



ბროდიარა

## GETTING READY FOR YOUR SESSION

A Beauty Session can seem a little intimidating for most people, specially if it's your first time. Do not worry, the session is designed to go at your own pace and comfort level. To make this experience smooth and you look your best, here are some tips you might find useful:

### **1. Drink water:**

Lots of water! 8 glasses of water per day through at least the week before your session. It'll clean your skin, moisture it and give it a natural looking glow. We want to be sure your skin looks its best. Besides, drinking water is super healthy!

### **2. Don't drink alcohol:**

You might be tempted to get a little booze in your system the day of your session to calm the nerves, but alcohol will make your eyes look red and possibly droopy on the photos. Your eyes are the doors to your soul.

### **3. Sleep:**

Having a good rest is important for your session. You'll look at your best and fresh plus we avoid bags or darkness under your eyes. Yes, makeup can do wonders but nothing is better than a real natural look.

### **4. Embrace yourself:**

This session is for you and about you. Your photos will be your beauty "document". It'll be the thing you'll look at to remind yourself that you are beautiful and worthy ALWAYS. Embrace all what's amazing about you! Remember all the things that make the wonderful person you are. You deserve this day to be amazing; we'll do it together,

### **5. Have fun!**

There's a simple rule for beauty sessions: we won't do anything you don't want to do. Phew! The worry is gone, so all you are left now with is having a good time, an empowering time for you that will boost your self esteem and best of all, will leave you with a lifetime memory in images that you will enjoy for years to come.