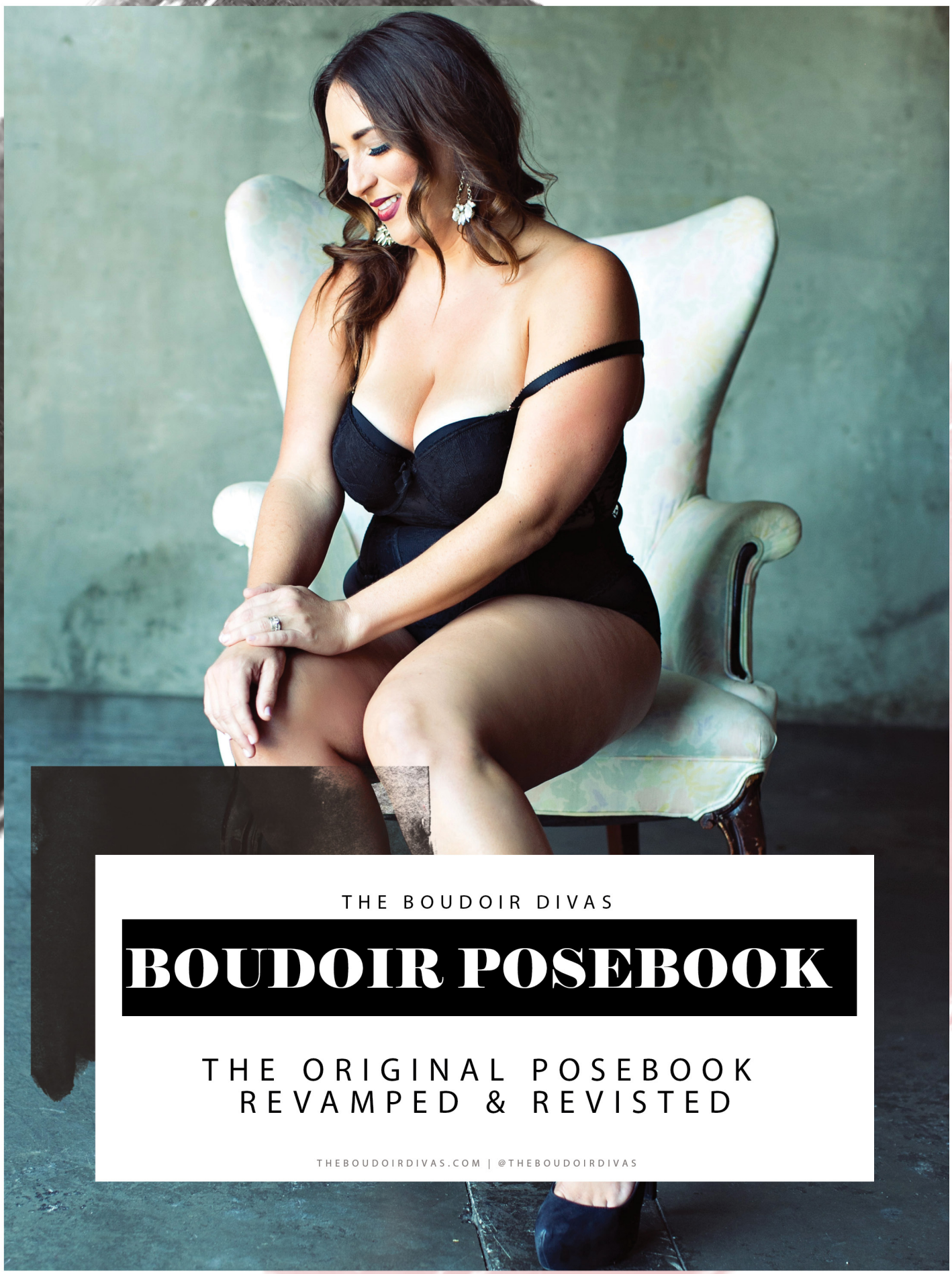


THE BOUDOIR DIVAS

BOUDOIR POSEBOOK

THE ORIGINAL POSEBOOK REVAMPED & REVISTED

THEBOUDOIRDIVAS.COM | @THEBOUDOIRDIVAS

INTRODUCTION

POSING

I believe that boudoir photography is incredibly fun and rewarding, but until I mastered these top poses, I found it very challenging...

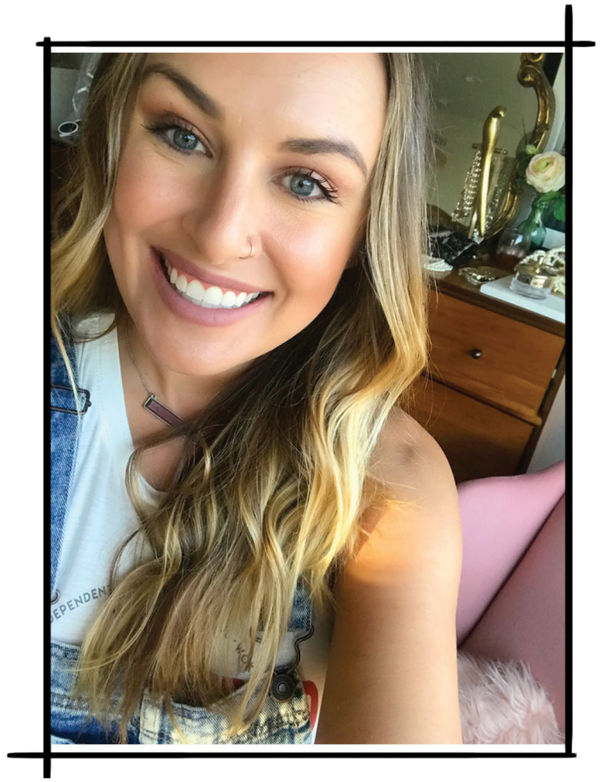
I have been shooting boudoir for almost 15 years now. When I did my very first shoots back in 2003, I think I was more nervous than my clients. I wasn't working with models, so I struggled to get them to look their *very* best in front of the camera. I was flustered trying to make conversation AND trying to think of what poses to do. It didn't feel fun, it felt overwhelming.

But I kept at it. And over the next few years I took careful note of what poses looked best on all figures, and what poses they tended to like the most. I saw a very obvious pattern emerge. I started to begin the shoot with these must do poses.

Another hugely helpful thing I saw happen was that when I started out with these "poses" it warmed my clients up. My belief in myself and professional know-how gave them the confidence they needed to relax and trust me. The second half of the shoot I spent goofing off with them. Getting more of the relaxed images you see on the right.



ABOUT THE AUTHOR MARISSA BOUCHÉR



WE'VE PHOTOGRAPHED OVER 4000 WOMEN!

ABOUT

I absolutely fell in love with boudoir. But it started off far less "sexy." When I was in middle school, I loved styling all my friends and taking fun photos of them with my disposable camera. I also dreamed of owning my own business. I was one of those fortunate people who always had a dream and a vision at a young age. And I couldn't wait to be an "adult" and really get to work on it. In my twenties I would ask to practice my portrait photography on all my friends for my college photo assignments. At some point every one of them would ask to get some shots that were a little more sexy. As my portfolio grew, so did my referral base. And at that time no body else was shooting boudoir.

