

WHAT TO WEAR



DIRT ROAD WIFE PHOTOGRAPHY



WHAT TO WEAR

A Guide For High School Senior Portraits

You are part of a generation that documents everything. You have the power to share and create memories at the tips of your fingers. You've mastered the art of the selfie but now it's time to master your senior photos.

Which sounds super easy. But if you're like me, sometimes you have a hard time deciding what to wear on a normal day. Choosing outfits for pictures can feel really daunting.

That's where this guide comes in. These are the tips that I've found helpful for advising clients just like you. I want your photo session to be fun, comfortable, and capture exactly how you want the world to see you.



SHOWING YOUR BEST SELF

Things to Avoid

WRINKLED CLOTHES

Using the nicest adjective possible, wearing a wrinkled shirt, skirt, or pants is sloppy. Even if you slept past three alarms, you're 5 minutes late and eating a bagel in your car on the way in – you can still make it appear like you took the time to iron your shirt.

BUSY PATTERNS

The focus of the photo should be you – not the polka dot shirt, floral scarf, and printed skirt combination. In general, try to avoid patterns like plaid or stripes. If you love a certain pattern, focus on that and pair with solid colors. See style pages to learn how to wear stripes if you want to incorporate them into your outfit!

SUPER SHORT SKIRTS

We want to be able to share these photos with your grandparents. Style is certainly a way of self-expression but if your skirt distracts from the beautiful face your mama gave you, then the focus is lost. A short skirt or shorts also limit the kinds of poses we can try during your session.

REVEALING TOPS

Again, we would love it if you could share your senior photos with your grandparents, uncles, cousins, etc. And as much as we want you to love and embrace your body, we also want the focus to be on you. As with too-short-shorts, a revealing top limits how we can pose you or the types of images we can accomplish.

DISTRACTING UNDERGARMETS

Red bra straps and a white tank top look distracting and take away from what the viewer is actually supposed to be paying attention to-- your gorgeous face.

A young woman with long brown hair, wearing a dark blue dress and a colorful patterned cardigan, is leaning against a tree trunk. She is wearing a large, ornate necklace with white beads and a gold chain. Her right hand is resting on the tree trunk, and her left hand is on her hip. The background is a blurred green forest.

Some of my
favorite places to shop
for unique pieces include:
Farmgirls Boutique
Allure Boutique
Etsy
Anthropologie
ModCloth
BaubleBar

TOP TIPS

NUDE UNDERGARMETS

You really can't go wrong with nude undergarments. Because it's usually similar in tone to your skin, it doesn't appear like a white bra under a white shirt would. Nothing ruins an outfit more than when you can see what you're wearing underneath your perfectly planned outfit.

LAYERS

There is a fine line between cute and not being able to move your arms because you're wearing so many layers. Layers can be a key part of your outfit because they're so versatile. See style pages to learn how to create the illusion of a defined waist line with layers

JEWELRY

Remember the rule you learned in school, a little bit goes a long way? That is a lesson that can be applied to many things and jewelry is one of them. Keeping your accessories simple but noticeable is not an unattainable goal. If you feel beautiful and comfortable in a simple, clean-cut t-shirt, add a little something to your photo with a statement necklace, earrings, bracelet or belt.





HOW TO DETERMINE YOUR BODY TYPE

Fruits, geometrics shapes, or inanimate objects – choose one to determine your body type. Oh, wait – you’re human? Maybe it’s not that easy to put your body type in a box. I understand and appreciate that everyone is different, so what might be eye-catching on one person might not flatter you in the exact same way. We hope these tips help you determine how to compliment your body best, so you can wear what inspires you as well.

These are the most generally used terms to describe body types.

STRAIGHT. With a straight body, your shoulder and hips are relatively the same width and your waist doesn’t have a noticeable definition to it.

TRIANGLE. Also known as a pear body shape. You notice that your hips are wider than your shoulders and your waist has declared itself present and noticeable.

HOURLGLASS. If you have an hourglass figure, your waist is defined like a word in Webster’s Dictionary and your hips and shoulders are relatively the same size. Top hourglass figure is also a term – you’re bust is slightly bigger than the width of your hips, but your waist is still very defined.

