

Seniors



your guide to a
stress free
photo session

what to wear
& more





welcome

Congrats! You have just entered an amazing time in a young person's life. Senior portraits should showcase your senior year and cater to your natural style and personality. We need to celebrate what makes you so unique and capture those once in a lifetime memories. But for some Seniors, the thought of being in the spotlight and taking family photos can sound more stressful than enjoyable.

Luckily, it doesn't have to be that way! With a skilled, experienced portrait photographer behind the lens and a bit of thoughtful preparation, it can be a great experience that rewards you with gorgeous photos.

As your photographer, I'll provide you with beautiful Senior portraits that capture the true nature of you in this exciting year full of firsts and lasts. (And I'll help you have fun while doing it!)

top tips for a *sensational* photo session.

It's completely normal to feel a little awkward when taking senior portraits. Many seniors tend to feel self-conscious about their appearance because they feel uncomfortable taking photos on their own. Below are our top five tips for taking on your senior portrait with grace and confidence and leaving with photos that you will love for years to come.

USE YOUR EYES

Use your eyes to express emotion. When you smile naturally your whole face lights up and your eyes look bright and awake. Before the photo session practice smiling in the mirror and use different expressions to see what looks best.

RELAX

Great photos happen when the subject is relaxed and confident. Let the excitement of your photo session show through the lens as you take a moment and breathe, relax and just have fun. You may feel silly during this process but we will do everything we can to help you feel more comfortable.

BREATH

This may sound obvious but breathing is key to capturing a natural look. Take time to practice taking a deep breath while smiling in front of the mirror. Slowly release the air while holding the smile and notice how your face and eyes settle into a natural and relaxed expression. Allow your eyes to "smile" by focusing on the apples of your cheeks pressing upwards. When in doubt, just breathe.

MOVE

Staying stationary can sometimes produce a very staged and cheesy look. Just because you are sitting or standing still doesn't mean you can't change the angle of your body to create a look that is fresh and inspired. Try leaning into the camera slightly to appear more engaged, shift your weight from left to right, or simply move your chin slightly up and down for different shots as this gives us a variety of facial expressions to work with.

BEAUTIFUL

This goes for everyone. Ladies, spend some extra time getting your hair blown out, get your makeup done and choose an outfit that makes you look and feel your best. As for the men, take a shower and shave. When you look your best, you feel your best and when you feel your best, you are naturally more confident. Go the extra mile to walk into your senior session feeling confident, attractive, prepared, and inspired.





best locations for your *Senior photo session*

Location, location, location! I get asked this question all the time. I have done my share of roaming and I've explored some really awesome and beautiful senior portrait locations. Here are some of what I consider to be the best senior portrait locations on the eastside!

SKY ABOVE AND SAND BELOW

If you're looking for a beach session at sunset for that amazing golden glow and the relaxing sound of the waves then I suggest Marina Beach Park in Edmonds, Junita beach park in Kirkland or Meydenbauer Bay Park in Bellevue. All these parks have a little slice of beautiful beach and they are smaller which means less populated most evenings.

GOLDEN WAVES OF GRASS

Want to get that feeling of open fields and tall grass, then I have a few fun spots for you, but my all time favorite places are Juel Community Park in Redmond or the old Wellington golf course. Both of these places get minimal mowing and I love it!

I WANT A LITTLE BIT OF THIS AND THAT

Can't make up your mind? Then the Fall City Community Park is a great place to go. There's a river, fields, an old rustic building, and a nature trail.

INTO THE FOREST I GO.

Now Ferrel McWherter park is a farm park, but don't let that fool you. This park has the most beautiful trails of ferns and old growth trees around. Some parts really remind me of an Ewok village.

RUSTIC CUTE TOWN

Antiques, old brick, and doors that lead to no where are your thing then the small town of Snohomish is your perfect location. I've been known to pop into a few antique shops for a few snaps.