Fast forward 30 years, and all my dreams have come true. The Boudoir Divas studio in San Diego has photographed over 4000 women. Yup, you read that right! And we are constantly humbled by the feedback we receive from our happy clients.

We know that a photo shoot with us is far more than just pretty pictures for our clients, if we do our job well, it can become one of the most powerful and memorable experiences of their lives.

@MARISSA.BOUCHER

MARISSA INC |
A PRODUCTION COMPANY



THE TEAM

You're only as good as the people you surround yourself with. And these ladies are incredible! Thank you to Lindsey Estes, Ashley Vitale, and Megan Porras for being such an amazing part of our unique boudoir experience.

FOLLOW US
@THEBOUDOIRDIVAS

BIO



THE BOUDOIR DIVAS WAS CREATED AND FOUNDED BY MARISSA BOUCHÉR IN 2003

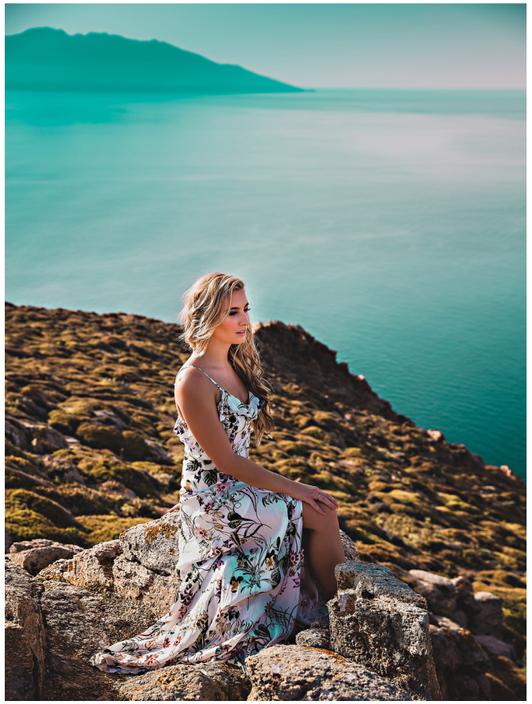
SAN DIEGO & NASHVILLE

UPDATE

MARISSA INC

Since our first PoseBook in 2007 our studio and our brand has been through many exciting ups and downs. But one of the biggest changes is that we expanded our brand and became a Production Company, allowing us to take on any visually creative projects we wanted! See my blog at MARISSA-INC.COM to hear the fully juicy scoop.





PARIS, FRANCE

MYKONOS, GREECE

TULUM, MEXICO

VENICE, ITALY

LIMA, PERU

CARIBBEAN ISLANDS

DESTINATION PHOTO SHOOTS

I still feel like someone should pinch me every time I think about our destination photo shoots. We pick the location and both photographers and clients meet up in paradise.





UPDATES

MORE THAN JUST BOUDOIR

Over the years our boudoir studio has opened up many other opportunities for us.....

25,000

BOOKS SOLD

350

OF WORKSHOP ATTENDEES

4000

CLIENTS

MORE THAN PHOTOGRAPHY

EDUCATION:

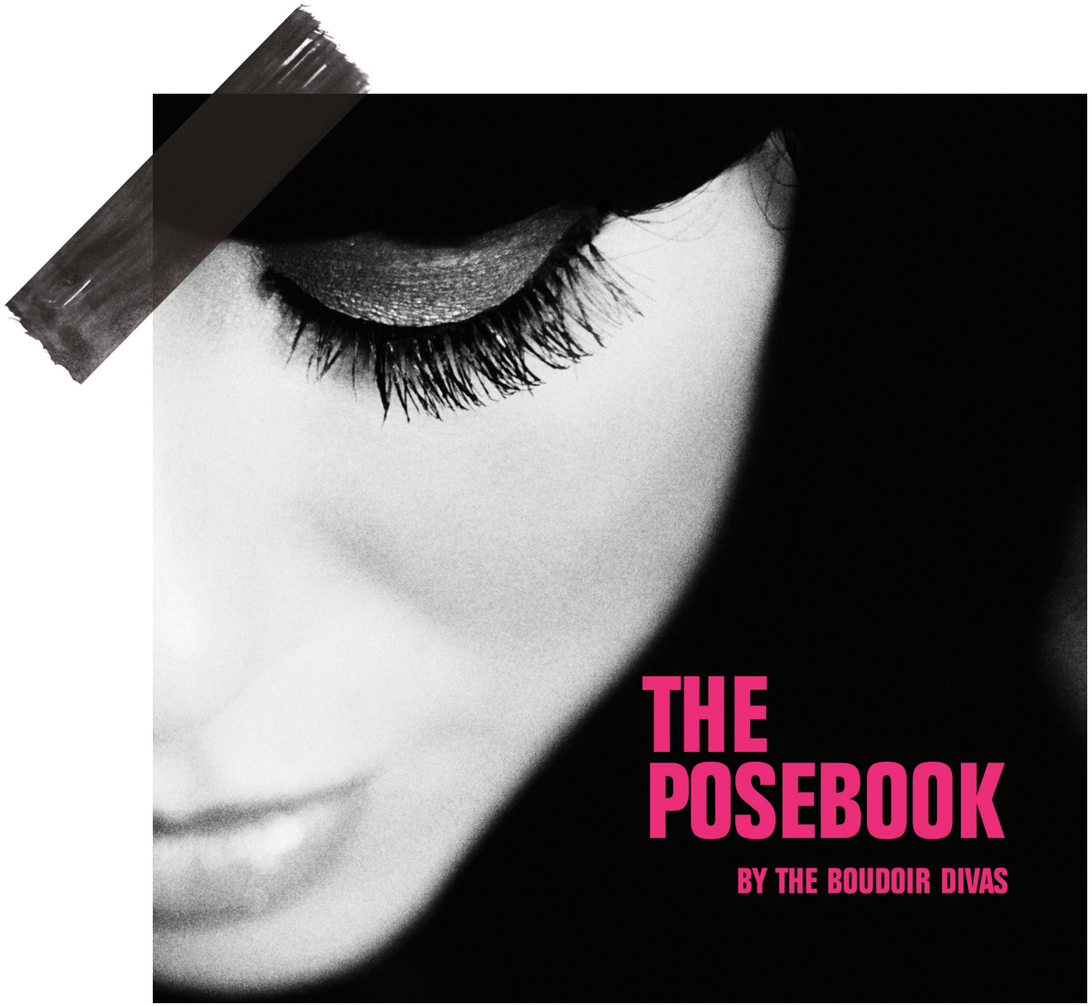
Books,

Workshops &

Speaking

"I owe my business making it to you all!! I am forever grateful!" - Christie Briscoet

NOT ALL POSES WORK FOR ALL WOMEN.... EXCEPT THE ONES IN THIS BOOK.



