightly more difficult (not impossible or pro needed) but can be popularly requested poses!

### Hand Stand Pose

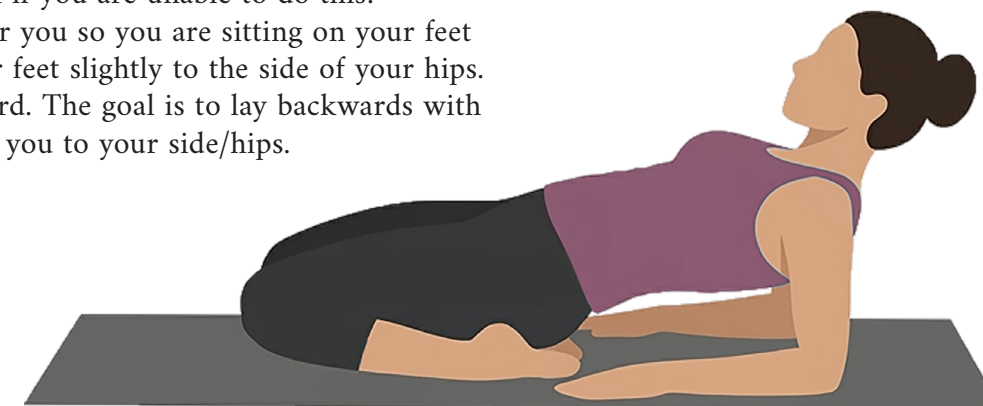
The handstand pose is wall assisted & I help assist your legs up to the wall if needed. The hard part of this pose is arm strength & a bit of core strength plus balance. You will need to curve your back a bit to push your butt against the wall & your foot also pointed to the wall. I have had many ladies successfully do this pose without preparation but it isn't always easy! Don't sell yourself short if you really like this pose we can try it!

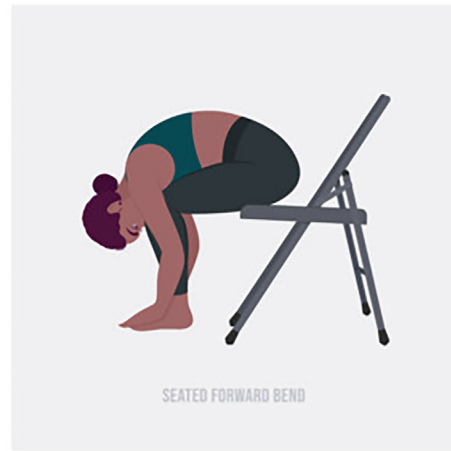
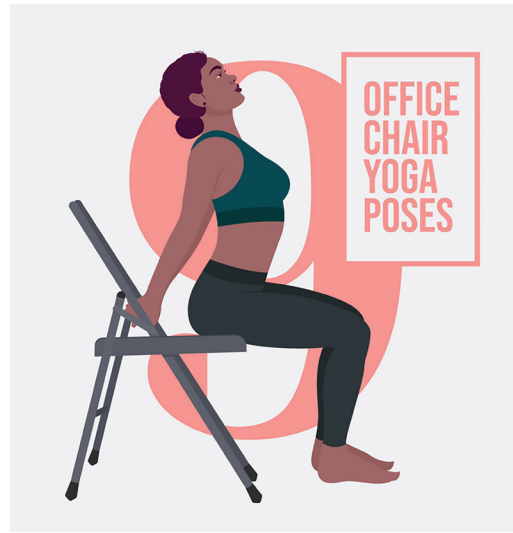


### Reclining Hero Pose

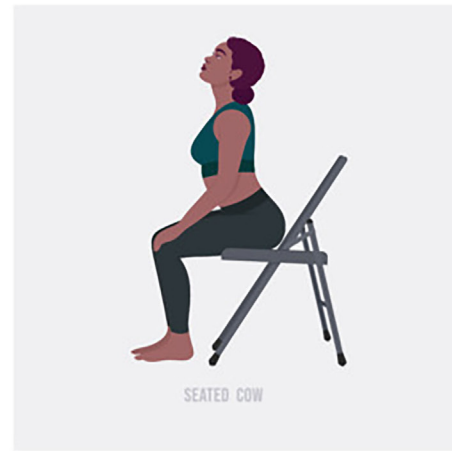
This pose does require you to stretch well in advance. There are other similar alterations to this pose that don't make you put your legs under you though if you are unable to do this!

