



LUCY POULAKI PHOTOGRAPHY

EST. 2022



MATERNITY GUIDE

WWW.LUCYPOULAKIPHOTOGRAPHY.CO.UK

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YOUR JOURNEY WITH ME

- ◆ We book you in
- ◆ Shoot day let's create some magic!
- ◆ I work behind the scenes editing your gallery
- ◆ You receive an email with a link to view your gallery
- ◆ Pick your favourites from the gallery or upgrade for more
- ◆ You download your images, love and share them with your friends and family
- ◆ Your prints will get ordered once I receive them I shall check them over package them up and send them to their new home



HOW I WORK

Over the years I have mastered the ways in which I work and this allows you to get the best out of me as your photographer.

As a creative it means the world to me when my clients trust and allow me to get creative in our sessions, equally I totally understand if you do not feel comfortable and therefore ask you to be open with me.

There's lots to factor in as I'm photographing which you may not see, so I try to keep my sessions as chilled and free flowing as possible, and ask that you focus on just being in the moment, embracing the time that you have creating those moments with each other. When I see you getting lost in the moment drowning out any distractions and being intimate with each other it truly ignites my soul on fire.

I always believe the moments unplanned are often the most beautifully captured, and with that being said often people may think they need to get the biggest smile out of their little ones which can often feel intimidating and overwhelming for them. I let them run wild and free and distract them with a game or two allowing them to settle in to their surroundings. My absolute favourite photos are often the ones where you or your little ones are simply being your true selves.

I strive in making my focus you and you only, therefore I never like to rush a session or create an atmosphere that feels anything less of relaxing, I believe this is a true reflection of me and so I don't work well when I feel overwhelmed, and rushed.

And lastly I will be your biggest hype queen!



BEFORE YOUR SHOOT

Feeding

If possible try to keep children in their natural routine, this is so that we can ensure that they are content and happy. Please bring plenty of snacks milk and milk to keep children content.

Nappy Changes

It's inevitable that baby's may need changing, throughout the session.

Posing

I have a very natural approach to posing yourself, and anyone involved in the shoot, This means I will never force a pose on you that may feel unnatural. I let children take the lead and move them to ensure we get the most organic photos. You are more than welcome to request posing, however I will let you know if it's something i'm comfortable doing.

Shy Children

If you have shy children, I have a few tactics up my sleeve to get them to warm up to me however there are a few things to get them accustomed to me and the environment prior to you arriving which will make it a little easier on the day.

- Show them a photo of me, introduce me and explain I will be taking photos.
- Show them the location and some photos of what It will look like.
- Alternatively I can send a video introducing myself

BEFORE YOUR SHOOT

Nap Times

Please keep to your normal nap time routine. If you have a selected time slot that may be in that window, please try to get in an earlier nap to ensure kids are well rested and happy throughout the shoot.

Feeling under the weather

If you are feeling like you are coming down with something or your little ones have a cold, please let me know so we can arrange your session. I ask that you do this so that I myself don't fall ill and for the other families and babies I photograph.

The weather

If your shoot is out on location, I will keep an eye on the weather leading up to your shoot day. This may mean we have to change plans last minute due to the conditions.

WHAT TO BRING

STUDIO

- ◆ Drinks - Hot drinks for winter sessions
- ◆ Snacks - If you have children in the shoot please bring lots of snacks
- ◆ Any outfits you wish to bring
- ◆ Hair brush and hair accessories grips and bands.
- ◆ Lipstick to touch up with.
- ◆ Toys and entertainment for kids
- ◆ Bras, spare underwear just incase we may need to change them due to outfits
- ◆ Nipple Covers

ON LOCATION

Same as the above but just a few extras

- ◆ Blankets - For winter sessions to keep warm
- ◆ Hot Water bottle - For winter sessions to keep warm
- ◆ Towel - If location is at a beach, river, and lake.
- ◆ Spare change of clothes - For beach locations, river, and lake.
- ◆ Bikini - If location is at a beach, river or lake.
- ◆ Flip Flops or Sandals - If location is at a beach, river or lake.
- ◆ Shoes that are easily removed as sometimes you will be asked to go barefoot
- ◆ Wellies or boots in winter months as some areas may be muddy

WHAT TO EXPECT

My sessions are designed to be entirely stress free and a comfortable environment, a home from home experience.