WHILE THE ORIGINAL POSEBOOKS ARE STILL ENTIRELY RELEVANT FROM AN INFORMATION STAND POINT, IT'S DEFINITELY TIME TO GIVE THEM AN UPDATE AND DISCUSS SOME OF THE NEW INFORMATION THAT WE HAVE DISCOVERED ALONG THE WAY. WE HAVE OMITTED A FEW POSES, AND ADDED SOME AS WELL.

POSEBOOK PART DUEX WAS RELEASED IN 2011 AND PROVIDED VARIETY AND TIPS BEYOND OUR TOP SELLING, MUST DO POSES THAT WE DISCUSSED IN THE FIRST BOOK. THIS REVAMPED BOOK THAT YOU ARE READING RIGHT NOIW IS REVISITING OUR ORIGINAL BOOK. SO WE STILL SUGGEST YOU CHECK OUT PART DUEX!



WE PURPOSEFULLY CHOSE TO MAKE THE ELEMENTS AND SETS IN OUR MAIN EXAMPLE PHOTOS MINIMALISTIC. WE WANTED ALL THE ATTENTION TO GO DIRECTLY TO THE SUBJECT AND THE POSE ITSELF. ILLUSTRATING THAT YOU DON'T NEED ELABORATE SET-UP OPTIONS TO CREATE GREAT PHOTOS.

INTENTION





WE PURPOSEFULLY CHOSE TO MAKE THE ELEMENTS AND SETS IN OUR MAIN EXAMPLE PHOTOS MINIMALISTIC. WE WANTED ALL THE ATTENTION TO GO DIRECTLY TO THE SUBJECT AND THE POSE ITSELF.

THE HARDEST TASK WE HAVE AS A BOUDOIR PHOTOGRAPHER IS TO DECIDE WHAT POSES WILL FLATTER OUR CLIENTS THE MOST. NOT BECAUSE WE DON'T BELIEVE EVERY WOMAN IS UNIQUELY BEAUITFUL, BUT IT IS BECAUSE SHE IS UNIQUE. NOT ALL POSES WORK FOR ALL WOMEN.... EXCEPT THE ONES IN THIS BOOK. AND YOU ONLY HAVE A LIMITED AMOUNT OF TIME TO MAKE HER LOOK THE BEST SHE'S EVER LOOKED. THAT'S WHY SHE'S HIRED US.

IN THE FOLLOWING PAGES YOU WILL SEE TRIED AND TRUE EXAMPLES OF THE POSES THAT HAVE BUILT OUR BUSINESS AND OUR REPUTATION.

WE NAMED THE POSES

SO THAT WE COULD EASILY TEACH THEM TO OTHERS AND CREATE A GAME PLAN FOR EVERY SHOOT WE DO. WE ENCOURAGE YOU TO MEMROIZE THEM.

MY INTENTION IS THAT THIS BOOK GIVES YOU THE FOUNDATION YOU NEED TO WALK INTO ANY BOUDOIR SHOOT WITH CONFIDENCE.