Sit down with your legs under you so you are sitting on your feet or if mobility allows with your feet slightly to the side of your hips. Gradually lean/stretch backward. The goal is to lay backwards with your feet under you to your side/hips.

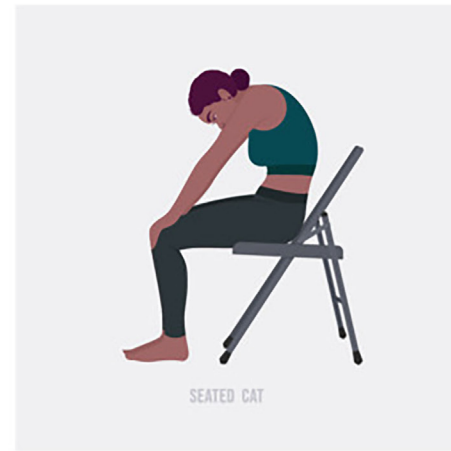




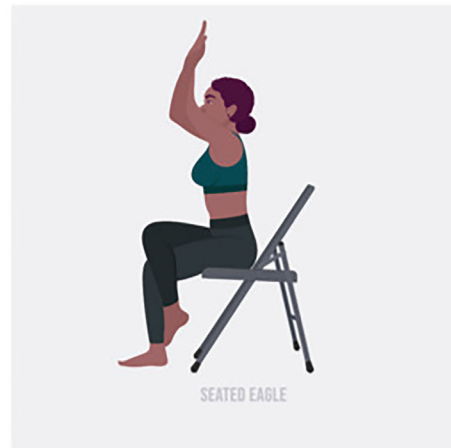
SEATED FORWARD BEND



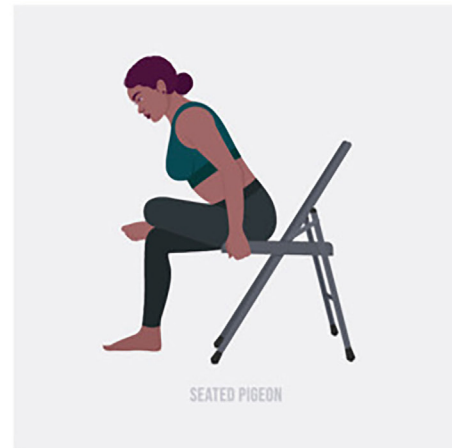
SEATED COW



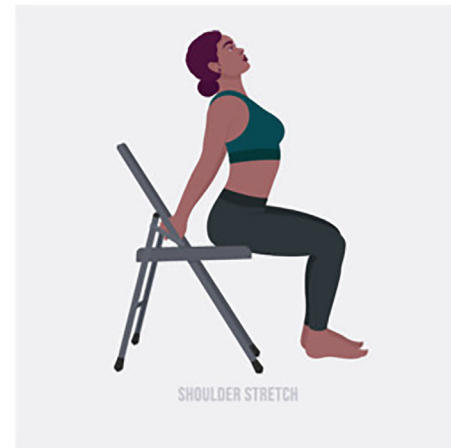
SEATED CAT



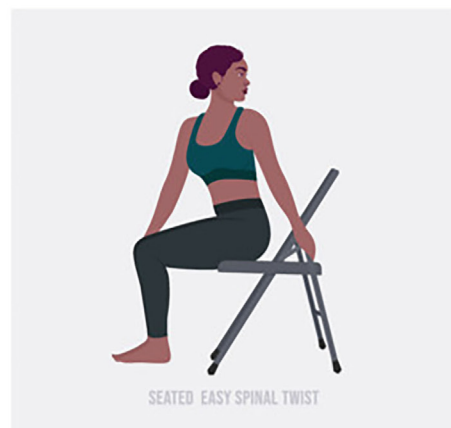
SEATED EAGLE



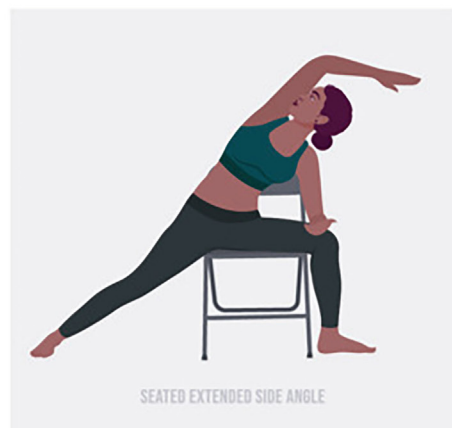
SEATED PIGEON



SHOULDER STRETCH



SEATED EASY SPINAL TWIST



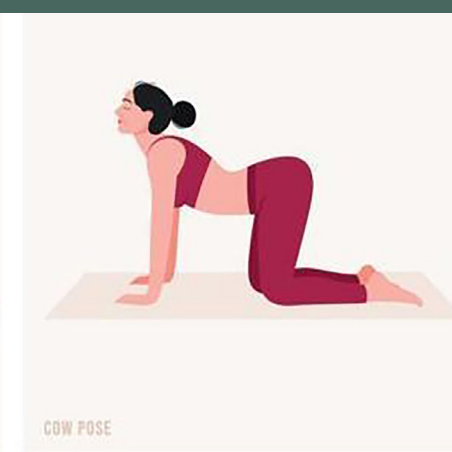
SEATED EXTENDED SIDE ANGLE



CHAIR DOWNWARD DOG



CAT POSE



COW POSE



COBRA POSE



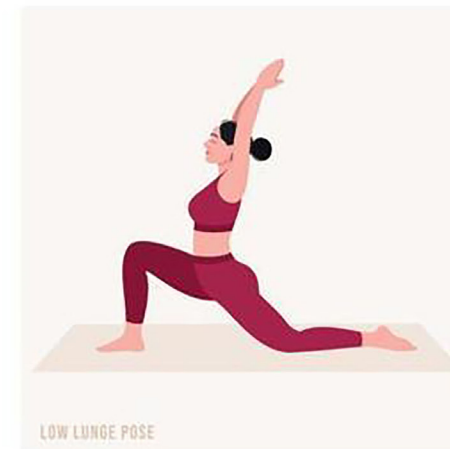
WIND RELIEVING WITH HEAD TUCKED



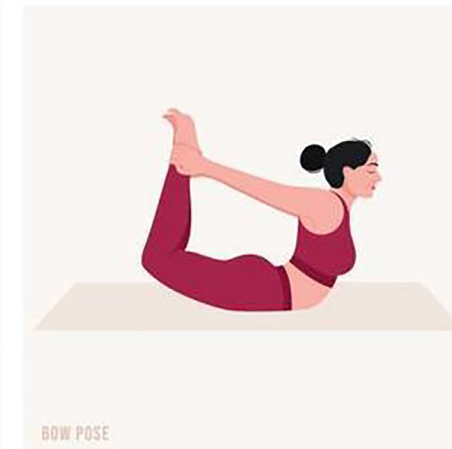
WHEEL POSE



DOWNWARD FACING DOG



LOW LUNGE POSE



BOW POSE



PLOW/HALASANA

YOGA FOR ALL LEVELS

# Good Morning Yoga Routine

1 → Hold each pose for 3-5 breaths, repeating on both sides