Throughout your session we will be able to have as many breaks as possible to ensure you are as comfortable as can be.

We will chat laugh and capture every detail!



STYLING



COLOUR PALETTE

When it comes to styling and what colours to wear, the best colour options are neutral and earthy tones, cream beige's, sand, browns, and whites. These help make the main subject area the focal point of the photo.

TOP TIP!

Keeping things minimal in your outfits is key to achieve this. Play with different textures, this is the golden nugget to achieving a minimal, earthy, natural, timeless look in your photos. Linens, Cotton, Cheesecloth materials work amazingly well with my style of photography and my favourite of all time anything crochet or knitted!



LOGOS & PATTERNS

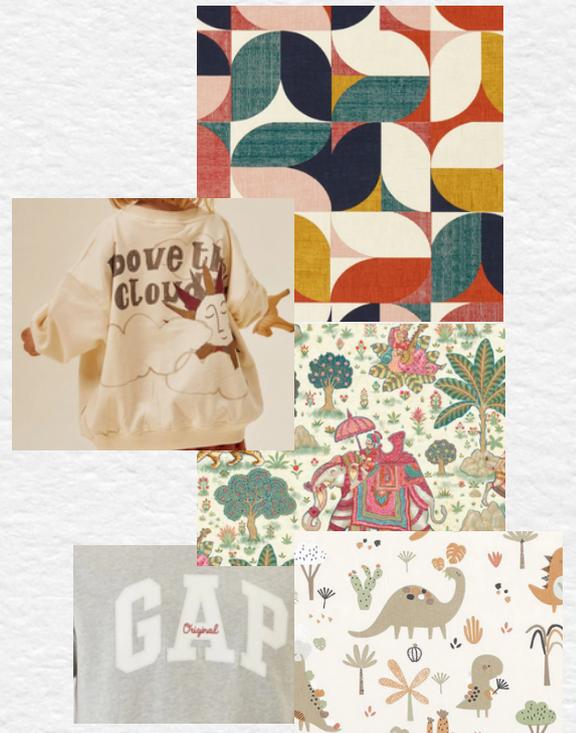
Staying away from branded logos and harsh patterns are the best way to ensure we capture the very best for your photographs this is because they can be distracting from the main subject.

I like to have very minimal distractions in your photos keeping to dainty florals, flannel, and minimal stripes is key when achieving this.

PATTERNS THAT WORK WELL



PATTERNS TO AVOID



LOCATIONS AND STYLING

When having a photoshoot in a location its best to not to try and blend in with the background.

If for example you are in the forest your surroundings are likely to be green and browns in this case I would avoid wearing these colours and would wear creams and beiges.



HANDS & TOES

Please be aware your hands will be photographed, fake tan and chipped nails will be visible. On location It's likely you may be asked to be bare foot.





SUMMER FAMILY INSPO



WINTER WOMENS

When thinking about Autumn and Winter the best way is to give yourself plenty of layers try to not stay in one shade and mix and matches shades that match. Please also note that I may ask you to remove shoes please bare this in mind



WINTER FAMILY INSPO



CHILDREN

When thinking about Autumn and Winter the best way is to give your children plenty of layers so they stay nice and toasty. Mix and match different shades that mix well. In summer and spring light and airy clothing is ideal



BABY

When thinking about Autumn and Winter the best way is to give babies plenty of layers so they stay nice and toasty. Mix and match different shades that mix well. In summer and spring light and airy clothing is ideal





THE STUDIO



THE STUDIO

The studio space is nestled in my home. The space has everything you will need. Enjoy a hot or cold beverage upon arrival. Sit back relax and let me capture you and your bump just as you are.

There is a stunning wardrobe for you and your little ones to enjoy. These outfits have been carefully handpicked for my clients to feel truly special in. I also have a variety of sizes ranging from 0-5 years and 6-16 to ensure you feel comfortable in every outfit.