QUICK REFERNCE GUIDE GUIDE PAGE 1





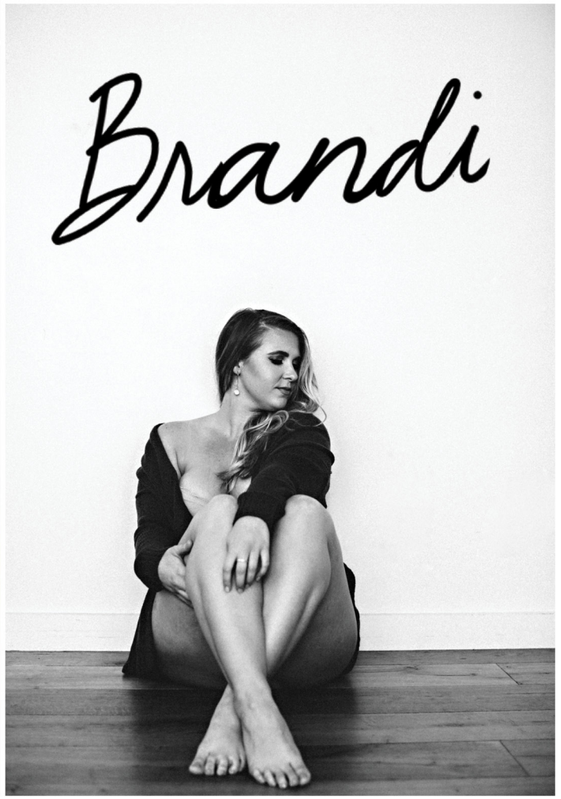












QUICK REFERNCE GUIDE GUIDE PAGE 2



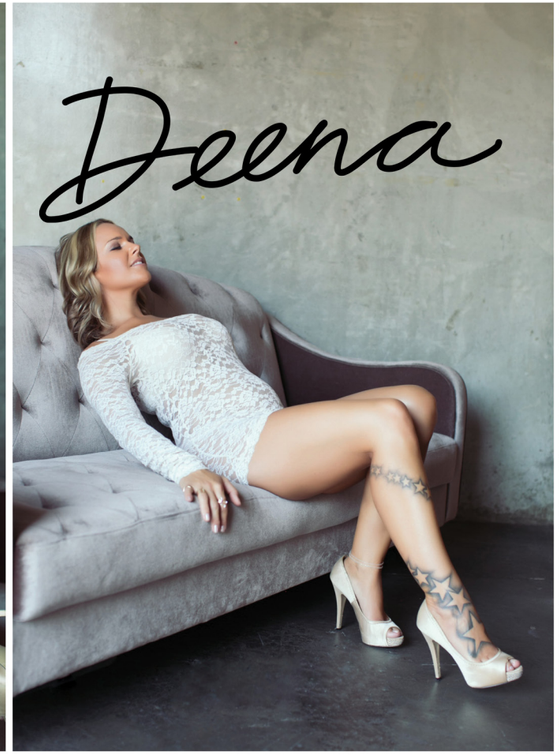






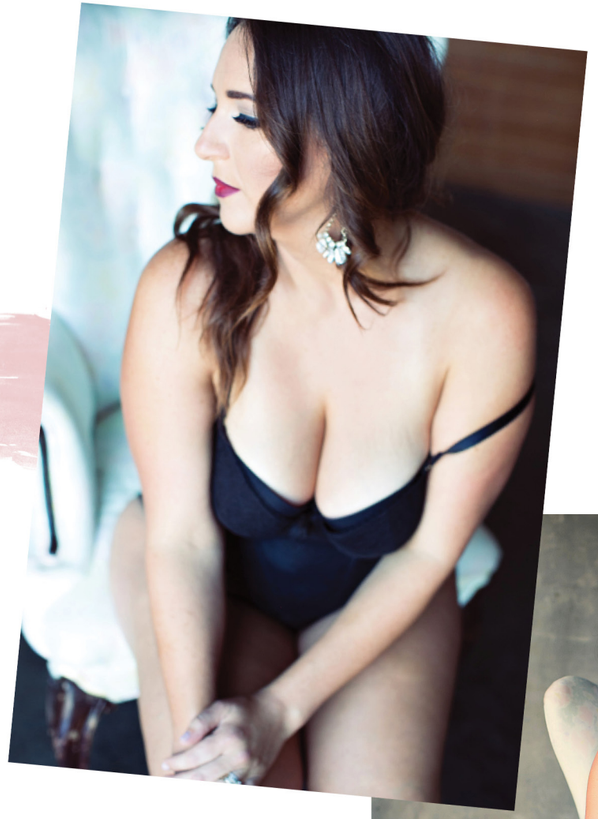




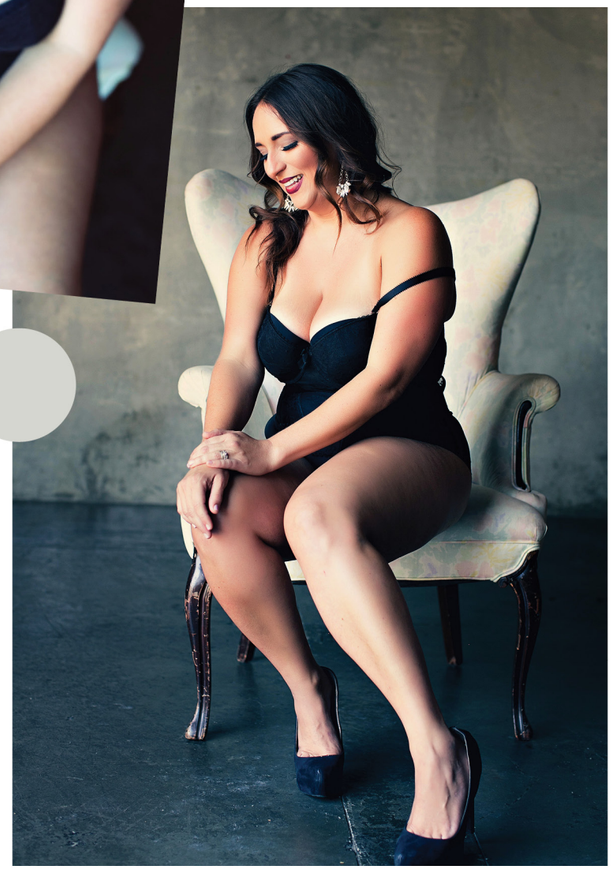








Bridget



I ALMOST ALWAYS START WITH THIS POSE. IT'S COMFORTABLE FOR HER, AND IT ALLOWS ME TO GET MY SETTINGS DIALED IN AND DISCUSS EXPRESSION WITH HER WITHOUT HER WAITING FOR ME IN A CONTORTED POSE. WE GO THROUGH A MORE SERIOUS/ SASSY EXPRESSION AND EVEN THROW IN A FAKE GIGGLE TO GET WARMED UP.



POSE #1 | WARM UP AND INTRO

AS YOU CAN SEE BY THESE EXAMPLES, I'M MAKING SURE TO PHOTOGRAPH THIS POSE FROM DIFFERENT ANGLES AND HEIGHTS.

More examples of *Bridget*



TIPPING HER FACE TO ONE SIDE OR THE OTHER SHOWCASES HER JAWLINE BEAUTIFULLY

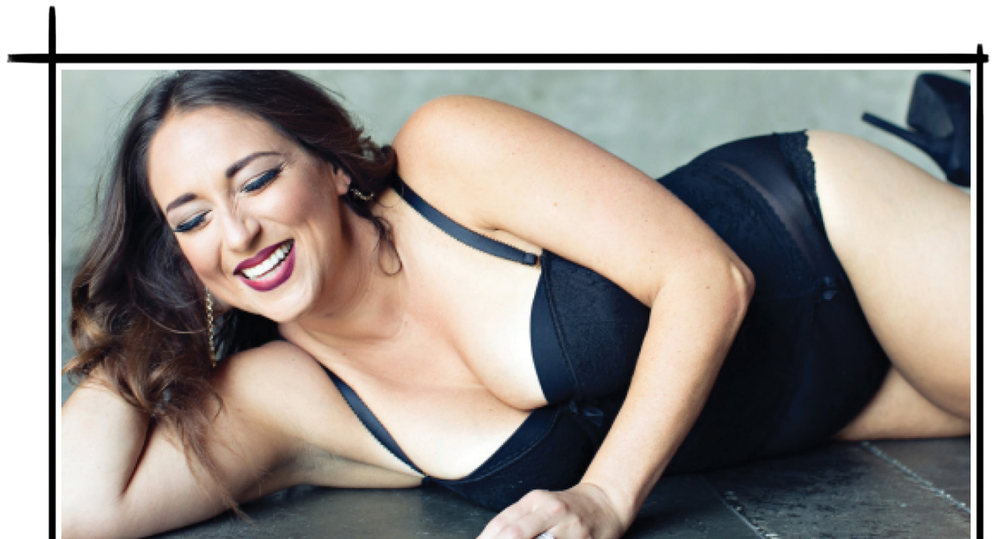
STANDING ON A STOOL AND SHOOTING DOWN IS FLATTERING ON FULLER FIGURES OR LADIES THAT HAVE CONCERNS ABOUT A POSSIBLE DOUBLE CHI. I FIND THAT EVEN WOMEN WITH NO DOUBLE CHIN IN SIGHT STILL WORRY ABOUT IT. .

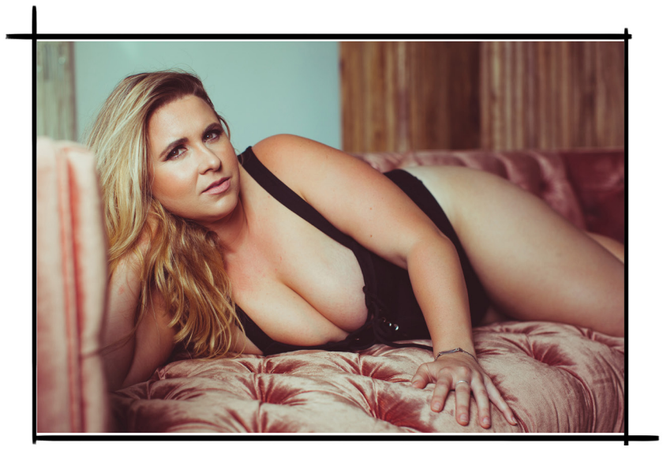




Trisha

ONE OF THE MOST CLASSIC BOUDOIR POSES OUT THERE. THE TRISHA POSE IS SEXY AND VERY FLATTERING.





HAVE YOUR CLIENTS LAY ON THEIR STOMACH, ANGLED WITH HER UPPER BODY CLOSER TO YOUR LENS. HAVE HER POP HER HIP BY WALKING HER FRONT KNEE CLOSER TO YOU. IF THERE'S A TUMMY ISSUE, YOU CAN USE HER ARM TO BLOCK IT (SEE THE PICTURE ABOVE).

BE SURE TO SHOOT FROM ALL DIFFERENT ANGLES AND GET A VARIETY OF EXPRESSION.



REALLY TAKE YOUR TIME WITH THIS POSE. I SPEND ABOUT 7-10 MINUTES HERE REALLY GETTING EVERYTHING RIGHT.