Easy Pose *Sukhasana* → Seated Cat *Marjaryasana* → Fire Log Forward Bend *Agnistambhasana* → Side Body Stretch *Parsva Sukhasana* → Seated Twist *Ardha Matsyendrasana*

repeat two sides

2 →

Plank on the Knees *Ardha Phalakasana* → Cat Pose *Marjaryasana* → Cow Pose *Bitilasana* → Tabletop Pose with Arm Extended *Uthita Catuspada* → Box with Shoulder Stretch *Uttana Shishosana*

repeat two sides

3 →

Bird Dog *Dandayamana Bharmanasana* → Side Plank on the Knee with Arm Extended *Vasisthasana* → Puppy Pose *Uttana Shishosana* → Child's Pose *Balasana* → Squatting Toe Balance *Utkatasana*

repeat two sides

4 →

Downward-Facing Dog *Adho Mukha Svanasana* → Three-Legged Downward Dog *Tri Pada Adho Mukha Svanasana* → Three-Legged Downward Dog with Hip Opener *Eka Pada Adho Mukha Svanasana* → Wide-Legged Forward Bend II *Prasarita Padottanasana C* → Wide-Legged Forward Bend I *Prasarita Padottanasana A*

repeat two sides

5 →

Goddess Twist *Utkata Konasana Parivrtta* → Wide-Legged Forward Bend V *Prasarita Padottanasana Parivrtta* → Side Lunge *Skandasana* → Downward-Facing Dog *Adho Mukha Svanasana* → Humble Warrior *Baddha Virabhadrasana*