INVERTED TRIANGLE. You have noticeably wider shoulders, in comparison to your waist and hips.

OVAL. In general, your waist is equal (sometimes a little more) in width to your hips and shoulders.

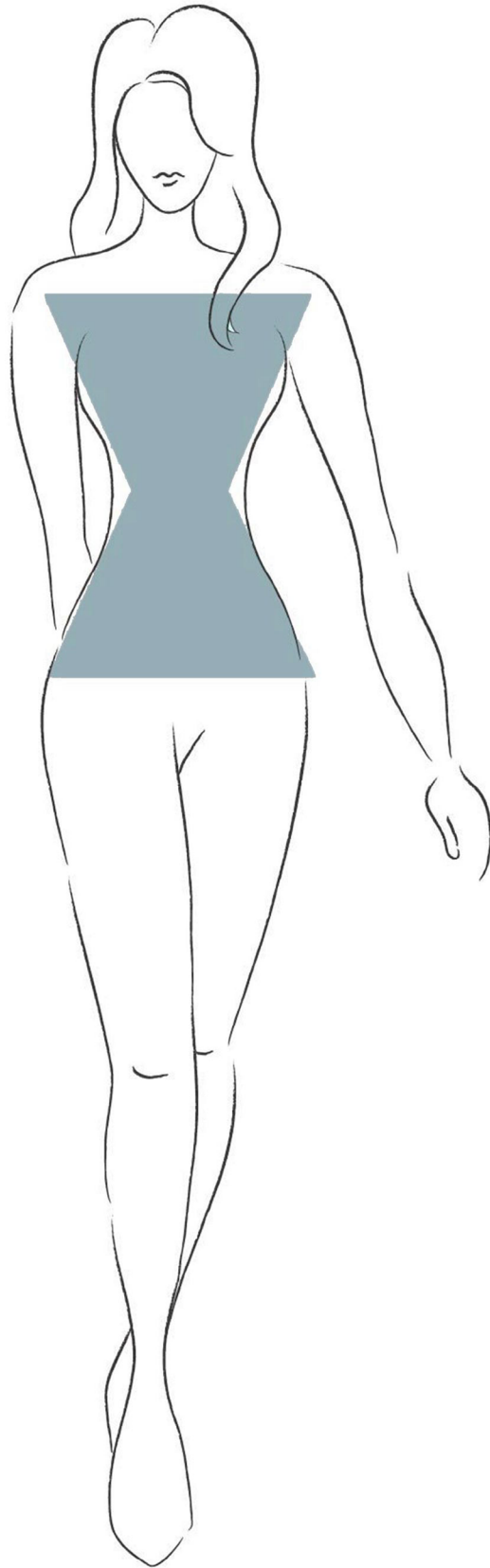


STRAIGHT

The general rule of thumb for this body type is to look for pieces of clothing that really help create the illusion of a more “shapely” figure. Snug clothes, not skin tight clothes, like a bodycon dress are easy ways to achieve this look. Color blocking is also a simple trick to consider.

- Avoid shapeless, flowing tops and dresses. With a straight body, it’s very easy to lose your shape.
- If stripes are a pattern you want to incorporate, look for pieces with differing thickness – it can help define your body shape.





HOURGLASS

Your waist is what you'll want to bring attention to, so look for shirts with v-necklines or that are more form fitted. You'll lose your shape in baby doll tops or a shirt with a high neckline. Pencil skirts are also an easy and classic way to play up your features.

- Avoid loose fitting clothes that don't bring attention to your awesome waistline and curves. Leave skin tight clothes on the rack, but look for shirts and dresses that play up your waistline – i.e. a skirt that cinches at the waist.
- As long as the stripes are the same direction, it will emphasize your natural curves.

PEAR

With this body type, you'll play to your strengths! Since your hips seem wider than your bust and shoulders, bring more attention to the upper half. A-line dresses, higher cut tops, and bottoms that don't bring attention to your hips will be your best assets.

- Avoid anything that brings attention to your hips – flared skirts, baby doll style shirts or shirts that flare at the waist.
- Horizontal stripes create an illusion of a broader upper body – which can help balance out the lower half of your body.