FLOWERS EVERYWHERE

If you want to make sure there is some color and pop in your photos, then Flower World in Maltby, is the place to go. That park is manicured and in bloom at all seasons.

CLOSE TO HOME

My last two favorite places are Cold Creek Natural Area and Cottage Lake Park. These two parks are where I took my kids to play when they were little and where they hang out now as teenagers. There are trails, fields and a lake. They are located less than a mile from each other and they are both within walking distance to my studio.

tips on: *what to wear*



When it comes to senior portraits, one of the most common questions we get is, "What should I wear?" It's a tricky decision! Since these photos will last a lifetime, you want to make sure you look as good as possible. But at the same time, you also want your portraits to look natural — not wearing stuffy clothes that make feel and look uncomfortable. I always recommend wearing clothing that makes you feel and look your best, which can be different for every person. Here are a few other wardrobe suggestions that photograph beautifully.

PLAN SEVERAL OUTFITS TO BRING.

You should be prepared to bring a few difernt looks to your portrait session in a variety of colors, not just your favorite hue. I usually suggest three or four. Don't be afraid to include different styles, such as casual, semiformal, formal or outdoors, so you can take several pictures and get your best shots.

Remember to bring accessories for all outfits, from footwear to jewelry and hair accents. Since several full-body shots are also taken, check shoes to be sure they are clean and that both socks match – that full-body shot could end up being your favorite pose.

Check your clothing ahead of time to make sure it isn't spotted or faded, and transport your outfits (you can wear one when you arrive) on hangers to prevent wrinkles..

APPLY MAKEUP NORMALLY

Apply your makeup as you normally look on a day-to-day basis, but bring your makeup with you that way if I feel ike you ned a touch more blush or eyeshadow, i can let you know will let you know.

Avoid glitter or sparkly anything (powder, eye shadow, blush) – it tends to reflect the flash and leaves white spots.

Also avoid too much lip gloss. It can also leave white spots from the flash or make you look like you're drooling.

DRESS WEATHER APPROPRIATE

Keep an eye on the weather forecast and make sure you dress accordingly. Choose colors that are appropriate for the season. And if it'll be chilly during your photoshoot, be sure to bundle up a bit!

STILL STUMPED?

Ask me. I am happy to look at your ideas through text so you look your best. I also work with a stylist so ask about hair and makeup too!

A FEW DON'TS:

While what you decide to wear is ultimately up to you and your family, there are a few things that tend not to photograph well.

- Patterns: too many patterns tend to clash and they draw too much attention.
- White: wearing white tends to wash people out.
- Large logos: graphic tees tend to distract from the most important part of the photo — your beautiful faces!

now what?

I am a full service photographer which means I besides capturing your senior year, I can also design and create beautiful albums, memory boxes and wall art to show you off. I have listed below a few of my most popular senior print products.

PORTRAIT ALBUMS

Custom designed albums are the perfect product to display your senior memories and you can visit those moments anytime you like for the rest of your life. Albums are printed with Archival Fuji Lustre Shine paper with have thick sturdy pages and I have many choices of fabric or leather covers to compliment your style. Each album comes complete with your favorite image on the cover, your name and your class.

MEMORY BOXES

This is a fun and different way to display your prints. They look beautiful on a bookshelf, coffee table, or dresser and will keep everything protected and cherished. The covered memory box is filled with the loose gift prints of your entire session. They also have a customized cover with the fabric and image of your choice.

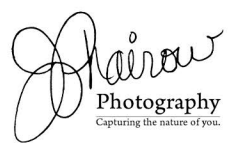
SENIOR WALL COLLECTION

A senior wall collection is a four piece wall collection that features your four favorite portraits from your session. It can be customized to fit any wall space and comes in canvas, metal , standout or framed prints.

ACCORDION BOOKLETS

Accordion Booklets make it easy to share special moments. Whether they're to give to family members or reminisce with friends, Booklets are the way to go!





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