

5 QUICK TIPS FOR MORE NATURAL BRIDAL PORTRAITS

W I T H L A U R E N O L I V I A

Don't stress over the little things!



Yep, I'm talking to you! We ladies tend to have the reflex to hide behind our shoulders or we get nervous and tense up. Just relax! Take a breath, lift your chin a little and show off what your mumma gave you!

Smile!



You chose your photographer for a reason and believe it or not we tend to know what we are talking about. Shocker, I know! However, if you are unsure about something - how you should sit, if you need a little more direction or maybe you even have a preferred side.. we all do.. don't be afraid to tell us!

Think soft and act normal!



You know, as normal as can be on your wedding day. Seriously though, some of my most beautiful and feminine images were created when my brides were simply adjusting their veil or checking their lipstick - things I didn't prompt them to do. Your photographer will find beauty in the little things and gestures you do. Try to keep relaxed and by 'soft' I mean your hands and the way you hold yourself. Not tense or like jelly, just *soft*.



Relax those shoulders!

Your make up is perfect, not a hair is out of place and the dress looks fabulous. This is the perfect time to get solo portraits because you have literally just gotten into 'the dress'. It's time to let everything else go - stop going through your internal checklist and realise you made it. You are about to marry the love of your life! Think less about all the little things and more about the one big reason you're wearing a white gown.. it's amazing how changing your thoughts internally reflect externally.

This one may seem a bit obvious but correlates to the previous tip in a big way. If you aren't comfortable looking down the barrel of the lens and giving *bedroom eyes* that's totally fine! Your photographer will only make you do what they feel you are at home doing. Some of my brides are ridiculously camera shy, others spend the whole time pursing their lips and soaking up the limelight but all look best with a natural smile. Nothing beats a happy bride - they are the most beautiful, so smile!



Trust your photographer!



*WHO IS LAUREN OLIVIA?
AND WHY IS SHE GIVING OUT WEDDING ADVICE TO BRIDES?*

Oh hey! How's it going? I hope you got something of value from the above cheat sheet I put together for you but you may also be wondering why I - a wedding photographer - did such a thing?

Well, the answer is simple. I'm on a bit of a crusade if you will to not only prepare and educate my clients but other brides as well who may be feeling a little overwhelmed by the idea of having a camera in their face for 12 hours straight on one of the most important day of their life. Well, my goal is simple, to put your mind at ease and help where I can.

The amount of times I've had someone exclaim that they're nervous for photos only to have them absolutely shine once they realised all they needed to do is relax and feel comfortable with me and being in front of my camera..

If this mini guide helped and you'd like to keep up to date with everything regarding Lauren Olivia - including more of these mini guides - the best place to jot your name down is the email list!

Otherwise, I hope this helped and all the best for your big day! I know you'll look like a bloody stunner!