



Tips & Advice for Headshots

Clothing

It may sound obvious but ensure your clothes are clean and presentable; creases and stains do not look good in any case, even less so for professional headshots! Bring a variety of outfits that can offer you a range of contrasting looks and remember to think about what you are aiming your headshots for, be it TV, Stage or Film. Discussing with your agent about what you should hope to achieve from a headshot session is also a great idea before you come along.

Girls

Good choices:

- Scoop tops to emphasize collar bones.
- Tops with detailing around the neck and shoulders.
- Heels to improve posture.
- Leather & denim jackets.
- Something plain black to draw attention to your face.

Bad choices:

- V & round neck plain boys T-shirts.
- Clothing with busy patterns and/or logos.
- Bright coloured bras that could show through tops.

Boys

Good choices:

- Something with a lower neck line.
- Traditional collared shirt (Black especially).
- Round neck jumpers (Grey especially).
- Leather & denim jackets.
- Something plain black to draw attention to your face.

Bad choices:

- Really low neck lines.
- Clothing with busy patterns and/or logos.
- Chunky knitted sweaters.

Make-up

Your headshots should generally be done whilst wearing the same amount of make-up that you would wear to a casting. Keep make-up reasonably neutral, avoiding bright colours. Nude lipstick tones are the best but bring a few shades should you wish to experiment. If you have spots please do not overcompensate by covering your face with make-up. Blemishes like these can be more easily removed by retouching.

Piercings & Glasses

Remove facial piercings if possible. If you wish to wear earrings then please refrain from dangly ones, studs are more suitable. If you wear glasses then I recommend not wearing them for a short time before the shoot. This can help to reduce marks that may otherwise be left on your face.



Head & Facial hair

Come to your headshot session with clean and tidy eyebrows. The presence or absence of male facial hair can alter your headshot significantly so it is down to your own judgement as to whether or not you think it would be beneficial. You can always shave halfway through the shoot should you wish in order to give yourself a greater range of headshots. If you have recently got yourself a haircut I recommend that you wait at least a week before your headshot session to allow your hair time to settle and grow in.

Illness & Allergies

If you suffer from hayfever then please consider this during spring and summer months as it can have a significant effect on your eyes (the focal point of most headshots!). Please take medication if possible and if the effects are really obvious then consider rescheduling or arranging your shoot earlier in the morning.

Relax!

It's important to be both relaxed and well-rested leading up to your photoshoot. If you are tired (or hungover!) this will show up in your photos.