INVERTED TRIANGLE

It can seem a bit like a balancing act at times, but creating a look that sculpts your body is surprisingly simple. Look for pieces that play down your shoulders while simultaneously adding some definition to your hips, like pairing an A-line skirt with a simple tank top with narrow straps.

- Avoid bringing more attention to your broad shoulders – i.e. shirts or dresses with high necklines.
- Vertical stripes can be your best friend – they create a slimmer silhouette.

OVAL

For this body type, everything for the most part seems to be in equal width across the board. Look for dress with a deeper v-cut and add a belt to help create the illusion of a more defined waist.

- Avoid skin tight clothes that don't do your body justice. It will be easier to create a defined body shape with more loose fitting clothes than to start with tight fitting pieces.

- Vertical stripes can be worn with this body type as well



HOW TO DETERMINE YOUR SKIN TONE

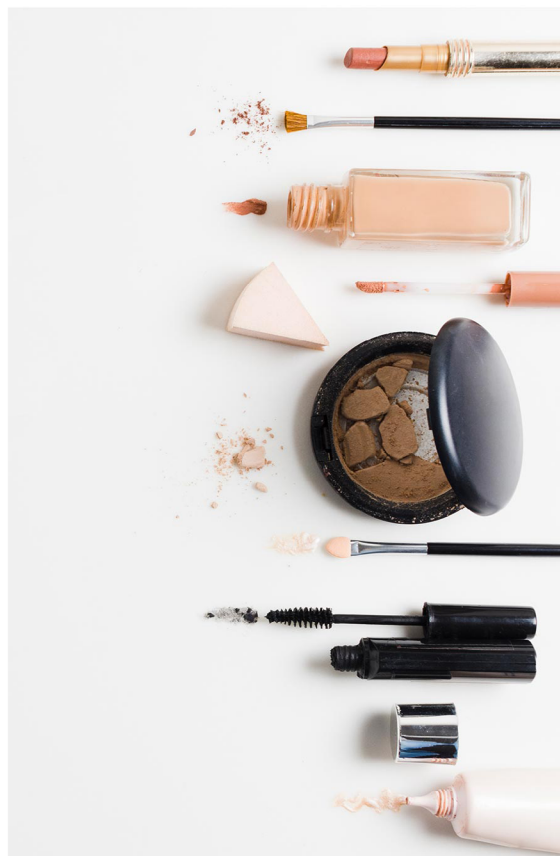
Do you have a color that you love to wear? How about colors that just don't do much for you? Some colors look better on some skin tones. Knowing your skin tone can help you choose colors that will enhance your skin, eyes and even hair color! But remember, these are just guidelines. Wear what makes you feel beautiful. With the right attitude, you can make anything work!

There are three categories of undertones that affect your skin tone: cool, warm, and neutral. If you don't know your skin tone, use these tricks to determine it!

Wrist Check. When you look at the veins on your wrist, do they appear more blue or green? If you're seeing a green tint, it's because the melanin in your skin has a more distinct yellow tone to it, creating a "warm" appearance. If your veins appear blue and everyone can see in your face when you're blushing, you probably have cool undertones. With cool undertones, you're more susceptible to getting sunburned, which means you have less melanin, placing you in the category of fair skin. Which leads us to the next test.

The sunshine test. Are you the friend who can stand outside for 5 minutes and come back inside looking like you've spent a week on a tropical vacation? If that's the case, chances are you have yellow to olive toned skin, also classified in the "warm" category of skin tones. If you're the friend who gets sunburned, more than likely you're in the "cool" category.

Gold or silver? The jewelry test is one other option to determine your skin's dominant undertone. Silver is considered a metal that pairs well and highlights cool undertones, while gold compliments those with warmer undertones. Even if you haven't noticed it until now – you probably have more gold jewelry or silver because you naturally pick what looks best on you.





DRESS FOR NEUTRAL SKIN TONES

DRESS FOR NEUTRAL SKIN TONES.

