



YOUR PREP GUIDE

You're *booked.*

Here's everything
you need.

WELCOME

Before we get started.

Your session is locked in. Now the only thing left to do is prepare — and I promise, it's simpler than you're making it in your head.

This guide covers everything from what to bring to how to feel on the day. Read it once, skim it the night before, and then let it go. I'll take care of the rest when you walk in.

"Nervous is normal. It means something real is happening."

— MARIAN





MEET THE ARTIST

A little about *Marian.*

I've been photographing women since 2012. Before Bare By M, I spent years in corporate sales and regional management — and what I know from both worlds is that most women have spent a long time making themselves smaller than they actually are.

This studio is the opposite of that. It's a few hours where the whole point is you. I'll direct every pose, every expression, every transition. You won't have to figure anything out on your own.

Every woman who has walked into this studio has left seeing herself differently. That's not a sales line. It's just what keeps happening.

15 YEARS

Photographing women in all stages of life.

DALLAS

Based in DFW with a private studio built specifically for this kind of session.

PHILOSOPHY

You were never too much. You were just too quiet.

STEP ONE

Define *your vision.*

Before your session, spend a few minutes thinking about how you want to feel in the room. Not how you want to look — how you want to feel.

Soft and slow? Bold and direct? Playful? Something that surprises even you? Pull a few images that move you and bring them. There's no wrong answer.

The clearer you are going in, the more the images will feel like you.

A few questions to sit with

FEELING

What does confidence look like on you right now?

MEMORY

What do you want to remember about this moment in your life?

COURAGE

What have you been hesitant to show?

INSPO

Make a Pinterest board and send it at least 48 hours before your session. Fashion, art, a vibe, a color — anything that moves you.



STEP TWO

Choose *your* *wardrobe.*

Bring 3–5 looks. Aim for variety — one casual, one more dressed up, and whatever else feels like you.

Lingerie is not required. Bodysuits, bralettes, an oversized sweater, jeans and nothing else — all of it works.

The one rule: only bring things you actually feel good in. Leave anything you're "trying to make work" at home.

Classic

Lace, silk, clean silhouettes. Timeless and easy to shoot in any light.

Modern Glam

Bold colors, unexpected details. Great if you want something with an edge.

Soft & Sheer

Flowing fabric, robes, knits. Quiet confidence that photographs beautifully.

Sultry & Dark

Corsets, moody tones, structured pieces. No apologies.



WARDROBE CONTINUED

What works *for your body.*

Solid colors and textured fabrics photograph better than busy prints. Fit matters more than style — something that fits well will always look better than something trendy that doesn't. Size up your stockings; a size too small leaves marks before you even get here.

CURVIER FIGURES

Structured, fitted pieces. High-waisted bottoms. Boning or underwire for support.

SMALLER CHEST

Balconette bras, bralettes, underwire push-up. Structure up top creates shape in the frame.

FULLER CHEST

Underwire, bustier, structured bodysuit. If it's not secure, it'll show.

LONGER & LEANER

Bodysuits and one-pieces work well. Posing creates the curves.

SHOES

Nude or thin-heeled pumps elongate the leg. Only bring them if you're comfortable.

SCARS & STRETCH MARKS

They stay in your images unless you ask. They're part of you, not a problem to fix.



STEP THREE

Beauty & *self-care prep.*

Hair and makeup are included and handled by a professional before we touch the camera. This section is everything else — the small things that make a real difference in how you feel day-of.

One week before

Get your nails done — neutral or classic. Hands show up in more shots than people expect.

Start hydrating. Skin that's been drinking water for a week looks different.

Send inspo images if you haven't already.

2–3 days before

Exfoliate — arms, legs, back. Smooth skin catches light better.

Skip fresh self-tanner. It can streak under studio light.

The night before

Lay out your outfits and check everything fits.

Moisturize thoroughly — body, face, lips.

Pack everything so morning isn't rushed.

Get a full night of sleep. It shows in your skin and your energy.

Skip the wine. One glass is fine. A night of it will show tomorrow.

Morning of

Clean, dry hair and a bare face. The artist starts fresh.

No tight clothing that leaves marks on the drive over.

Eat a real meal. Don't come in hungry.

Moisturize one more time. Lips too.

WHAT TO EXPECT

Hair & *makeup.*

Your session starts in the makeup chair, not in front of the camera. A professional artist handles everything before we shoot — this is part of the experience, not a pre-game.

Use this time. Breathe. Sit still and be taken care of for a minute before the session begins.

The artist works to your vibe — natural, glam, or somewhere in between. Mention strong preferences when you arrive.

ARRIVE AS Clean, dry hair. No product. Bare face.

BRING Reference images for any hair and
makeup looks you love.

TELL US Allergies or sensitivities before we start,
not after.

EXPECT Studio-lit makeup is built to photograph
well — it'll look slightly more than your
everyday look. That's intentional.



STEP FOUR

Posing & *confidence.*

You don't need to know anything about posing. Every angle, expression, and transition is directed. Your job is to show up.