Nicole



IF SHE IS CONCERNED ABOUT HER STOMACH, CHANGE YOUR ANGLE LIKE THE IMAGE ABOVE.



VARIATIONS

KNOW HOW TO QUICKLY ADD VARIETY TO YOUR POSES WITH SUBTLE CHANGES.OUR CLIENTS LOVE THE FOLLOWING VARIATIONS OF THE "TRISHA" POSE.

ALL ABOUT UPSALES

OUR GOAL TO CREATE ENOUGH VARIETY IN EVEN A SHORTER SESSION, SO THAT SHE CONTINUES TO WANT TO ADD IMAGES AND SPREADS TO HER BOOK. POSING AND VARIETY IS AN EXTREMELY IMPORTANT PART OF SALES.

Nora



THE NORA POSE ALLOWS FOR A TINY VARIATION BY LIFTING HER ARM UP. IT KINDA SHOCKED US TO DISCOVER THAT THIS IS A POSE OUR CLIENTS WILL STILL ADD TO THEIR BOOK, EVEN THOUGH IT'S SIMILAR TO THE TRISHA AND THE NICOLE. AND THE QUICK CHANGE UP IS SO EASY TO GRAB.





laura



HAVING HER EYES IN THE FORGROUND AND SHOOTING AT 2.8 APERATURE ALLOWS THE REST OF HER FIGURE TO BLUR A LITTLE BIT, CREATING AN IMPACTFUL PHOTO.

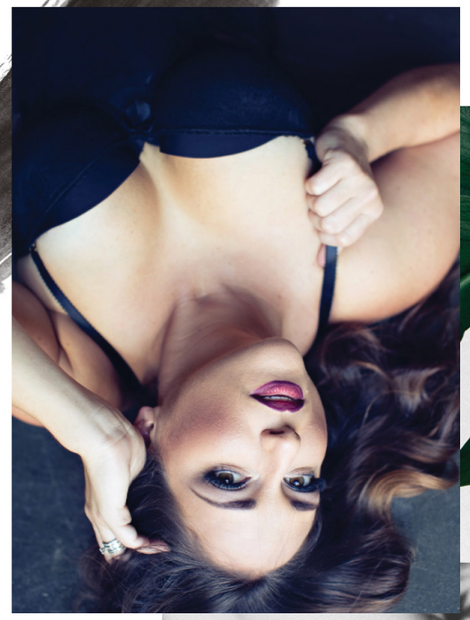
Melissa

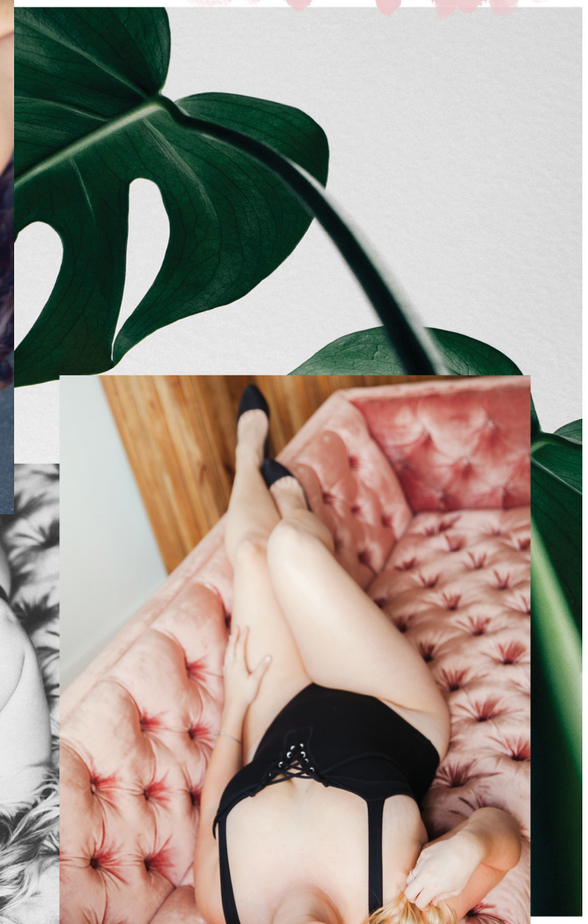
THIS IS ABSOLUTELY A MUST DO POSE FOR BOUDOIR. IT'S RARE THAT WE GET TO SEE OURSELVES FROM THIS ANGLE, AND NOT ONLY IS IT SEX, BUT IT'S ALSO INCREDIBLY FLATTERING. AND YOU CAN PHOTOGRAPH IT FROM MANY ANGLES TO OFFER MORE VARIETY FOR HER BOOK. BE SURE TO MOVE AROUND AND SCOUT FOR NEW ANGELS.



