

# Ways to Prepare for Your Senior Photos

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Tips and tricks to  
get the most out of  
your senior photo  
session and your  
makeup session  
beforehand!



*makeup by  
Sprout*

# Should I get my makeup done professionally?

If you are having professional photos taken then I recommend having your makeup professionally done as well! As a makeup artist my job is to make you feel your absolute best going into your shoot. For seniors especially, the most common request I get for makeup is “make me look like me, but just a little bit more!” I don’t want to mask you or change the way you look! I am a strong believer in using makeup to enhance your natural features so that you will feel confident getting in front of the camera! Additionally, my process is collaborative. Let’s talk about what you want! Show me pictures or mood boards if you have them. This is an exciting time and I want to be right here with you for it!



MAKEUP BY  
SPROUT

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# Skin Prep



## Week(s) prior:

- It's easy to get overly excited and try lots of DIYs, resist the urge!
- If you want to try any new treatments for your skin prior to your shoot, stick to hydrating, nourishing and calming treatments.
- Remember to wear SPF every day, especially in the summer because sunburns can be hard to cover with makeup
- Drink lots of water! The least expensive beauty treatment is to stay hydrated! Your skin will thank you for it. Products absorb better into hydrated skin.
- Don't neglect your lips! Make sure you exfoliate and moisturize your lips so that any lip product I apply goes on smoothly and stays throughout the shoot.
- If you have any questions about skin care products for your specific skin type or concerns send me a message!

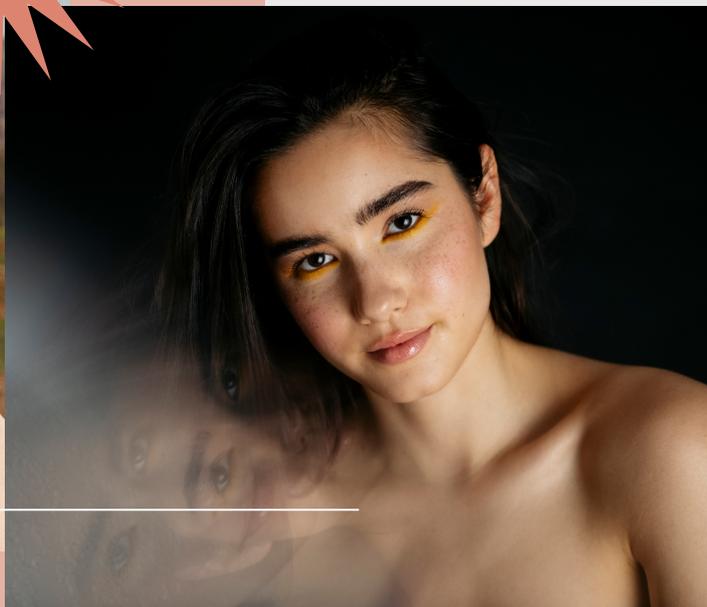
# SKIN PREP

## Extras:

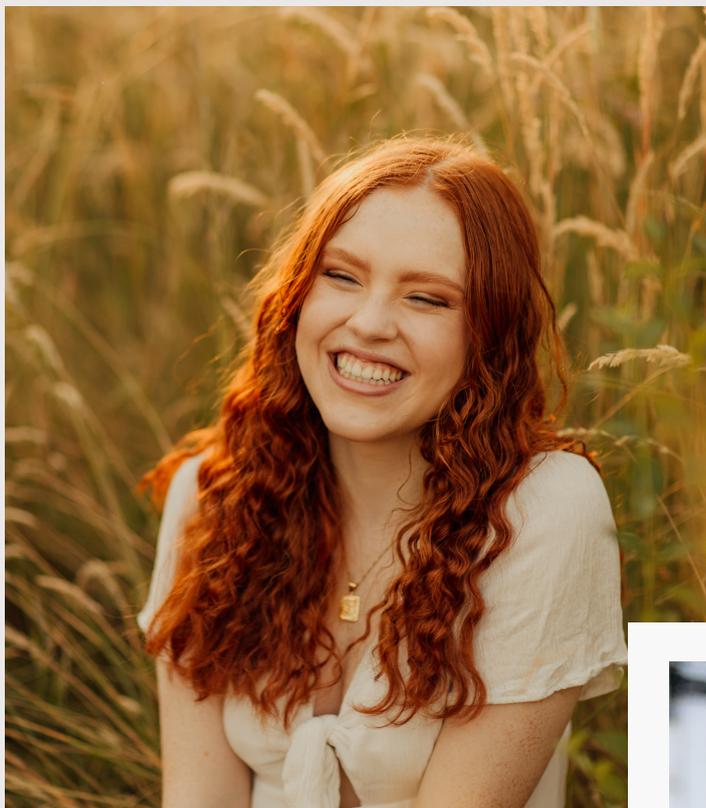
### Day of:

- The day of your shoot make sure to stay hydrated!
- The morning of your shoot just worry about washing your face. No need to apply anything, I will take care of skin prep for you!

- If you are someone who regularly grooms your eyebrows (waxing, tweezing, threading, etc), I strongly suggest getting your eyebrows done within five days of your photo shoot (but not the day of). That way, if you have sensitive skin or react to hair removal, your skin can settle down before the day of your makeup application.
- If you are interested in getting your eyebrows done for the first time and would like some ideas for good spots, let me know and I will send you recommendations!



# Other things to think about!



## MOOD BOARDS

Send pictures of your photo shoot locations and outfit ideas ahead of time to get the overall vibe of the shoot. This can help me understand the look you're going for and more of your personality and what you want to come through in the photos!

## COMMUNICATION

If you don't like something be sure to tell me! My primary goal is to make sure you get in front of the camera feeling like the most confident version of yourself. Communication is key, so don't be scared to tell me if you don't like the way something is looking!





# About Sprout

I started doing makeup in Los Angeles in 2018 for short films. I eventually moved back to Portland and worked on a few commercials before starting to focus more on photo shoots and events. In 2020 I went back to school and got my license in esthetics from the Aesthetics Institute of Portland. There I was able to vastly increase my knowledge on skincare technology and techniques. My goal as a makeup artist and esthetician is to help anyone and everyone feel confident in their skin.

