

Nicola Cooper

PHOTOGRAPHY



Boudoir

CLIENT PREP GUIDE

BY NICOLA

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WHAT ON EARTH DO I WEAR?

THIS IS ONE OF THE FIRST QUESTIONS EVERYONE ASKS... AND THE TRUTH IS – YOU DON'T NEED TO OVERTHINK IT. THE MOST IMPORTANT THING? WEAR PIECES THAT MAKE YOU FEEL LIKE YOU... JUST A LITTLE MORE ELEVATED.

START WITH WHAT YOU LOVE

LINGERIE IS ALWAYS BEAUTIFUL – THINK LACE, SOFT TEXTURES, OR SOMETHING THAT MAKES YOU FEEL CONFIDENT THE MOMENT YOU PUT IT ON. BUT THIS DOESN'T HAVE TO MEAN TINY OR REVEALING.

IT COULD BE:

- A BODYSUIT THAT HUGS YOU IN ALL THE RIGHT PLACES
 - AN OVERSIZED SHIRT SLIPPING OFF THE SHOULDER
 - A COSY KNIT FOR SOMETHING SOFTER AND MORE RELAXED
 - A FAVOURITE OUTFIT THAT MAKES YOU FEEL AMAZING
- THERE ARE NO RULES HERE – ONLY WHAT FEELS GOOD TO YOU.

THREE OUTFIT CHANGES

YOUR SESSION INCLUDES THREE OUTFIT CHANGES TO GIVE YOU A GORGEOUS VARIETY OF LOOKS.

BUT HERE'S MY BEST ADVICE...

IF YOU THINK YOU MIGHT WANT TO WEAR IT – BRING IT. WE'LL GO THROUGH EVERYTHING TOGETHER ON THE DAY AND CHOOSE WHAT PHOTOGRAPHS BEAUTIFULLY.

IT'S ALL IN THE DETAILS

LITTLE TOUCHES CAN ELEVATE YOUR IMAGES IN THE MOST STUNNING WAY:

- MATCHING UNDERWEAR SETS
 - STOCKINGS OR SUSPENDERS
- HEELS (EVEN IF YOU ONLY WEAR THEM FOR A FEW SHOTS!)
 - JEWELLERY YOU LOVE

NOT SURE? YOU'RE NOT ALONE

MOST OF MY CLIENTS ARRIVE WITH A BAG FULL OF OPTIONS AND A LITTLE BIT OF "I HAVE NO IDEA WHAT I'M DOING..." AND THAT'S COMPLETELY NORMAL.

I'LL GUIDE YOU EVERY STEP OF THE WAY – FROM CHOOSING YOUR OUTFITS TO STYLING EACH LOOK – SO YOU NEVER FEEL UNSURE.

WHAT NOT TO WEAR..

Just as important as what to bring... here are a few things to gently avoid, so your images feel as beautiful and timeless as you

Anything that feels “not you”

If you don't feel comfortable in it, it will show. This experience is about confidence – not squeezing into something you think you should wear.

Ill-fitting pieces

Items that are too tight can leave marks on the skin, and pieces that are too loose can lose shape on camera. Try everything on beforehand so you feel confident and comfortable.

Busy

Busy patterns or large logos

Bold prints and logos can distract from the most important thing... you. Soft tones, lace, and simple textures photograph beautifully and keep the focus where it belongs.

Everyday bras & worn pieces

That well-loved bra might be comfortable, but it won't give you that elevated, luxury feel in your images. Think of this as your excuse to treat yourself to something special.

Fake tan mishaps

If you're having a spray tan, keep it light and natural. Anything too dark or uneven can affect how your skin looks in your final images.

Tight clothing before your shoot

Avoid wearing tight underwear or clothing on the morning of your session, as this can leave marks on your skin. Loose, comfy clothing is perfect when you arrive.

A LITTLE REASSURANCE FROM ME

You don't need a certain body. You don't need to lose weight.
You don't need to be “good in front of the camera.”
You just need to show up. I'll take care of the rest

WHAT TO EXPECT ON THE DAY OF YOUR SHOOT?

From the moment you arrive, you can leave any nerves at the door.