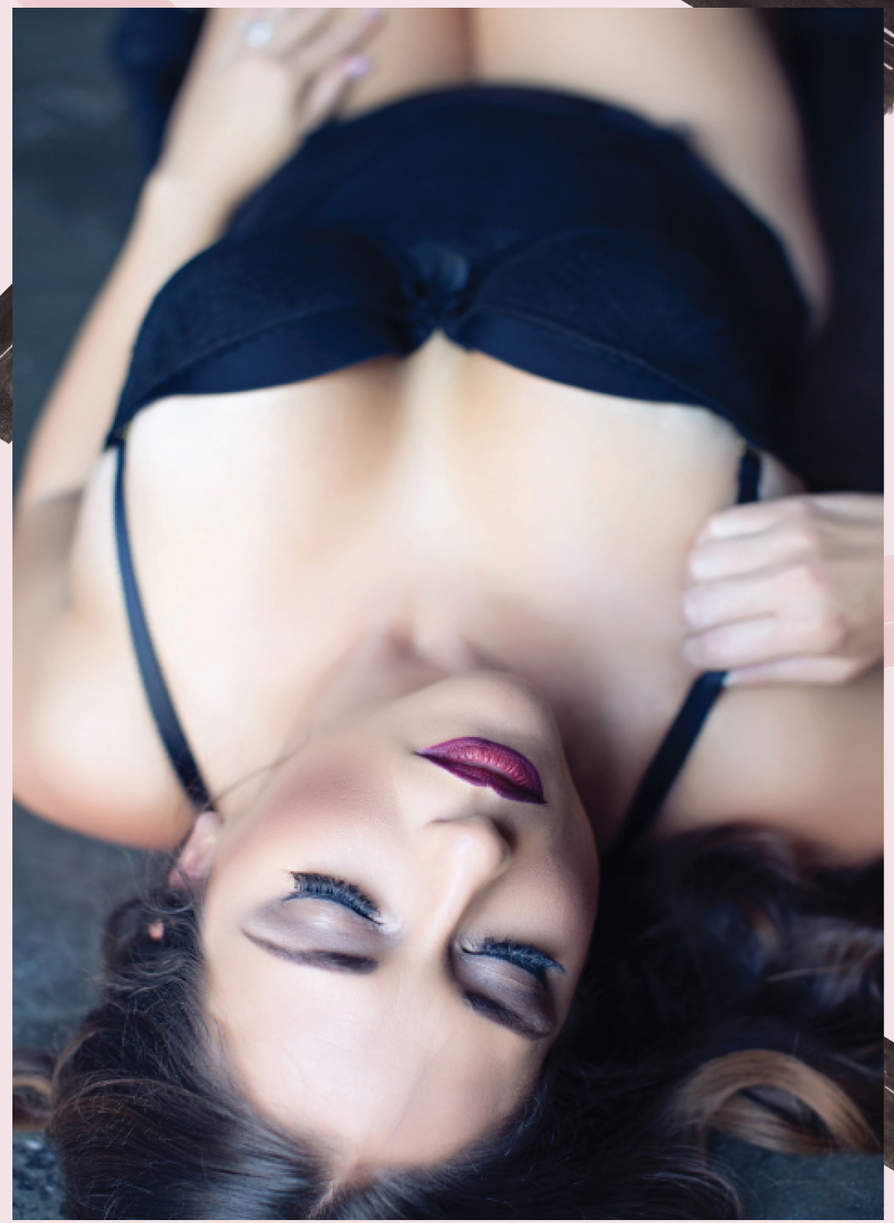
UTILIZE THE FLOOR

WHILE THINKING ABOUT POSING, DON'T UNDERESTIMATE ONE OF THE MOST BASIC AND USEFUL ELEMENTS THAT IS ALWAYS AVAILABLE: THE FLOOR!

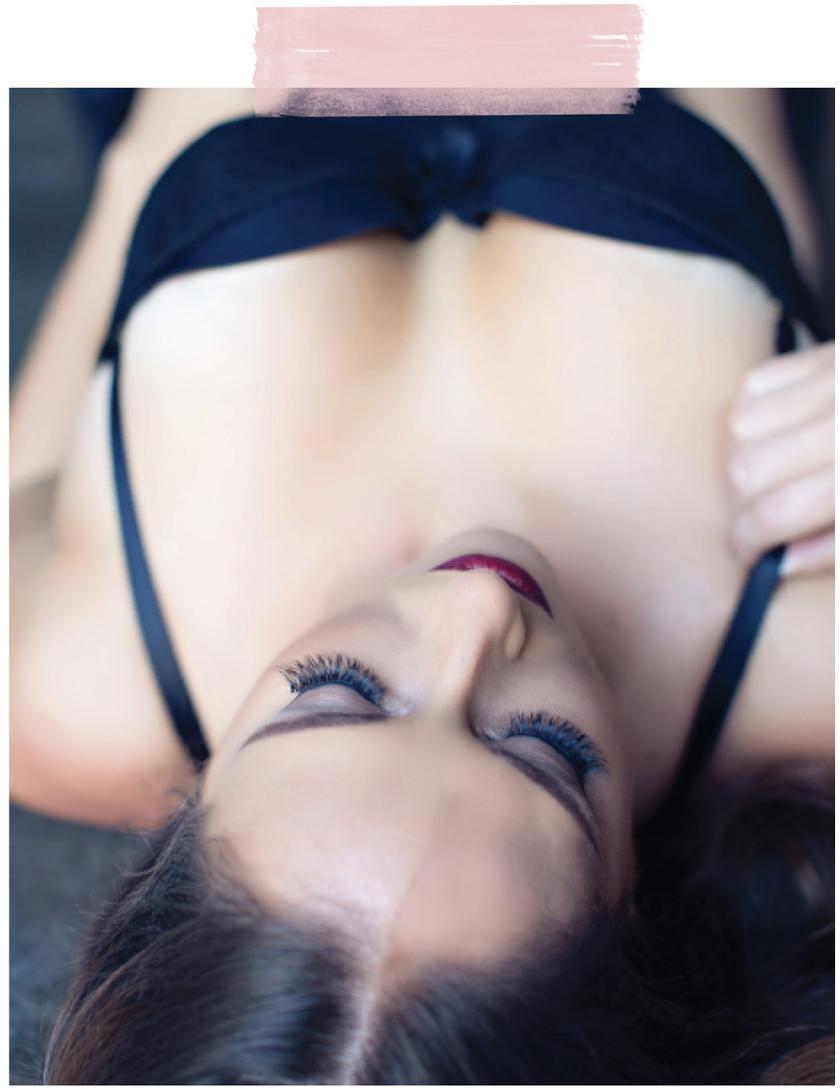








BETTER ANGLE



INCORRECT ANGLE

IN TEACHING WORKSHOPS OVER THE YEARS WE'VE RUN INTO THIS ERROR A LOT. AS YOU CAN SEE IN THE COMPARISON THE ANGLE ON THE LEFT IS FAR MORE FLATTERING. YOU WILL HAVE TO ASK HER TO COME UP ON THE CROWN OF HER HEAD AND STRETCH BACK TOWARDS YOU.



Katie



PLAYFUL

FLATTERING

& ALWAYS

FUN FOR HER

Our Top 4 Posing Tips & Tricks

#1 | DEMONSTRATE

IF YOU GET ONTO THE FLOOR, CHAIR , OR COUCH AND ACTUALLY SHOW YOUR CLIENT WHAT YOU WANT HER TO DO, IT WILL MAKE THINGS MUCH EASIER. SHE WILL GET A VISUAL IDEA OF WHAT YOU HAVE IN MIND WITH THE POSE, AND IT'S A GREAT WAY TO BE A LITTLE SILLY AND HAVE FUN WITH YOUR CLIENT.

#2 | DON'T SHUT UP

THIS IS SUCH AN IMPORTANT THING TO LEARN. THE MOMENT THAT YOU GROW QUIET, YOUR CLIENT IS GOING TO IMMEDIATELY START SECOND GUESSING HERSELF. YOU REALLY DO HAVE TO GIVE HER CONSTANT FEEDBACK SO THAT SHE WILL BE AT EASE. SHE NEEDS TO HEAR YOUR CONSTANT ENCOURAGEMENT!

#3 | HAVE FUN

WHEN WE'RE SHOOTING, WE ALWAYS MAKE IT A POINT TO NOT TAKE OURSELVES TOO SERIOUSLY. INSTEAD, WE LET OUR SILLY SIDE COME OUT AND HAVE A BLAST. IF YOU AREN'T HAVING FUN, WE GURANTEE YOUR CLIENT ISN'T. HOW CAN YOUR CLIENT LET GO AND FEEL THE FREEDOM TO BE PLAYFUL IN FRONT OF THE CAMERA IF YOU'RE BEING A STICK IN THE MUD.

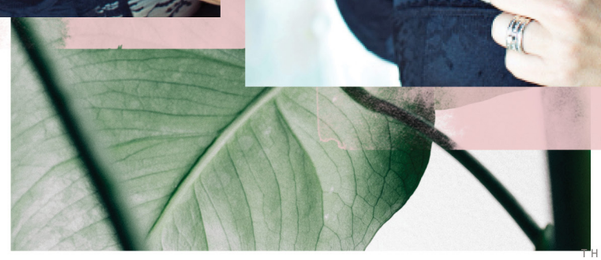
#4 | NEVER SAY NEVERMIND

IF YOU GET A GAL IN A POSE AND THEN REALIZE IT'S NOT THE MOST FLATTERING SITUATION, DO NOT SAY 'NEVERMIND LET'S TRY SOMETHING ELSE.' IF YOU DO, HER CONFIDENCE WILL MOST LIKELY DEFLATE. SHE'LL THINK YOU ARE STRUGGLING TO MAKE HER LOOK GOOD. INSTEAD SIMPLY GET SOME CLOSE UP, FACE CROPS AND MOVE ON.