BREATHE

Take a breath before each new pose. A full exhale before the frame changes everything about how an image reads.

TRUST

Every direction I give is specifically for you. If something doesn't feel right, say so.

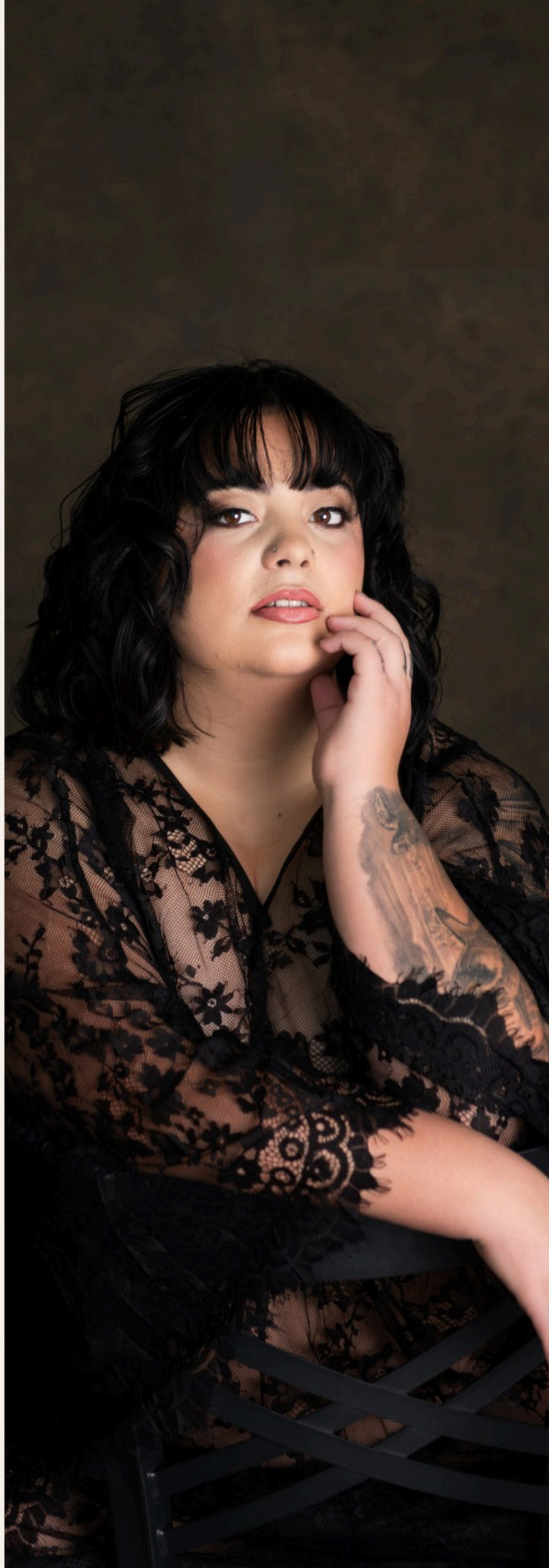
FEEL IT

Think of a moment when you felt completely like yourself. You don't have to manufacture anything — just remember that feeling and let it land on your face.

NERVES

Almost everyone is nervous for the first 10–15 minutes. That's normal. I have never had a session that didn't find its rhythm.

If there are specific shots you want — a mood, a pose you've saved, something you've always imagined — bring it up when you arrive.



YOUR IMAGES

Privacy & *retouching.*

Your *privacy.*

Your images are never shared without your written permission. Not on social media, not in marketing, not anywhere. What you share is entirely your call.

If at any point you want something kept off camera or removed from your gallery, just say so. No awkward conversations.

Retouching.

Every image gets careful editing — skin tone, light, shadow. What I don't do by default is remove things that are part of you.

Scars, stretch marks, cellulite, and natural texture stay unless you specifically ask. Tell me at your ordering session and we'll handle it then.

The goal is for you to look like yourself on your best day — not like someone else entirely.



THE DAY OF

When you *arrive.*

The studio is yours from the moment you walk in. There is no rush.

TIMING

Arrive on time, not rushed. Give yourself the drive over to decompress.

MUSIC

Bring a playlist if you have one. If not, I'll have something going. Music sets the room more than anything else.

GUESTS

This is a one-on-one experience. If you'd like to bring someone for support during hair and makeup, reach out first.

YOUR ARTWORK

Made to last.

Made in Italy.

Every piece of artwork from Bare By M is handcrafted in Italy. Not printed at a local lab, not fulfilled through a generic service. The albums, wall pieces, and folio boxes are made by artisans who have been doing this for generations — and it shows the moment you hold one.

These images weren't made to live in a folder on your phone. The artwork is how they become something you actually keep.

WALL PRINTS	ALBUMS	FOLIO BOX	DIGITALS
Fine art paper, canvas, and metal. Sized for your space.	Lay-flat binding, Italian leather cover. Made to be held and passed down.	A curated set of loose prints in a keepsake linen box.	All artwork includes the matching digital images.

