

SENIOR  
GIRLS  
CLOTHING  
GUIDE



*Focus Photography*.com

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# WELCOME

SENIORS!

Hi, and thanks for reading this. I've been a professional photographer who's worked with hundreds of Maine seniors over the past dozen years, and I worked as a fashion photographer with a California modelling agency before that.

In this guide are a few pieces of clothing advice that I try to remember to tell my clients before their sessions. I know you've got your own unique style, and you know way better than I do what looks good on you, but there's a few things you should remember specifically for photo shoots.

Here's a quick and shameless plug - I've got just as much advice to help you with posing, expressions, relaxing, and having fun during a shoot, but I can only share that if I'm working with you. Check out our senior web pages at [FocusPhotography.com](http://FocusPhotography.com).

I hope there's something useful in these pages for you, and I hope I get to see your clothing choices!

Have an epic senior year, and good luck with your photo shoot!

William von Wenzel  
Focus Photography

# ROSE

*IF YOU'RE SHOOTING  
AROUND SUNSET,  
ROSE TONES MATCH OUR  
MAINE SKIES!*



# PINK



# SOLID &



# B R I G H T

*STAND OUT IN A NATURAL  
SETTING WITH SOLIDS,  
NOT PRINTS*









# DO

## **LAYER!**

Sweaters, blazers, jackets, and even blouses can be layered on top of other tops to layer your look, and can be peeled off quickly to change your look.

## **ACCESSORIZE!**

Scarves, hats, belts, jewellery, boots, pumps, and sunglasses!

## **KEEP YOUR FOUNDATION GARMENTS UNSEEN**

Which means nude (skin tone) underwear and bras are best. If you're wearing something off-the-shoulder, a strapless bra is a must. Don't wear red underwear the day of your shoot if you're planning on bringing white pants - we would probably have to lose the outfit.

Also, smooth fabrics don't show up under tight clothing, but textured, bejewelled, or embellished undergarments will leave funny marks.

## **BRING A LEAST 3 DIFFERENT TYPES OF OUTFITS**

We often tell clients that at a minimum they should bring something they would wear on Thanksgiving if they were having dinner with their grandparents; something they would wear to a dance if they wanted to impress; and something they would describe as sporty and casual. Have at least one pair of jeans, one sweater, and one look you know turns heads.

## **HAVE ONE TOP THAT MATCHES YOUR EYE COLOR**

If you want your eyes to pop in an image, one of the best ways is to pick up their color in a sweater, shirt, or even scarf.

## **DRESS HEAD TO TOE**

Don't think just in terms of a yearbook head shot - this is a year's worth of Instagram content we're talking about! Shoes, socks, and pants will all make your images.

# STRIPES

*AT A MARINA OR ONE OF  
PORTLAND'S PIERS, NAUTICAL  
STRIPES COMPLETE THE  
SEAWORTHY LOOK*



# IMAGES



# EARTH



# TONES

*MUTED COLORS HARMONIZE  
WELL WITH NATURAL  
SURROUNDINGS AT PARKS  
AND BEACHES.*





# DON'T

## BAD IDEAS & SOME SOLUTIONS

### **DON'T WEAR WRINKLED CLOTHES**

In photographs, wrinkled clothing looks sloppy. Pants, shirts, skirts - steam or iron them before your session, and bring them hung or folded. Suitcases and garment bags are perfect for bringing outfits.

### **AVOID BUSY PATTERNS**

A rule of thumb (that's a funny expression) is that if a pattern is larger than your pupil, it will distract from your face in an image (that's not a good thing). And if you have one pattern, don't have four.

### **DON'T BRING JUST SUMMER CLOTHES**

When it's 90' outside, it's easy to only pick tank tops and shorts for your outfits, but your senior pictures should have more seasonality to them. Plus...

### **DON'T SHOW TOO MUCH SKIN**

Your father didn't bribe me to say that. Viewers' eyes are drawn to skin, and will follow down your arms and legs away from your face. We really want the viewer to be captivated, which will make them feel more connected to you.

### **DON'T WAIT UNTIL THE DAY OF YOUR SHOOT!**

For 2 reasons. First, if you need something washed, iron, bought, or borrowed, you've got much better odds of that happening the week before than 20 minutes before you leave.

Second, it will build the excitement to plan what you're wearing ahead of time! And a professional portrait shoot is definitely exciting.



# URBAN





T C H I C

*HAVE AN OUTFIT FOR A  
CITY SHOOT THAT  
FEATURES BLACK OR GRAYS  
WITH AN EDGIER LOOK.*



# S I M

*KEEP YOUR OWN OUTFIT  
SIMPLE IN A BUSY  
ENVIRONMENT, AND THE  
VIEWER'S EYE WILL RETURN  
TO YOU.*



# P L E



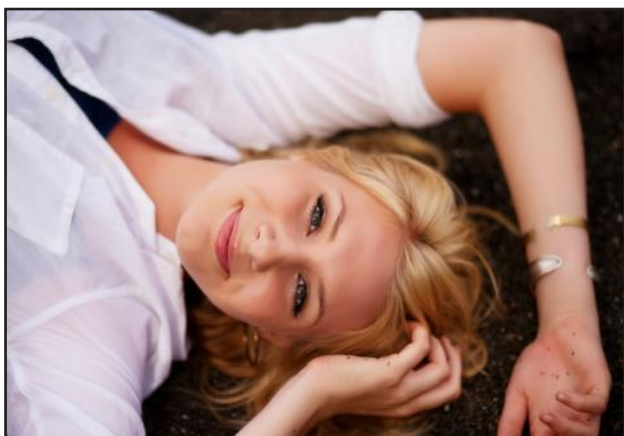


## CLOTHING STYLES



### CASUAL

If jeans and a T-shirt are your go to wardrobe choices, try to avoid graphic prints, and stick with solids. Little to no makeup pairs well, with a lip gloss for shine.