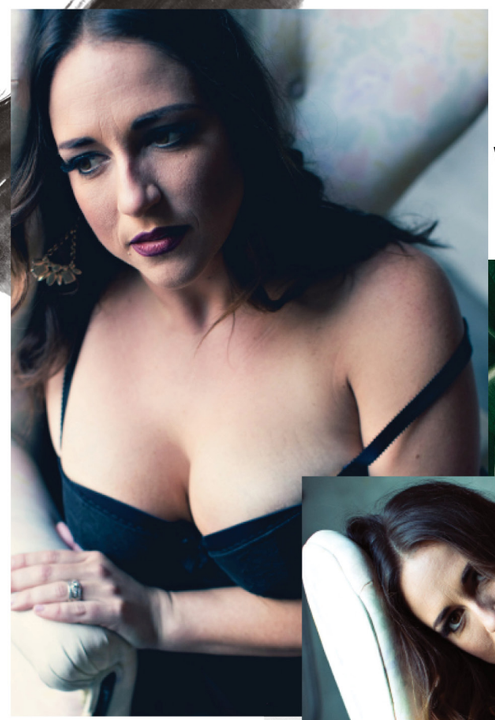


Keely



HOW TO UTILIZE THE CHAIR

BE SURE TO HAVE A STURDY CHAIR SO SHE CAN PLACE ALL OF HER WEIGHT ON THE ARM OF IT. THIS ENGAGES THE LEG MUSCLES ON THE FLOOR.





add variety and also SHOOT FROM ABOVE

LONG BEFORE SELFIES WERE A THING, PHOTOGRAPHERS KNEW THAT IT WAS IMPORTANT TO ADD VARIETY AND HEIGHT TO A SHOOT. BE SURE TO SPRINKLE IN PHOTOGRAPHING THE CLIENT FROM A HIGHER VANTAGE POINT THROUGHTOUT THE SHOOT.

Holly









Candice

STANDING POSES STILL TEND TO BE THE TRICKIEST FOR ME. THEY ARE A BIT AWKWARD, BUT STILL SOMETHING OUR CLIENTS WANT. I'VE FOUND THAT HAVING SOMETHING THAT THEY CAN BRACE THEMSELVES ON, LIKE A WALL OR A TALL CHAIR, MAKES THE POSE MUCH MORE BELIEVABLE.



Marilyn



WHEN PHOTOGRAPHING SOMEONE STANDING, YOU WANT TO BE VERY CAREFUL NOT STAND TALL AND SHOOT DOWN ON THEM UNLESS IT LOOKS VERY INTENTIONAL. YOU WILL NEED TO SQUAT DOWN A BIT AND PHOTOGRAPH UPWARDS SLIGHTLY TO KEEP FROM MAKING THEM LOOK SHORTER THAN THEY ARE.

Be sure to always get different styles of crops with each pose







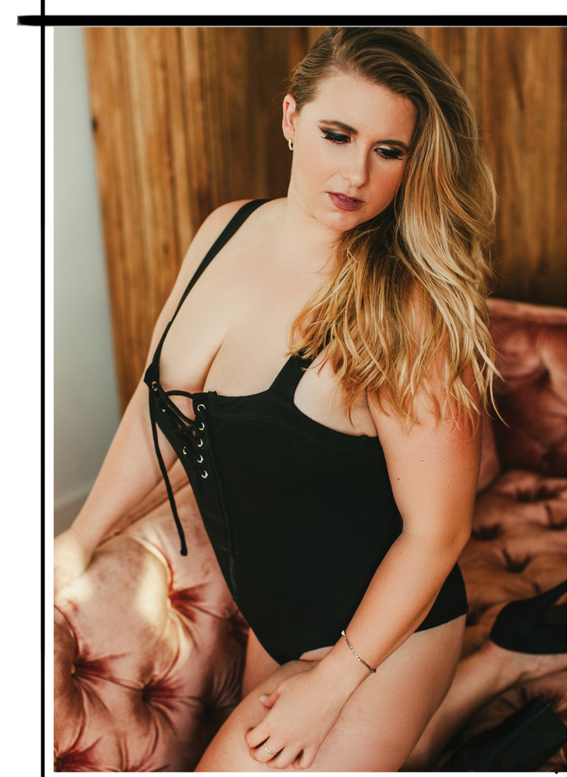




Amanda

IT'S ALL ABOUT THE BOOTY THESE DAYS. THIS POSE IS A MUST. NOTICE THAT THE LEG IN THE FOREGROUND IS CLOSER TO THE BACK OF THE COUCH. THIS EXAGERATES THE WAIST AND BOOTY. ONCE I GET SHOTS WITH THE FOCUS ON THE BACK AND BUTT, I HAVE HER ROTATE HER UPPER BODY AT MY FOR VARIETY.







Deena



Leah

THIS POSE IS BEST ON THE FLOOR, WITH THE GOAL BEING TO CREATE THAT SPACE UNDER HER BACK. WE ASK HER TO ARCH AS IF SHE IS STRECHING AND IT WILL REQUIRE HER TO REALLY GET INTO IT FOR IT TO BE BELIEVABLE. THIS IS DIFFERENT THAN THE "MELISSA" POSE AS OUR MAIN OBJECTIVE HERE IS TO SHOW OFF HER WAIST AND CREATE LENGTH.













Adriana

THE “ADRIANA” IS A GREAT ALTERNATIVE TO A TYPICAL STANDING POSE. IT ALLOWS US TO CREATE A MORE FLATTERING “S CURVE” WITH HER BODY, WHILE STILL GETTING A FULL LENGTH STANDING SHOT. ALTERNATE WITH SHOOTING LOW TO ADD LENGTH TO HER, AND FROM ABOVE TO ADD CURVES AND FLATTER HER WAIST.



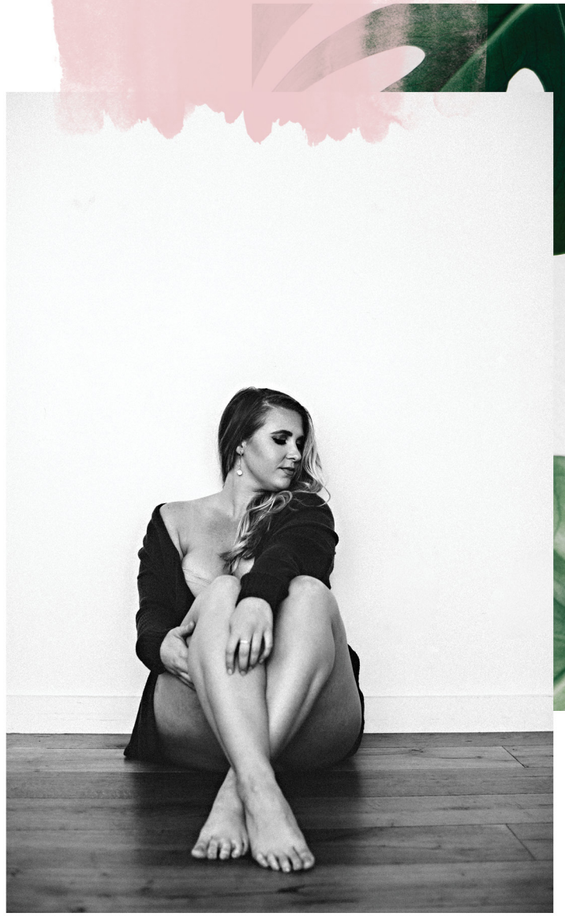


Hannah



AND WHILE YOU HAVE THE CHAIR OUT, GRAB THIS LOVED POSE. WHEN WE DO OUR POP UP STUDIOS WE DON'T TRAVEL WITH MUCH, BUT A LIGHT CHAIR LIKE THIS IS A MUST FOR US.