repeat two sides

6 →

Tree Pose with Arm Up *Vrikshasana* → Happy Baby Pose *Ananda Balasana* → Shoulder Stand *Sarvangasana* → Staff Pose *Dandasana* → Corpse Pose *Savasana*

repeat two sides

YOGA FOR ALL LEVELS

# Evening Yoga Flow

Hold each pose for 3-5 breaths, repeating on both sides

1 →

Easy Pose *Sukhasana* → Seated Twist *Ardha Matsyendrasana* → Sage Marichi's III *Marichyasana III*

repeat two sides

2 →

Puppy Pose *Uttana Shishosana* → Child's Pose *Balasana* → High Cobra *Urdhva Bhujangasana*

repeat two sides

3 →

Supine Hand to Toe *Supta Padangusthasana* → Happy Baby Pose *Ananda Balasana* → Wind Removing *Pavanamuktasana*

repeat two sides

4 →

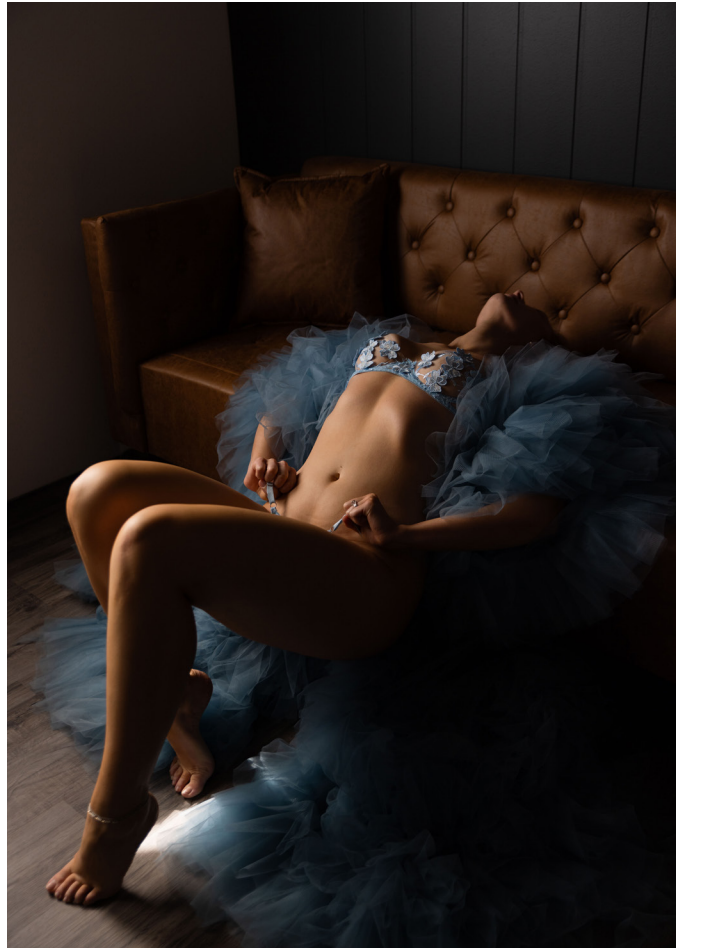
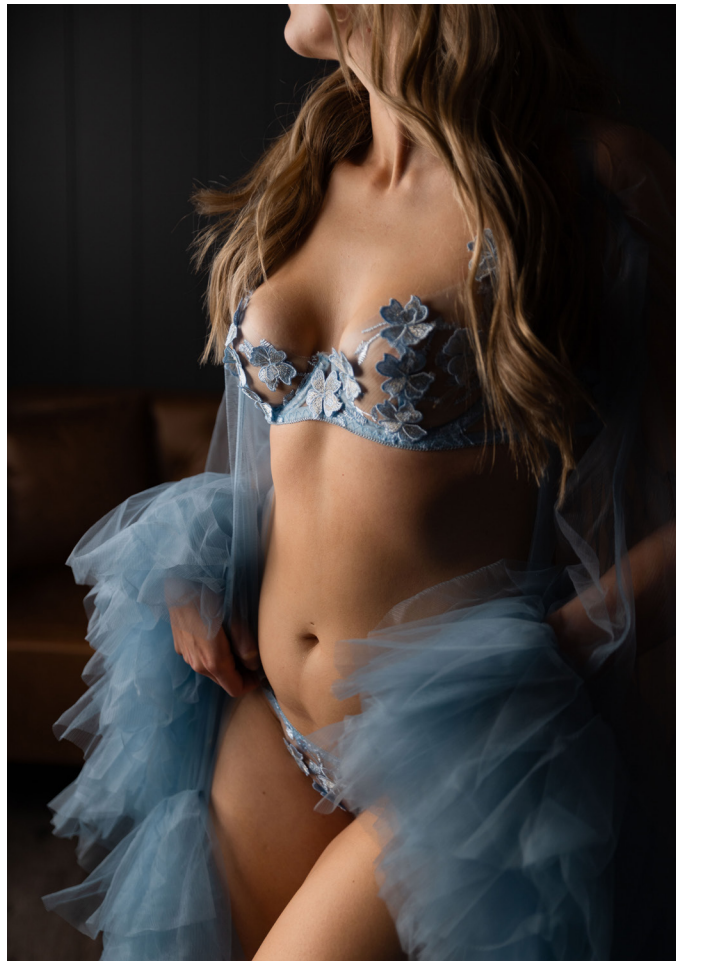
Supine Pigeon *Supta Kapotasana* → Legs-Up *Viparita Karani* → Fish *Matsyasana*

