



Michael Aaron Jones - Photography

Thank you for booking a headshot photo shoot with me! I'm very excited about it. I want our shoot to go as smoothly as possible.

There are some things you can do to prepare for the shoot:

2-3 DAYS BEFORE THE SHOOT

- Look at yourself in the mirror. Do you need to pluck your eyebrows? Does your hair need a trim? Do you want to wax before the shoot? Go ahead and do this now—don't wait till the last minute. You want any irritation waxing may cause to go away before the shoot.
- It's not just about your face. Trim your nails and make sure they're neat and clean. The same goes for your toenails and feet (if you want to be barefoot). If you can, get a manicure/pedicure.
- Do your teeth need to be whitened or cleaned?
- Ok—now about the shoot itself: Do you know where it is? How long will you need to drive or walk there? Do you need to Google map some directions? Think ahead about these details.

1 DAY BEFORE THE SHOOT

- Eat healthy drinking plenty of water and avoiding fatty, greasy, and salty foods, alcohol or anything may stain your teeth. Avoid sunburns or heavy tanning.
- Get plenty of sleep.
- Plan what you're going to wear. Solid colors are best— busy patterns can be far too distracting. Make sure the color looks good with your skin tone. Pastels, white & black clothes are often **not** the best choices for shirt color but sometimes work great. Bring a couple of outfits so you can change and have options later when you're choosing a picture. Don't wear a "costume". Be yourself. Remember, the focus of the picture will be YOU. We don't want a distracting background, jewelry, props, etc. It's all about you—the real you— how you really look.

DAY OF THE SHOOT

- You want your picture to portray you at your best, so take some steps to put you at your best. Take a little time for yourself in the morning. Have some juice, a nice breakfast, do some yoga, meditate. Whatever puts you in a good place.
- Guys, make sure you shave and take your time with it. Use hot water, a good shaving cream and nice sharp razor. Shave slowly with the grain and avoid razor burn.
- Make sure you eat a light meal with protein before you leave. You need to be energized. If you're tired and hungry during the shoot it will show in your photos.
- Bring some things with you to the shoot like bottled water & snacks to keep you going. Water is very important since we might be outside and walking around to different locations.
- If you're wearing make-up, bring some for touch ups. If you're not planning on wearing make-up, it's still a good idea to have some powder for shine. Also, bring a hairbrush and comb. If we're shooting outside the wind can be a hair killer.
- Leave in plenty of time to get to the location and so that you won't be rushed or stressed.
- Feel free to bring a friend with you if you want. They can help keep you relaxed and make you laugh. :)

If you have any questions or concerns, please call me at (865) 898-3438. Talk to you soon!

Mike Jones