Brandi





THIS POSE WASN'T IN OUR ORIGINAL BOOK. WE DEVELOPED IT YEARS LATER. I ALMOST WANTED TO NAME IT THE "IRRISITIBLE BRANDI POSE," BECAUSE I DON'T THINK IN ALL THE YEARS OF SHOWING MY CLIENTS THEIR IMAGES HAVE THEY EVER PASSED UP GETTING THIS SHOT. IT'S CLASSIC, BUT STILL ULTRA SEXY.

REMIND THEM TO PULL THEIR HAIR TO THE SIDE, POINT THEIR TOES, AND ARCH THEIR BACK. THEN BE SURE TO GET A VARIETY OF EXPRESSIONS, FROM SERIOUS TO PLAYFUL.





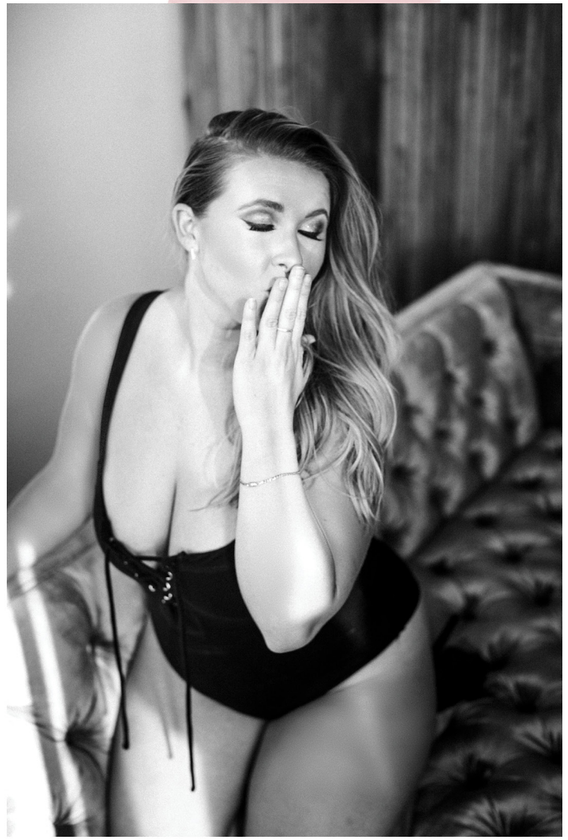


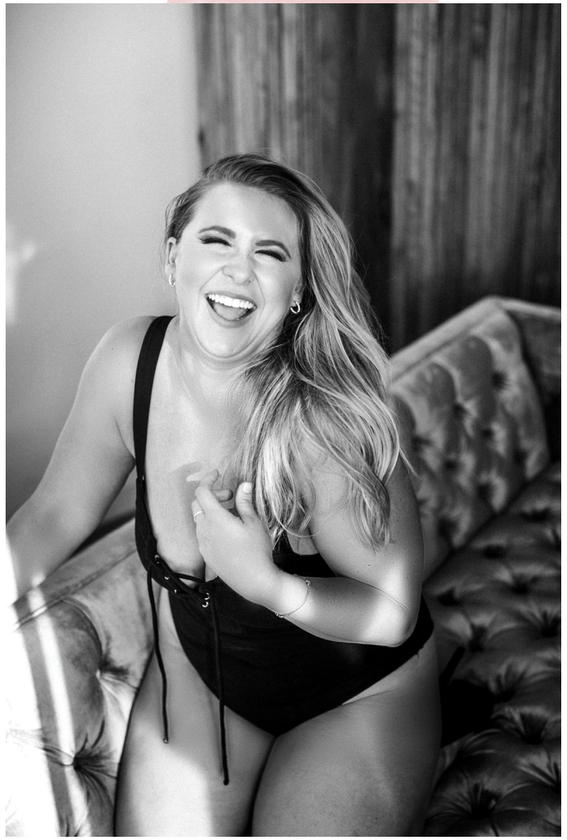
MOVEMENT



TOWARDS THE END OF THE SHOOT, WHEN I CAN TELL THAT THEY ARE PRETTY WARMED UP, IT'S TIME TO GIVE THEM WHAT WE CALL THE SUPERMODEL EXPERIENCE. TURN UP THE MUSIC, BLAST THE FAN, SHOW THEM WHERE TO LOOK, HOW TO FLIP THEIR HAIR, AND GET THEM TO LAUGH! I LIKE TO DROP MY SHUTTER TO AROUND 1/50 TO ADD A BIT OF BLUR IN THE SHOT.







GIVE HER SILLY THINGS TO DO

THINK OF A FEW LITTLE THINGS THAT YOU CAN ASK HER TO DO THAT WILL BE SO SILLY IT MAKES HER LAUGH

IDEAS:

1. BLOW A KISS TO AN INVISIBLE PERSON
2. SAY HER VOWELS WITH A “SEXY” FACE
3. FAKE LAUGH (DO IT WITH HER)
4. HAVE HER FLUFF HER HAIR
5. FIX HER OUTFIT AND JEWELRY

When your client feels at ease in front of your lens, it will show through the final images.

HERE'S THE TRUTH. OUR JOB CAN BE HARD IF YOU DON'T HAVE A SOLID FOUNDATION AND KNOW WHAT YOU ARE DOING. BUT ONCE YOU DIAL IT ALL IN, IT IS INCREDIBLY REWARDING.

AND AS LONG AS YOU HAVE THE TOOLS TO COACH YOUR CLIENT PROPERLY, IT CAN BE INCREDIBLY FUN!

MEMORIZE AND PRACTICE THESE POSES. I'VE NAMED EACH ONE AFTER A FRIEND THAT LET ME PRACTICE ON THEM WHEN I HAD NO IDEA WHAT I WAS DOING.

PUT IN THE TIME. PRACTICE.

THANK YOU FOR WANTING LEARN, WANTING TO GIVE WOMEN THE GIFT OF FEELING AMAZING IN THEIR OWN SKIN. A CONFIDENCE BOOSTING EXPERIENCE.

FROM THE BOTTOM OF
MY HEART I WISH YOU THE VERY BEST,

MARISSA BOUCHER