repeat two sides

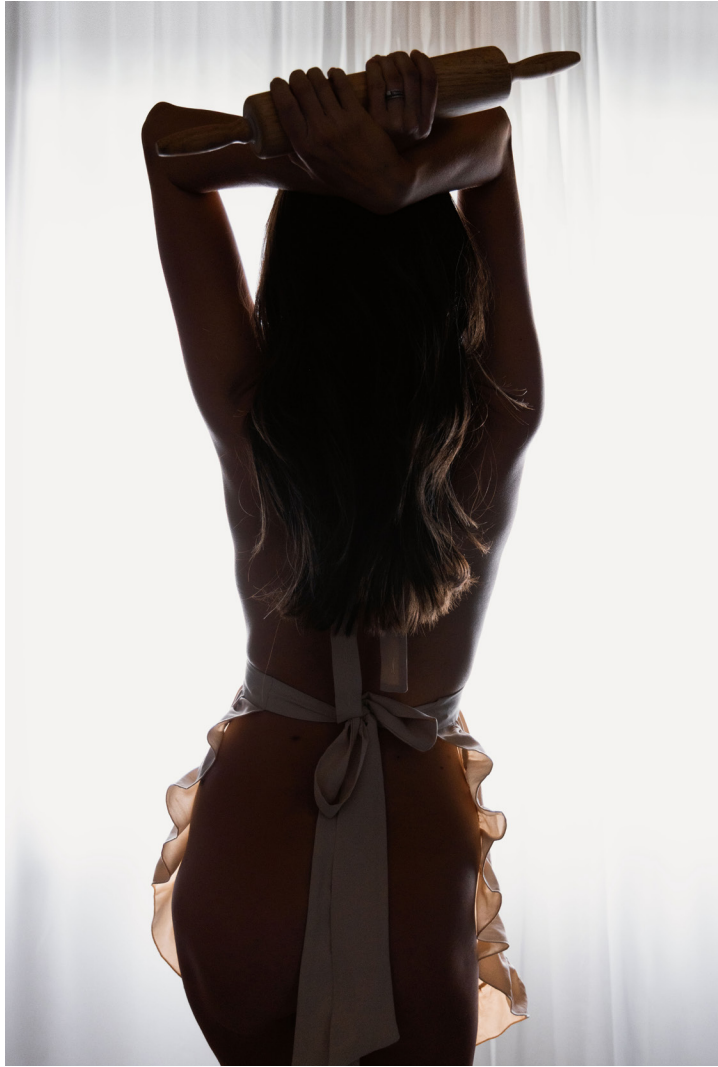
5 →

Intense West Stretch *Paschimottasana* → Revolved Head to Knee *Parivrtta Janu Sirsasana* → Supine twist *Supta Matsyendrasana*