Most clients choose 20–30 images, a signature album or folio box, and one statement wall piece. You'll see everything and choose from there — no pressure, no rush.

BEFORE YOU ARRIVE

Your *checklist.*

TO BRING

- 3–5 outfits or lingerie looks**
Variety across moods — casual, sultry, glamorous
- Shoes (if you want them)**
Only bring them if you're comfortable
- Jewelry & accessories**
Anything that feels like you
- Your playlist**
Or tell me the vibe and I'll set something
- Inspo images**
Pinterest board, screenshots, anything that caught your eye
- A snack or light meal**
You'll be glad you ate before you came

IN THE DAYS BEFORE

- Send your inspo board**
Email or DM — the earlier the better
- Get your nails done**
A few days out, not the morning of
- Exfoliate 2–3 days before**
Body, arms, legs
- Moisturize daily**
Including the morning of
- Drink plenty of water**
It shows in your skin
- Sleep well the night before**
Nothing replaces it
- Arrive bare-faced, dry hair**
The artist starts from scratch

If you're nervous.

If you hate photos.

On being nervous.

Almost every woman who walks into this studio is nervous. Some are nervous the night before, some the whole drive over, some right up until we start. That's not a sign something is wrong — it's a sign this matters to you.

Nerves tend to last about 10 to 15 minutes. After that, something shifts. I have never had a session that stayed stuck.

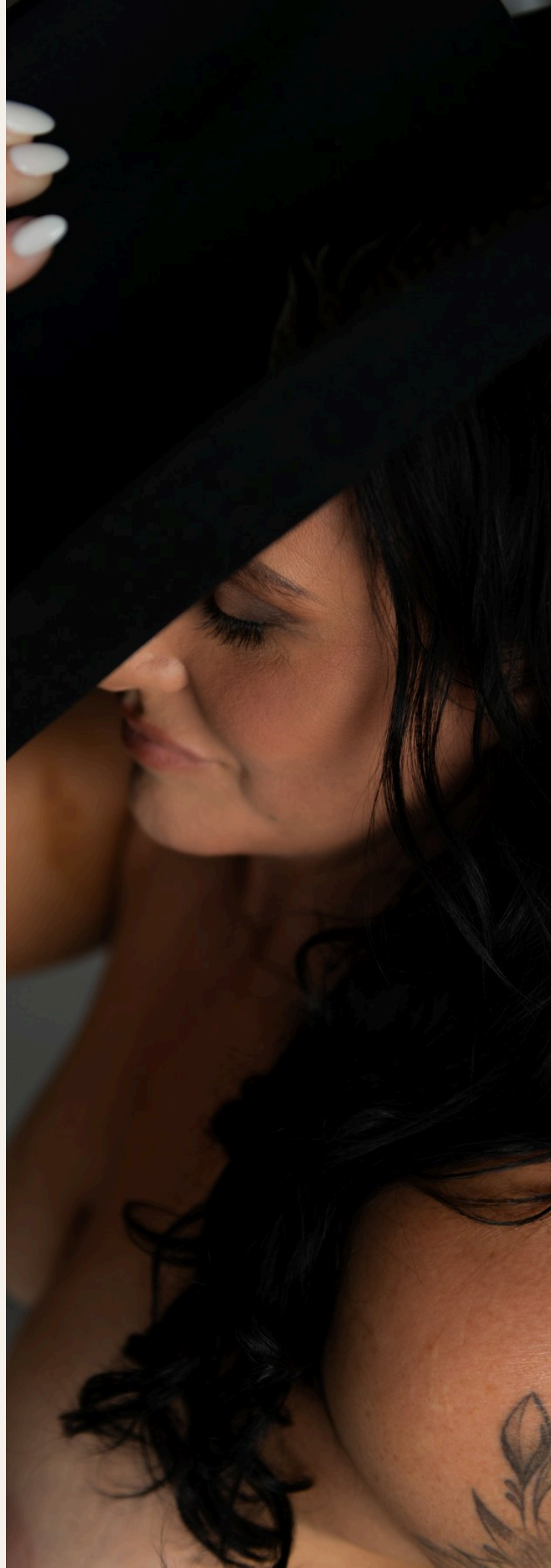
You don't have to arrive feeling confident. Just arrive.

On hating photos of yourself.

If you've spent years avoiding cameras, flinching at photos, or deleting every picture someone takes of you — this session will feel different. Not because of a filter or an angle trick, but because you'll be directed by someone working to show you what you actually look like.

The women who tell me they hate photos are often the ones most surprised by what they see at their reveal. That's not an accident. It's the whole point.

Come anyway.



FROM MARIAN

You're going to *have a great time.*

The women who come through this studio are nervous, excited, doubtful, hopeful — sometimes all four at once. Every single one of them leaves differently than they came in.

You don't have to feel ready. You just have to show up. I'll take care of the rest.

Questions before your session? Reach out.
No question is too small.

(469) 699-5650

hello@barebym.com

@barebym_

barebym.com