Your experience begins with a warm welcome, tea or coffee, plenty of time to settle in, and a relaxed chat about what you'd love to achieve from your session.

There's absolutely no rushing – this day is entirely about you.

I'll guide you through every pose, so you never need to worry about what to do with your hands, your angles, or anything else.

Most clients tell me they forget the camera is even there.

By the end of your session, you'll feel like an absolute goddess – and the images will prove it.

YOUR BOUDOIR CHECKLIST

Think of this as your little moment to pack just for you

YOUR OUTFITS (UP TO 3 LOOKS)

- Lingerie sets you love
- Bodysuit or something that makes you feel amazing
- Oversized shirt / knit / something soft & relaxed
- An outfit that feels like you (optional but lovely)

EXTRAS THAT ELEVATE YOUR LOOK

- Heels (even if just for a few shots)
 - Stockings or suspenders
 - Jewellery you love
- Accessories (robes, shirts, etc.)

PERSONAL TOUCHES (OPTIONAL)

- Something sentimental
- Something from your hobbies
 - A partner's shirt
- A special piece that makes this experience feel even more personal


BEAUTY PREP

- Clean, moisturised skin
- Nails tidy (neutral tones photograph beautifully)
 - Washed, dry hair ready for styling

ON THE DAY

- Loose, comfy clothing to arrive in
- A big smile (even if it's a nervous one!)
- An open mind – this is where the magic happens

YOUR BOUDOIR TIMELINE

Everything you need to feel relaxed, confident, and ready for your shoot... step by step 

1-2 WEEKS BEFORE

This is your time to start preparing without pressure.

- Try on your outfits and choose your favourites
 - Order anything new you'd love to wear
 - Keep skin hydrated with your usual moisturiser
- Book any beauty appointments (waxing, nails, brows)
- Start thinking about how you'd love to feel in your images

This isn't about changing yourself... it's about preparing to celebrate yourself.

2-3 DAYS BEFORE

Time to slow things down and take care of you.

- Gently exfoliate and moisturise your skin
- Drink plenty of water (your skin will thank you!)
 - Avoid trying any new skincare products
- Double check your outfits and pack your bag

Little moments of care now make all the difference to how you feel on the day.

THE DAY BEFORE

Let's keep things calm, easy, and stress-free.

- Pack everything you'd like to bring
- Wash your hair (unless you prefer it styled on the day differently)
 - Get a good night's sleep
- Take a moment to get excited – this is your time

You've done everything you need to do – tomorrow is about enjoying it.

ON THE MORNING OF YOUR SHOOT

Soft, gentle, and relaxed is the goal.

- Arrive in loose, comfortable clothing (no tight straps or waistbands)
 - Avoid wearing tight underwear
 - Come with a fresh, clean face
 - Eat something light and drink water

No rushing, no pressure – just show up as you are.

CHOOSE YOUR COLLECTION

Once your session is complete, we'll sit down together straight away for your big reveal – this is honestly one of my favourite parts of the whole experience!

You'll get to see your stunning images for the very first time, and together we'll go through them so you can choose the ones that make your heart sing.

I offer a range of beautiful collections to suit different budgets, so whether you fall in love with just a few favourites or want to treasure them all, there's an option that's perfect for you.

No pressure, no rush – just you and your beautiful images.

Boudoir Collections

Here at NCP, we want to be completely transparent on our pricing and availability. Over the years getting to know what every woman who has walked through my studio doors values when it comes to keeping the memory of this huge confidence boost alive.

Every session is delivered in a handcrafted, hard-cover photo book with a luxurious finish designed to last a lifetime. For me, boudoir photography is more than images; it's capturing your confidence, your sensuality, and your story in a way that feels deeply personal. I want you to be able to look back at your images, not just on your phone or your laptop, but to hold them in your hand and remember how amazing you are, inside and out.

10

Your 10 favourite images.
Beautifully preserved in a
bespoke photo album,
designed just for you.

Flexible payment options available

Deposit: £95.00

12 Monthly Payments: £50.00

0% Interest – No Hidden Fees

£695

20

Your top 20 images
Celebrated in a beautifully
crafted album, where every
page tells part of your story.

