

## Pre-Shoot Checklist



*We can't wait to welcome you. Here's everything you need to prepare for your session.*

Every session at Margot Marie is designed to be warm, relaxed, and entirely at your pace. The more prepared you feel walking through the door, the more extraordinary your experience — and your images — will be. Take your time with this checklist and reach out anytime.

### Before You Arrive

#### 01 Your Legal Documents

Ensure you have read, signed, and returned your Consent & Release Form and Sexual Health Declaration before your session. These protect you as much as they protect us. Bring valid photo ID and your preferred payment details — you are paid in full on the day.

#### 02 Tell Someone You're Coming

Let a trusted friend or family member know where you're going and your expected return time. You'll be offered a check-in at several points throughout. Your safety is our absolute priority.

#### 03 Review Margot's Posing Guide

Read through the full Posing & Performance Guide before you arrive. Practise a few poses in the mirror — familiarity means less time feeling self-conscious and more time feeling incredible.

#### 04 Get a Good Night's Sleep

Well-rested skin photographs beautifully. Well-rested eyes are bright and alive. Go to bed early the night before. You are absolutely worth it.



## What to Bring

### 05 Your Outfit or Outfits

Arrive in comfortable street clothes and bring at least one outfit you feel genuinely confident in. Activewear, a fitted dress, skirt, or bodysuit all photograph beautifully. We also provide a wardrobe selection on the day – mix and match as you like.

### 06 Makeup & Hair

Bring your full kit, styling tools, and favourite hair products. A well-lit vanity mirror is always available. Keep your look polished and natural – soft, feminine, and true to you.

### 07 Shoes & Accessories

Comfortable footwear that suits your outfit. Simple heels, sneakers, or elegant flats all work well. Avoid complex straps. Bring any jewellery that makes you feel your best.

### 08 Personal Care Essentials

Deodorant, lip balm, toothbrush, and anything you need to feel fresh. A private bathroom, shower, and fresh towels are always available throughout your session.

### 09 Snacks & Water

Refreshments are provided. Bring your own water bottle if you prefer. Sessions run 45–90 minutes depending on your booking.

### 10 Your Music

Build a playlist that puts you in the right headspace – confident, sensual, at ease. Share it when you arrive and we'll play it throughout. Music tells us a lot about who you are, and that genuinely helps us create better images together.

## On the Day

### 11 Arrive Relaxed & On Time

We recommend arriving 10 minutes early – time to settle in, freshen up, complete any final paperwork, and simply breathe before we begin. There is never a rush at Margot Marie.

## **12 Speak Up — Always**

If anything feels uncomfortable or unclear — say so immediately. We will always stop and find an alternative. Your comfort and enthusiasm are what create great content. There is no expectation to push past any boundary you have set.

## **13 Check-Ins Throughout**

You will be asked several times whether you're happy to continue. These check-ins are built into every session. You are always in complete control.

## **14 Aftercare & Departure**

Take as much time as you need after your session. Shower, decompress, grab a drink. Payment is made immediately via your preferred method, and we'll walk you through your content timeline and next steps with the agency.

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*You are always in a safe, loving, and supportive environment. Your comfort, your confidence, and your experience matter above all else.*