repeat two sides



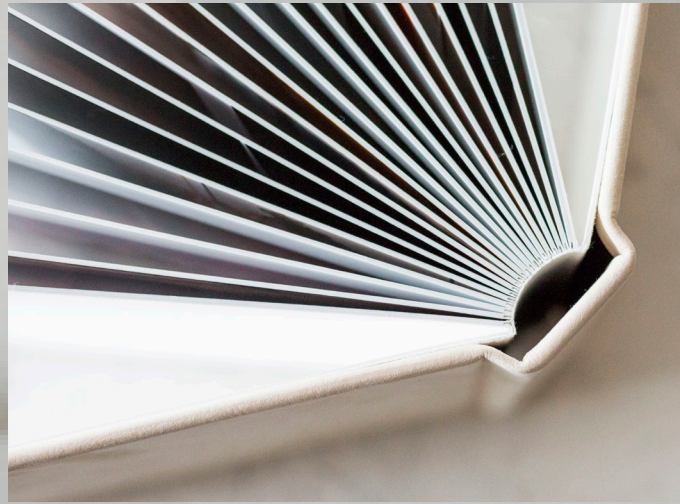




## PROPS

Have a prop you want to use? Feel free to bring it! Whether it is your husbands Sport jersey or cowboy hat or it is your favorite Book (or 5!) Please bring things that make the session reflect you! I do have some props in my client closet like the apron & roller pin! I love adding personal touches to images!





## A TANGIBLE TAKEAWAY

In the digital world we live in today it is important to still have something to hold close & feel. There is just something about being able to turn those pages & see your beautiful images printed in person! You will LOVE seeing your images printed in our beautiful Albums!! It takes the wow factor to a whole new level!

Our albums are one of our most popular products. Your images are printed on a thick lay flat mounted spread that allows images to be full panoramic. This is a beautiful and timeless product to have for yourself or for a special someone.



# COLLECTIONS

All Collections include:

Consultation, In-person or over phone

Professional Hair & Makeup

1.5 hour session

3 outfit changes

Access to Client Closet

Viewing + Ordering session

Guides to help you prep!

## BLUSH COLLECTION || 1400

10 Digital Images

Set of 10 Polaroids in luxe bag

Option to upgrade to all digital images for  
\$800 plus get 20% off a la carte menu!

## LACE COLLECTION || 2000

6x6 Album with 15 Images

Set of 10 Polaroids in luxe bag

Corresponding digital images

Option to upgrade to all digital images for  
\$600 plus get 20% off a la carte menu!

## VELVET COLLECTION || 2800

8x8 Album with 20 Images

Set of 10 Polaroids in luxe bag

Retro Viewer + 1 Reel

Corresponding digital images

Option to upgrade to all digital images for  
\$400 plus get 20% off a la carte menu!

## SAPPHIRE COLLECTION || 3800

10x10 Album with 30 Images

Album Slipcase or Signature Box

Set of 10 Polaroids in luxe bag

Two 8x10 Metal Print

Corresponding digital images

Option to upgrade to all digital images for  
\$200 plus get 20% off a la carte menu!

