

# Heinen Media Co

## BOUDOIR STYLE + PREP GUIDE

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EVERYTHING YOU NEED TO KNOW BEFORE YOU STRIP  
DOWN + GLOW UP



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[WWW.HMCBOUDOIR.COM](http://WWW.HMCBOUDOIR.COM)

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*email: [hello@heinenmediaco.com](mailto:hello@heinenmediaco.com)*

## THE VIBE YOU'RE WALKING INTO

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This isn't about perfection.

This is about power. Confidence. Freedom. 🔥

My boudoir style is raw, sensual, warm, and empowering.

We shoot with natural light, movement, and a little edge.

You don't need to know how to pose—I've got you, every inch of the way.


This isn't just a photo shoot.

It's a whole damn experience.



HELLO@HEINENMEDIACO.COM

With love,  
Jodie



“JODIE HAS AN EXCELLENT KNACK FOR MAKING SURE YOU FEEL COMFORTABLE AND BEAUTIFUL IN YOUR OWN SKIN. SHE HAS DONE SEVERAL SHOOTS FOR ME AND I AM IN AWE WHEN I GET THE PHOTOS BACK. IT’S TRULY A GIFT TO HAVE THESE MEMORIES FOREVER AND I’M SO GRATEFUL FOR THE WORK JODIE DOES. SHE IS MY GO TO NOW! CANNOT RECOMMEND HER ENOUGH. I HAVE COMPLETE CONFIDENCE IN HER WORK.”

- *Chloe*



## WHAT TO BRING & WHAT TO WEAR

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You don't need a closet full of lingerie to look 🔥

✦ Client favorites:

- Bodysuits
- Matching bra + panty sets
- Robes, fishnets, thigh-highs
- Oversized sweater or button-up
- Something sentimental (his shirt, your wedding veil, etc.)

✦ Optional extras:

- Jewelry: dainty or bold
- Heels or barefoot—both slay
- Leather, lace, mesh... if it feels good, it looks good

✦ Bring 3-4 outfits

We won't use all of them,  
but options = confidence.

✦ Pro tip:

Toss everything in a tote. I'll help you style once you're here.





## HOW TO PREP BEFOREHAND

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### ♥ Hydrate, exfoliate, moisturize

Your skin will thank you—and it photographs like a dream.

### ♥ Avoid spray tans

They tend to photograph orange and patchy, especially in natural light.

### ♥ Hair removal is optional

Shave, wax, or rock what you've got. You do you.

### ♥ Eat beforehand

Boudoir is fun but it's a workout. Fuel up, babe.

### ♥ Nails

Chipped polish can show up in closeups—clean, simple, or neutral always works.



## ON THE DAY OF

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Arrive with loose-fitting clothes (no bra lines or red marks).

Bring your outfits, water, a playlist if you want one.

We'll chat, hype you up, and dive in. Don't stress if you feel nervous. Totally normal.

We'll start slow and build confidence as we go.

You'll walk out feeling 10 feet tall.



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## POSING + PRIVACY

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You don't need to know a single pose.  
I'll direct every hand, hip, and arch like the photo sorceress I am.  
We'll create shots that make you say, "Wait... that's ME?!"  
Your images are never shared without your written permission.  
You're in control of what stays private and what gets shown.

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## WHAT HAPPENS NEXT

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You won't get sneak peeks because we're doing something *way* better.

One week after your session, we'll meet for your private ordering appointment.

You'll see your full, edited gallery for the very first time—cue the chills and happy tears.

I'll walk you through everything:

- ✦ Choosing your favorite images
- ✦ Picking the collection that fits your vision
- ✦ Designing a custom album that tells your story perfectly

No guessing, no overwhelm. just you, your photos, and a guided process that makes it easy and exciting.

Your images deserve more than a scroll. Let's turn them into something you can hold.

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## FINAL WORDS, GORGEOUS

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You did something brave. Something bold.  
And you're going to see just how incredible you are.  
This experience is about more than photos.  
It's about claiming your confidence, your body, your story.  
Whether you walked in feeling nervous or ready to slay,  
you're leaving with something powerful: proof of who **you** are.  
And I can't wait to help you hold it in your hands.



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