DRINKS

COFFEE



Americano
Caramel Machiato



Latte
Toffee Nut Latte



Cappuccino
Flat White

Decaf available



OTHER

HOT | COLD

English Breakfast Tea

Herbal Teas

Peach Tea

Lemon Tea

Matcha

Chai Latte

Turmeric Chai Latte

Hot Chocolate

White Hot Chocolate

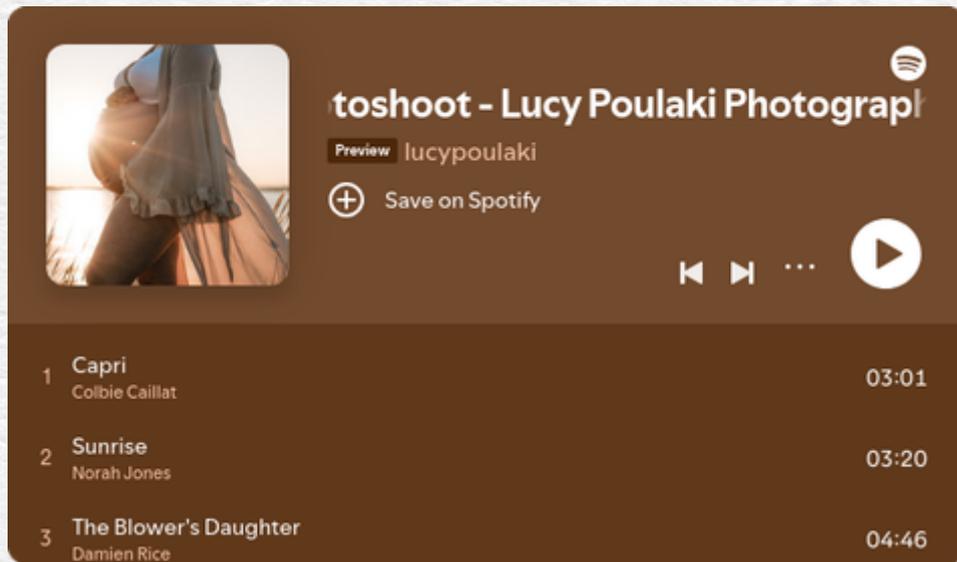
Syrups

Caramel

Vanilla

Hazelnut

LISTEN TO MY PLAYLIST



toshoot - Lucy Poulaki Photograph

Preview [lucypoulaki](#)

+ Save on Spotify

⏮ ⏪ ⋮ ⏩ ⏭

1	Capri Colbie Caillat	03:01
2	Sunrise Norah Jones	03:20
3	The Blower's Daughter Damien Rice	04:46



AFTER YOUR SESSION



AFTER YOUR SESSION

After your beautiful session I will start the editing process for your galleries. This can take 3 - 4 weeks. Once your gallery is complete you shall receive an email with a link to view your gallery.

You will have one week to view your gallery, Once you have viewed your gallery you can download the images included in your package or you can upgrade to view all the magic!



UPGRADING



UPGRADING

After you have viewed your gallery you may decide that you would like more images, and truthfully I don't blame you!

Moments like these only happen once, so why not have them forever encapsulated?

UPGRADE OPTIONS



Per Image £25

10 Extra Images £100

Full Gallery £150

****All Images are digital downloads****



OUR GALLERY

Inspo



PRINTING SERVICES



PRINTING SERVICES

I'm Fortunate to work with a variety of labs to ensure your prints and albums are utter perfection.

The quality of the paper and colours of your prints are unmatched.

Before popping to your local Asda and printing your photos please talk to me I would love to help and advise you on your printing/ album needs.

Prices vary on the items you require however you can take a look at my shop when viewing your gallery and see the variety of products I offer.



ALBUMS

The luxurious personalised album is a favourite for displaying on your coffee table. This 8.6 x 6.4 Album has 24 pages of pure magical moments. You choose your photos, the colour of the linen and the personalisation on the front cover.





TAGS & REVIEWS

Once you have had your gallery back and you have experienced a shoot with me it would mean the world to me if you could spare 5 minutes to share your whole experience with others.

It's always such a heart warming moment for me reading about your experience.

To do this simply scan the QR Code below or visit Lucy Poulaki Photography on Google.



It always brightens up my day when you tag me in your photos, it also helps me grow and reach others which always means so so much to me. If you'd like to follow my journey, tag me in your photos, and have a general chat I would love to have you apart of the family.



@lucypoulakiphotography
@lucypoulakiweddings

WHATS NEXT

10% off your next session!

Offer does not include Mini sessions

Newborn Session



Older Baby Session



CONTACT

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