## DIAMOND COLLECTION || 4800

12x12 Album with 40 Images

Album Slipcase or Signature Box

11x14 Metal Print

Set of 20 Polaroids in luxe bag

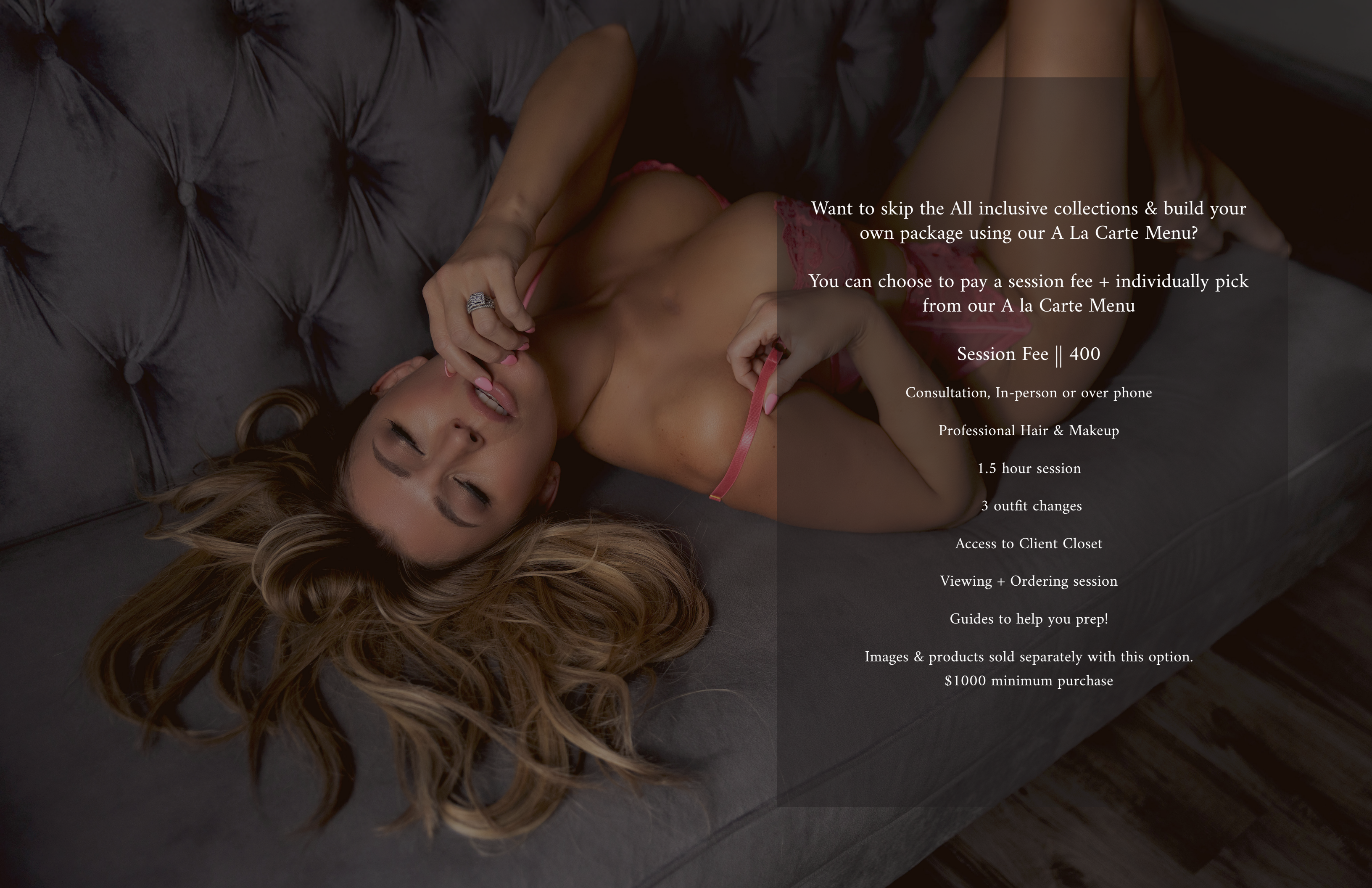
Retro viewer + 2 Reels

All Digital images

20% off a la carte menu!

Digital App with your images!

Waived session fee for your next session!



Want to skip the All inclusive collections & build your own package using our A La Carte Menu?

You can choose to pay a session fee + individually pick from our A la Carte Menu

Session Fee || 400

Consultation, In-person or over phone

Professional Hair & Makeup

1.5 hour session

3 outfit changes

Access to Client Closet

Viewing + Ordering session

Guides to help you prep!

Images & products sold separately with this option.

\$1000 minimum purchase




  
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A LA CARTE

CUSTOM ALBUMS

Our albums are one of our most popular products. Your images are printed on a thick mounted spread that allows images to be full panoramic. This is a beautiful and timeless heirloom to display in your home.

6" Custom Album, 10 Images .....	1600
8" Custom Album, 15 Images .....	2000
10" Custom Album, 20 Images .....	2400
12" Custom Album, 25 Images .....	2800
15x10" Acrylic or Metal Album, 30 Images .....	3200

ALBUM UPGRADES

Metal or Acrylic Album Cover ..... 300

ALBUM SLIPCASE OR BOX

Signature Album Box .....	300
8" Album Slipcase .....	350
10" Album Slipcase .....	400
12" Album Slipcase .....	450

ADDITIONAL IMAGES

Add One Image to your Album .... 60  
 \*Buy two images get one free!

ADD ONS

8x10 Folio .....	480
Mini Folio 3.5x2.5 .....	200
5x7 Metal Print .....	140
10 Polaroids .....	200
Retro Reel & Viewer .....	280
One additional reel .....	80
8 wallets .....	60

WALL ART

Display your favorite image on a ready to hang Metal

8x10 .....	300
11x14 .....	400
16x24 .....	600
24x36 .....	800

DIGITAL IMAGES

All High Resolution Digital Images .....	\$3000
Set of 10 Digital Images .....	\$1000
One Digital Image .....	\$140

\*Additional sizes are available just ask for a quote!

\*All sales subject to 7% IA sales tax



# BOUDOIR

by Bre Ashley



BRE ASHLEY PHOTOGRAPHY

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