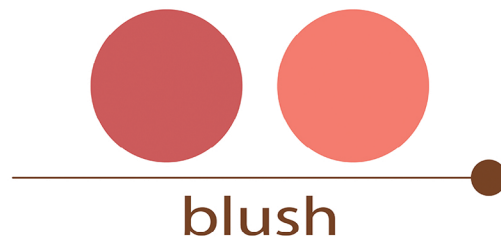
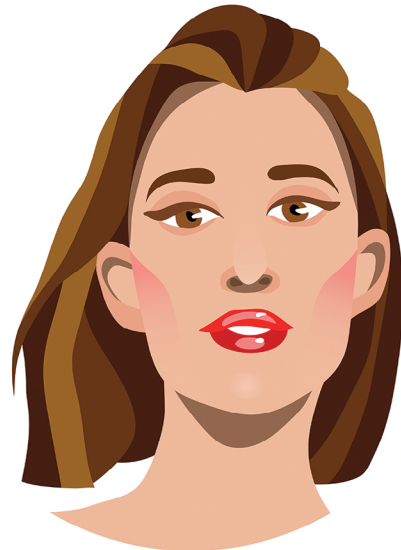
Neutral skin tones tend to be the most common – which is why finding make up that fits the distinct color of your skin isn't incredibly difficult. If you've done the skin test – you checked your veins, did the jewelry test, compared your skin to your friend's – your skin does not reveal obvious tones of olive or pink.

WHAT'S YOUR SHADE?

Since your skin doesn't lean more towards warm or cool, you're lucky enough to be able to pull off most shades. Some suggest wearing colors like blush pink to subtly enhance your features. Pairing dark navy with whites or tans, even colors like lilac can compliment your skin tone. Celebrities with neutral skin tones include Jessica Biehl, Julia Roberts, and Jennifer Aniston.



Neutral Skin Tones



DRESS FOR WARM SKIN TONES



DRESS FOR WARM SKIN TONES.

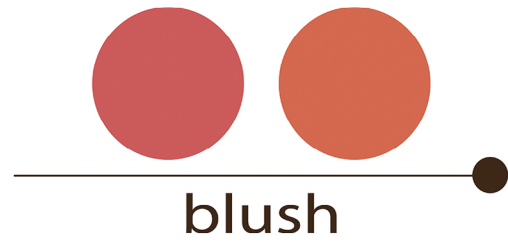
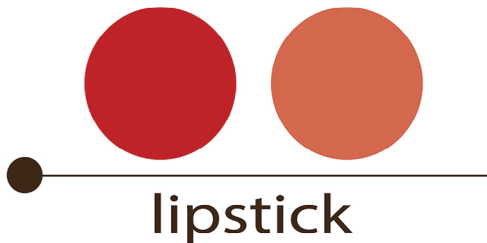
Your skin has beautiful yellow-to-olive undertones. Those words are often reflected in the make up you buy: warm beige, honey, and golden.

WHAT'S YOUR SHADE?

Dark reds, berry “wine” tones, and even metallic colors including bronze and gold, not only highlight your skin tone but bring out the color in your eyes, too. Not feeling the dark shades? Don't fret – pulling off bright colors such as coral or fuchsia are easy for you – they highlight your features perfectly.

Celebrities with warm skin tones include Jessica Alba, Scarlett Johansson, and Beyonce.

WARM SKIN TONES





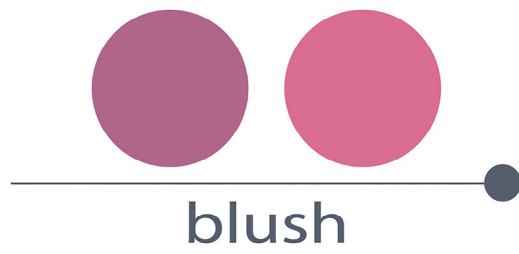
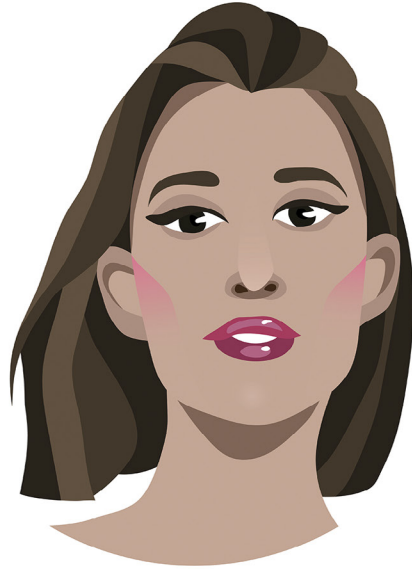
DRESS FOR COOL SKIN TONES

You're the friend who gets sunburned and you can never hide when you're feeling embarrassed. We hope you embrace your ivory, porcelain, or pale skin – you can pull off colors others just can't.