Flexible payment options available

Deposit: £125.00

12 Monthly Payments: £72.50

0% Interest – No Hidden Fees

£995

30

Most Loved

Your 30 favourites brought
together in a custom-crafted
bespoke photo book you'll
treasure forever.

Flexible payment options available

Deposit: £175.00

12 Monthly Payments: £93.34

0% Interest – No Hidden Fees

£1,295

40

Because some stories deserve more
space...

Your top 40 images, beautifully
curated into a custom-designed
album for those who don't want to
leave anything behind.

Flexible payment options available

Deposit: £175

12 Monthly Payments: £118.34

0% Interest – No Hidden Fees

£1,595

Your boudoir experience
includes one complimentary
image...

But this isn't just about
choosing a photo.

It's about seeing yourself in a
way you may not have for a
long time.

And most women realise... one
image simply isn't enough to
hold that feeling.

50

Your top 50 images captured
in one timeless keepsake
album – powerful, personal,
and completely yours.

Flexible payment options available

Deposit: £225

12 Monthly Payments: £139.17

0% Interest – No Hidden Fees

£1,895

Turnaround Time

Your images will be ready in 4–6
weeks

Payment plans available

Individual images available at
£125 each

THE FULL EXPERIENCE

If you're going to do it... do it
properly.
Every image from your session,
beautifully curated and
brought to life in a luxury
bespoke album – your story, in
its entirety.

Flexible payment options available

Deposit: £295

12 Monthly Payments: £166.67

0% Interest – No Hidden Fees

£2,295

WHAT YOU DIDN'T THINK YOU NEEDED TO ASK..

What if I'm not confident in front of the camera?

You'd be surprised – most of my clients say exactly the same thing before their shoot, and then end up absolutely loving it! I'll guide you through every single pose, so there's nothing to figure out on your own. My job is to make you look and feel incredible, and I promise by the time we're done, you'll be wondering why you ever had any worries at all.

What if I need to reschedule my appointment?

Life happens, and I completely understand! If you need to move your session, just get in touch with me as soon as possible and we'll find a new date that works for you. I simply ask for as much notice as you can give so that I can offer your original slot to another client. There's no need to stress – we'll get it sorted easily.

What if I'm on my period on the day of my shoot?

Please don't worry at all – this is something I get asked more than you might think! Your shoot can absolutely still go ahead, and it won't affect your images in the slightest. If you're feeling uncomfortable or bloated, we'll work around it together, and I'll make sure you still feel a million dollars. If you'd really prefer to reschedule, just drop me a message and we'll sort something out – no awkwardness, no judgment, ever.

Do I need to be a certain size or shape to do a boudoir shoot?

Absolutely not – and this one is close to my heart. Boudoir photography is for every woman, regardless of size, shape, age, or how you feel about your body right now. In fact, many of my clients come to me feeling less than confident, and leave with a completely new appreciation for themselves. You are more than enough, exactly as you are, and I cannot wait to show you just how beautiful you truly are.

Gift Vouchers

Looking for a truly different gift? Our gift vouchers are perfect for birthdays, anniversaries, or just because. You choose the amount you'd like to gift & leave the rest to us.

Follow & Contact Us

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Directions:

As you turn into Cockshades Farm, drive all the way down and follow the road as it bends to the right. Continue until you see SJT Cars in front of you, then take the left turn. Look up and you'll see my sign. You can park on the right-hand side where other cars are parked. The studio is at the top of the first set of metal steps nearest the house.

If you get stuck, feel free to call me 📞



ABOUT MEEE.

Hi, I'm Nic – and I know how hard it can be to feel confident in your own skin. Like many women, I've had my own struggles with health, scars, and self-confidence. That's why creating a safe, supportive space for women means so much to me. In my studio, you'll be guided, encouraged, and reminded just how incredible you are. My goal isn't just beautiful photographs – it's helping you see yourself differently. Because every woman deserves to feel proud of the woman she sees in the mirror. 💜



Visit

[Join My Ladies Only Boudoir Group](#)

www.nicolacooperphotography.co.uk

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