



THE EXPERIENCE

YOUR HEADSHOT SESSION

2023

817.455.7384
TRACI@METROPLEXHEADSHOTS.COM
METROPLEXHEADSHOTS.COM

Preparing For Your Headshot Session

- It is important to schedule your session in advance, as much as possible. You don't want to feel rushed.
- You want to be well-rested and avoid fried or salty foods (unless bloating and water retention is the look you're going for).
- If you can, drink plenty of water in the week prior to your session, as this will keep your skin plump, smooth and clear.



- Also avoid sun exposure, which can make you look tired and leave your skin irritated.
- Make sure to make an appointment with your hair stylist or barber.
- Professional make-up is done in studio, just plan for extra time when booking.
- And, I beg you, please don't use spray tan!!



1. What is the purpose of your shoot?
2. What do I wear?
3. How long will it take?
4. Do I need hair and make up?

Is this for work? Fun? LinkedIn? Are you an attorney, or are you receiving accolades for a job well done? Maybe you are looking for love online.

Hey, we don't judge.

Whatever you need will dictate how you dress and what to bring. I will send a "What to Wear, Tips and Tricks" attachment as well.

The session will take as long as you need. You have to get comfortable in front of the camera, sometimes it takes a little longer. So if we shoot for two hours to get the perfect shot, we'll do it! We only book two sessions per day so each client gets the best results and the best experience possible.

If you are a woman, we recommend booking hair and make-up! These images represent you, you want to look your best! Schedule hair with your regular hairdresser and professional makeup is done in the studio. Sophisticated and natural. You don't want to look like you are going clubbing. If you are doing your own make-up, avoid sunscreen (it reflects), and keep it clean. Guys, check your nose hair, seriously.

Yes, you are...I got you!

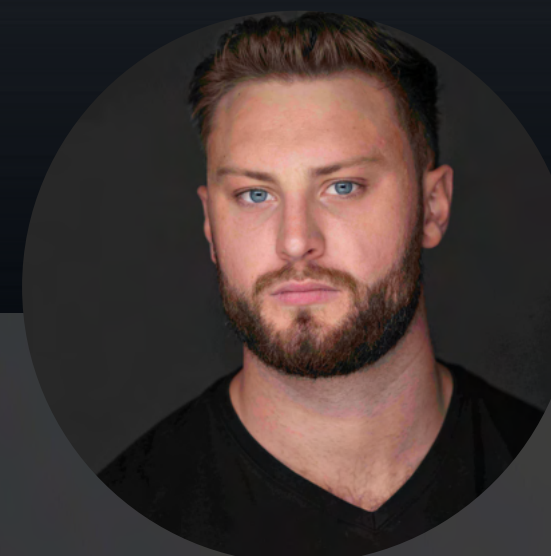
I'M NOT PHOTOGENIC....



99% of clients behind the camera are completely uncomfortable, at first. It's my job as a professional photographer to direct you. You don't have to worry about where to put your hands or how to position your body. I will show you. You will feel comfortable knowing we are getting your best side. Relax. I'm your facial expression coach! (It's a thing, really).



Correct positioning and lighting are everything. Lighting correctly for your body type and look is the difference between a "wow" headshot, and a "bless your heart" headshot. We shoot to accentuate your best features.



But a headshot without expression is, well, like champagne without bubbles. Expression is key, and we will pull several expressions from you during the shoot. All good, some fun, some serious. Ten minutes in to the shoot and you'll wonder why you were so nervous!



When we get you comfortable posing, and bring out your personality it will come through on camera. You will be thrilled with the results! And, of course, a complementary glass of champagne or wine helps relax you too!

After the shoot

How / When do I see my images?
What about retouching?

We shoot “tethered” in studio. This means you see the images as we shoot, so you are confident that we are getting the shots you want that best represent you! We can tweak, change clothes, make sure your hair isn’t wonky, fix makeup, etc.

When we are done shooting, we sit down together and go through the images, you choose which images you love and want retouched. Our retouching is very natural, out are the days of plastic skin, blinding white teeth and alien eyes. Ewe. This is NOT a glamour session!

You will receive your retouched images within 24-48 hours of the shoot, unless we are doing more complex group composites. Images are delivered through a link, and you can download from there. Let us know what sizes you need (website, LinkedIn, etc) and we will resize accordingly. Your images will be removed after 3 months so download them!

It is EASY and FUN! And I can’t wait to work with you! Cheers!

Traci





This is me (with professional make-up and hair)!

Please call or text me at **817-455-7384** if you have any questions!
See you soon!

SCHEDULE A SESSION TODAY

TRACI