

Spencer Studio's Tips on What To Wear For Your Family Portrait

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www.spencerstudio.com

www.outdoorportraits.ca

There is no question that how you dress for your portrait will make a big difference in the quality of your final photographs. It almost makes the difference between your photographs look like a portrait or a snap shot.

Think about how you want your family to appear, conservative or casual. Look at the colours in location you plan to hang your portrait. I would be happy to discuss colours and location ideas with you.

Clothes, Colours & Shoes: When it comes to colours in general, try to dress everyone in a similar colour, psychologists say it shows "closeness". Feel free to bring by a couple of tops if you are not sure which will photograph best. Try and avoid large areas of light pastels, bold stripes, bold patterns, or anything that is too distracting, a subtle pattern is fine. Also avoid short sleeves; upper arms always tend to photograph wider than they are in real life. Keep in mind that dark colours are "slimming". Keep jewelry simple, a conservative look is always a safe choice. Avoid white socks, very distracting. Be sure to avoid clothes with any kind of large logo, design or team name etc.

Coordinating Clothes: The night before your portrait try laying out all the clothes the family will wear on the bed, ask yourself if the clothes match or if there is something that just doesn't belong or is too distracting.

Hands: Ladies hands are often included in portraits, they add femininity and elegance. Having your nails done is important.

Hair & Makeup: Remember to bring along some makeup (lipstick and powder) for touch ups. Lip balm is good to keep the lips from looking dry. On outdoor portraits remember an extra blast of hairspray on everyone will prevent the wind from ruining your portrait.

Please don't worry: all Spencer Studio portraits include retouching for blemishes, lines, wrinkles, bags under the eyes, whiten teeth etc.

Contact Lens: Some people who wear contact lens tend to blink on a high percentage of photos, it might be a good idea for contact lens wearer to wear glasses and take them off for the portraits.

Outdoor Portraits: Most people prefer their outdoor portraits to be a casual sitting on the grass type of pose, denim is always popular. Khaki Pants or Dockers with white or black shirts is also very popular combination. For autumn portraits a nice fall sweater looks great. Feel free to include the family pet. The wind is unpredictable so extra hair spray is usually a good idea.

Last but not least: remember to get a good night sleep for that fresh look.

Slimming Colours and Ideas: Most people prefer to look a little slimmer than they are, yes it's true that a camera adds ten pounds. BUT, most photographers can correct for that plus subtract a few extra pound by proper posing, turning your body to a better angle, and adjusting the camera angle or height. It also makes a big difference if you do the following:



To look Slimmer try these:

- Darker Colours are slimming. Consider Black, Olive, Grey, Navy, Plum, Burgundy, Dark Brown or Eggplant.
- Solid colours are slimming
- One colour (monochromatic) head to toe is slimming
- Vertical lines are slimming, consider vertical pleats, V necks or a long chain
- Instant flatter stomach: try pants with a flat front.
- Heels add height and therefore are slimming on a full length portrait
- Good posture always makes you look slimmer
- Wear your proper size. You'll look slimmer in clothes that fit properly rather than clothes that are too tight, or clingy or baggy.
- Consider pantyhose with whatever foundation you feel comfortable in, Lycra, control top, or body shaper.

To look slimmer AVOID these:

- Lighter colours (white, most pastels etc) make you look heavier
- Bold patterns, plaids, shiny fabrics, heavy fabrics make you look heavier
- Short sleeves make upper arms look wider
- Do not draw additional attention to the waist area so avoid any horizontal dividing lines, like belts or a different colour.
- Horizontal lines make you look heavier avoid belts and wide collars or wide lapels
- Double breasted jackets or blazers add weight

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