### CLASSIC

If you dress up a tank top with a relaxed blouse, you've got a simple, yet classic look. Whites and blacks, golds and silvers, and skirts and shells are the easiest ways to this look.

Add some color to your lips, and keep your skin and eyes natural. Tan or use bronzer for a natural glow.



### BOHO

Natural fabrics and colors, layers, and ornate jewellery are hallmarks of a bohemian look. Flowing skirts and dresses work, as do second-hand shops if you don't want to pay "Lucky" prices.

Turquoise and wood jewellery, brown leathers, and denims always help, as do scarves and belts.





N A

# ILLS

*THINK OF YOUR NAILS AS  
SHOES FOR YOUR FINGERS.  
DON'T WEAR THEM SCUFFED  
OR MISMATCHED.*



# SCARF

*A SCARF CAN DRESS UP ANY  
OUTFIT, AND PROVIDES A  
VISUAL INTERRUPT BETWEEN  
THE HEAD AND TORSO.*





# RIVES







## CLOTHING STYLES



### PREPPY

The quintessential Maine look. You don't need a summer house on Goose Rocks for a preppy look, just a few items from Abecrombie or Vineyard Vines.

Pair a blazer or sweater with your favourite button-up, and add simple jewellery, such as pearls or studs. Minimal and natural makeup pairs well.

Penny Loafers are the classic preppy shoe, but in Maine boat shoes and Bean boots complete this look more frequently.



### ON TREND

Retail fashions change quickly, and if you love the latest looks Lulu's is showing, you don't need us to tell you how to shop for your photo shoot wardrobe!

Remember that trendy looks start at the floor, and be sure to have sandals, boots, or pumps that match the style you're sporting.

# WHITE

*WHITE GOES WITH  
EVERYTHING, AND LOOKS  
DRESSIER THAN ANY COLOR  
BUT BLACK.*



# PANTS



# PARTY



*WHAT'S FUN AND FLIRTY AND  
ALREADY IN YOUR CLOSET?*

# DRESSES



*ALL THOSE DRESSES YOU'VE ONLY  
WORN ONCE! BRING THEM.*



## CLOTHING STYLES



### EXOTIC

If you don't mind everyone's eyes on you, consider a more exotic look for one of your outfits.

Older prom dresses and bright colors are perfect for achieving an exotic look.

Add some stand out jewellery and stems, to rock your look at an unexpected location, like the beach or a Portland alley.



### DRAMATIC

Dramatic portraits are a product of makeup as much as of clothing.

Think contrast when you're considering war paint - smoky eyes, bold brows, contoured cheeks, and shiny lips.

Wear black, or colors darker than black.

Jewellery should leap off the image, and larger costume pieces are perfect.

Boots or pumps as needed.





# YOUR

*HAIR IS A GREAT ACCESSORY,  
BUT A HARD ONE TO CHANGE.*

*IF YOU'RE TRYING A NEW  
STYLE, COLOR, OR EXTENSIONS,  
HAVE IT DONE AT LEAST A  
WEEK BEFORE YOUR SESSION,  
JUST IN CASE.*



# HAIR



# YOUR OB

*IF YOU'RE PASSIONATE ABOUT  
SPORTS, DANCE, ART, MUSIC,  
OR EVEN HANDBAGS, THE  
MORE "PROPS" OR UNIFORMS  
YOU BRING, THE MORE WE  
CAN CREATE WITH!*



# SESSIONS







# CHECKLIST

## CLOTHING

- Bring at least three outfits per location, and more if you want help selecting best looks.
- Bring layering items - coats, scarves, sweaters that can quickly transform an outfit.
- Bring shoes for each look.
- Keep jewellery organized in separate baggies, so necklaces don't get tangled.
- Wear appropriate undergarments (see the 'DO' page).

## HAIR & MAKE-UP

- Bring a brush and hair spray!
- Lip gloss is perfect for any look, but if you're comfortable wearing makeup for a dance, go ahead and bring your glam kit.

## PEOPLE

- Bring a friend or parent!

Not only is it more fun to bring someone along with you, but you'll have a lot of stuff for them to carry :)

## PROPS

- For studio sessions, be sure to bring instruments, hobbies, uniforms, trophies, and anything we could use to create a unique portrait of you.
- For sports posters, be sure to bring your uniform (talk to your coach), shoes, and paraphernalia (starting blocks, soccer ball, baseball bat, softball glove and ball, etc).
- If you've got a look you know you want, go ahead and tear pages out of magazines, or print out images that show your ideas.

## MISC.

- Careful on tanning - tan lines are hard to blend, and burns can't be removed.
- Iron or steam your clothes before your shoot.
- Get plenty of sleep the night before your session ! Your skin will look better, and you'll be ready for a fun photo shoot!



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