

BUSINESS PROFESSIONAL HEADSHOT GUIDELINES

General Tips

- REMEMBER: The goal of your headshot is to make you look your best for the world to see. It's called a headshot for a reason
- Drink lots of water and be well rested
- Abstain from alcohol/drug use prior to your your shoot
- **Arrive on time**, or preferably 15 minutes early
- Please call if you are running late. 774-573-9055

Basics - Everyone

- Bring 2-3 clothing variations so we can pick the best option at the shoot
- Wear simple, non-distracting, comfortable clothing for your headshot photo shoot
- Clothes should be neatly pressed and should look new or like new
- Busy patterns and large, distracting jewelry are definitely out
- Any solid, primary color works well. **Black, white, and blue** are always safe choices!
- Pick colors that bring out your eyes and complement your skin tone.
- At all costs, avoid logos and/or branding

What to Wear - Men

- The standard business look is a suit jacket, dress shirt and tie
- A casual business look is a jacket and open-collar dress shirt, shirt and tie (no jacket), or dress shirt on its own
- For a no-jacket look, bring colored shirts that are darker than your skin tone
- Bring 2-3 different jackets, shirt colors and ties so we can pick the best option

What to Wear - Women

- Bring a variety shirts/blouses with different necklines. Neckline will influence the apparent shape of your face
- Avoid big prints and busy patterns. Plain and solid color works best.
- For a no-jacket casual look, bring various colored blouses - ideally darker than your skin tone
- Generally, avoid sleeveless tops/dresses. These draw attention away from your face and to your shoulders/arms.
- Remember: Select and wear clothes that make you feel comfortable and confident. Select something that makes you look and feel good

" BECAUSE YOUR IMAGE IS EVERYTHING "

Jewelry

- No jewelry. It distracts from your face and increases retouching time and costs
- Remember: the image is about your face, not your accessories

General Grooming

- Attention to detail will deliver the best headshot and image
- Check your eyebrows - have your hair stylist or barber trim them
- Check for stray ear and nose hairs - trim as needed
- Men - check for chest hair peeking out when wearing an open collar shirt

Hair and Makeup Tips

- Make-up should be clean, minimal, and natural. DO NOT OVERDO YOUR MAKEUP
- Wear a light layer of translucent powder.
- Avoid shimmers or products with sparkle or shine
- Avoid frosts or overly-bright colors
- Get your hair styled (if not using a hair makeup artist) the day before. Men: you can give yourself a day or two to let it “grow in”
- Do not try/use any new product on your hair, face or body the day before or few days before your shoot. In case you have a bad reaction to the product

Please Arrive With

- If you have previous headshots, bring them so we can improve your image
- Makeup and hair products, you prefer (especially if you have allergies)
- Hair styled, and makeup already applied (if not using makeup artist)
- Hair brush/comb and makeup for touchups
- Your selected clothing options

If you have any questions, please do not hesitate to reach out via email – david@davidsaggiophoto.com – or telephone – 774-573-9055

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