Some of the best colors to compliment your beautiful light skin are colors that have a soft shade with just enough pigment to make your eye color pop – a pastel blue is always a solid go-to, especially for people with blue eyes.

Celebrities with cool skin tones include Julianne Hough and Emma Stone.

COOL SKIN TONES



STYLES, EXPLAINED

This is your chance to dress exactly how you view yourself – whether that is country, boho, glam, classic, or in your face flamboyant – we welcome your true personality. Have an idea but not exactly sure what you'd call it? These are some of the most popular styles, explained.



COUNTRY. Blame it all on your roots...you wanna wear boots! You're a girl after my own heart. Your thing is boots, western jeans and a hint of sass rolled into a a fiesty spirit. Go classic with traditional jeans and a button-down western shirt. Or try a more casual top paired with a statement necklace. If you're the real deal, horses and livestock add the finishing touches to your images!

CASUAL. Your go-to outfit does not take very much prep time. Jeans and a t-shirt are just fine by you! But casual doesn't mean sloppy...you're still put together and polished! You just value comfort over formality. Go for well-fitted pieces that are show your personality. Add some statement jewelry or a bold piece-with this style for a unique look. If skinny jeans and a white fitted t-shirt is your go to outfit, add a statement necklace to give your photo just a little extra.



STYLES, CONTINUED

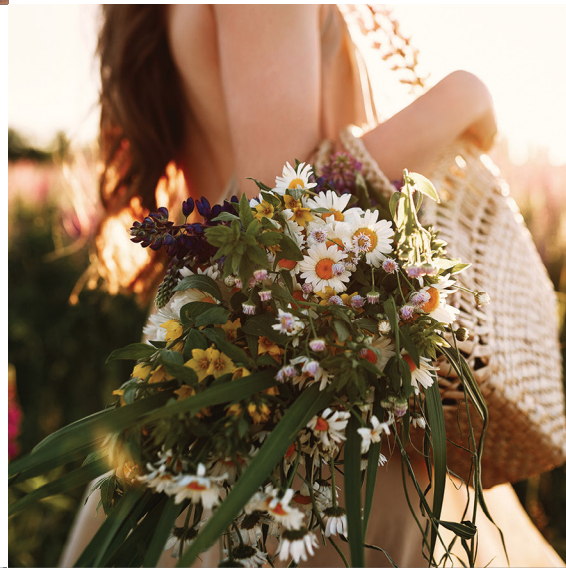


ATHLETIC

Sports are your life and reflect in your style. While you do occasionally glam it up, most of the time you prefer comfort over fashion. Pair leggings with a your favorite sweatshirt in a bold color, or go for cropped pants, a t-shirt and a sporty blazer. You can also incorporate your team uniform, letter jacket or jersey into your session for a looks that's completely you!

BOHO

Layers, intricate designs, and flowing pieces are your staple. A style that started commanding attention in the 1960s and 70s, it is a look that is easy to achieve, but also to overdo. Embroidered jackets, wide-brim hats, and slouchy sundresses always work in the summer and fall. For a bit dressier shoot, look for pieces with great beading, silk, or fur accents. And don't forget about boho inspired accessories like beaded sandals, bags, belts, or flowers!



GLAM

By definition, glam is over the top. We're talking gowns, jumpsuits, and heels. Look for wardrobe pieces that feel opulent and luxurious. Start with a traditional look and add some pizzazz with ornamental details like luxurious fabrics, glittering metals and sparkly accessories. And don't feel like you have to limit yourself to being just one style. Wanna rock a country glam or boho glam look? I'd love to photograph it!





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