

# POSING TIPS

For Fashion, Beauty, &  
Boudoir Photographers

ELIZABETH CRAIG PHOTOGRAPHY

A woman with long blonde hair, wearing a pink lace bodice and a long pink skirt, stands in a garden. She is leaning against a fountain, looking upwards. The fountain has a bronze cherub figure. The background is lush green foliage.

# W E L C O M E

...to a guide that is filled to the brim with tips and tricks on posing that can be used in fashion, beauty, and boudoir photography.

Inside, you're going to find posing tips for the body, the hands, AND the face!

There are so many ways to make your own style stand out so remember to change things up and make them your own.

For a more in-depth learning experience on posing, be sure to grab my [Boudoir Posing Guide](#).

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Thank you for respecting my experience and my work.

*Elizabeth Craig*







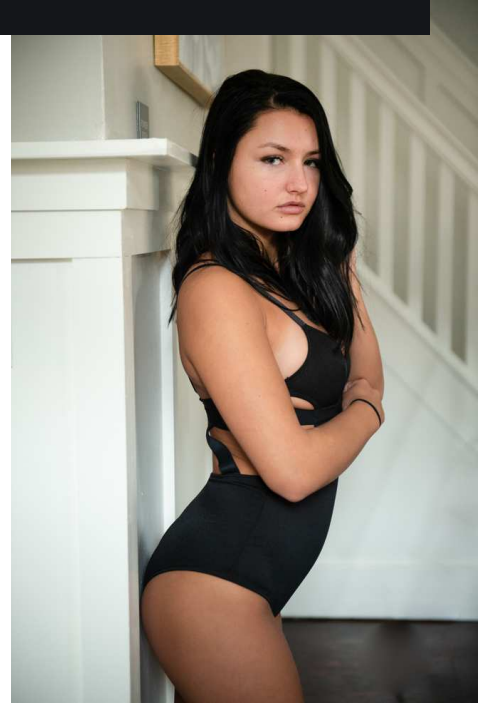
# THE THREE ARCHES

# BACK | BUM | FEET

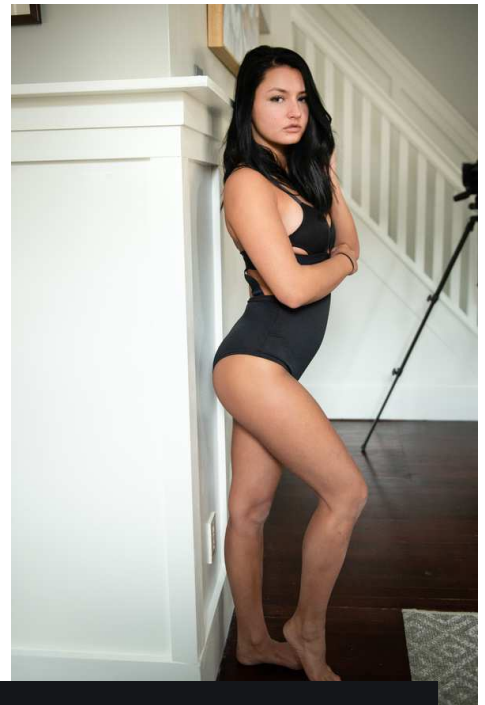
NO ARCH



BACK ARCH



BUM ARCH



FOOT ARCH



# ARCHES

Why are arches so important? Because they add angles and curves. Most importantly, they give a path for the eye to follow and that adds dimension to your photos and makes them interesting. Not all photos will require arching anything, in fact, some with a more vulnerable or casual look will require the complete opposite. Just think about the feeling you're going for with the photograph you're about to take. What is the mood you want to show or the reaction you want from the viewer?

The best way to get a client to understand arches is to show them. I'll show them how I arch my back, pop my booty, and arch my feet/point my toes. Visuals are always best.

My [Boudoir Posing Guide](#) is filled with visuals and step-by-step instructions so you're never lost for a pose.







**WHAT TO DO  
WITH THOSE  
HANDS**

# HAIR | CLOTHING | SKIN

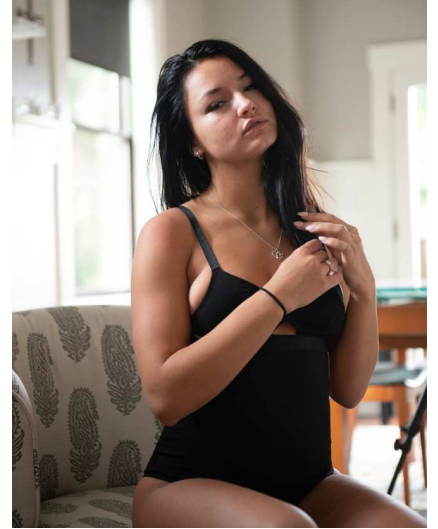
**TWIST**



**MESS**



**PLAY**



**PULL IN**



**PULL UP**



**PULL DOWN**



**HIP**



**BUM**



**DECOLLETAGE**



# H A N D S

Don't get overwhelmed with hands and what to do with them. They seem tricky, but they're not. The number one trick with making hands look natural is to give them something to do and keep them moving with micro-movements.

When hands naturally find their resting place, they are fine, but when you pose them it can make the subject hyper-focus on them, which can show up as unnatural and the camera sees that. If you give them something to do it gives you the opportunity to rattle off a few frames and catch a photo or two when it just all comes together. If you try something and it's just not working out, move on. No big deal.

Having a visual source, such as this guide and my [Boudoir Posing Guide](#) is helpful because it gives you something to reference back to.



A woman with long brown hair is seated on a brown, tufted chair with a fringed base. She is wearing a light blue, ruffled, off-the-shoulder dress and silver high-heeled sandals. Her eyes are closed or looking down, and she has a neutral, somewhat somber expression. The background is dark and moody.

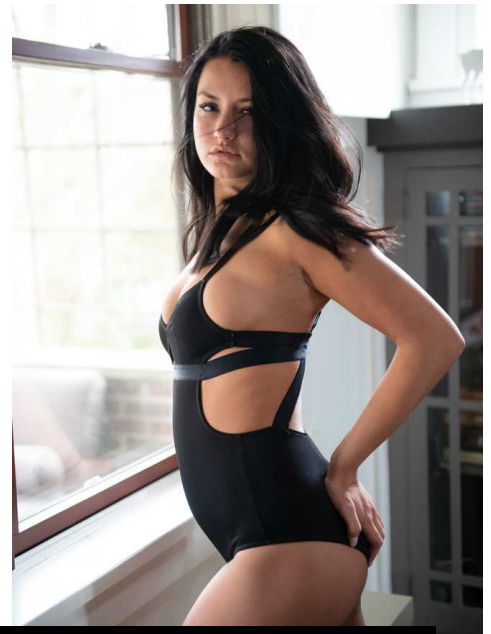
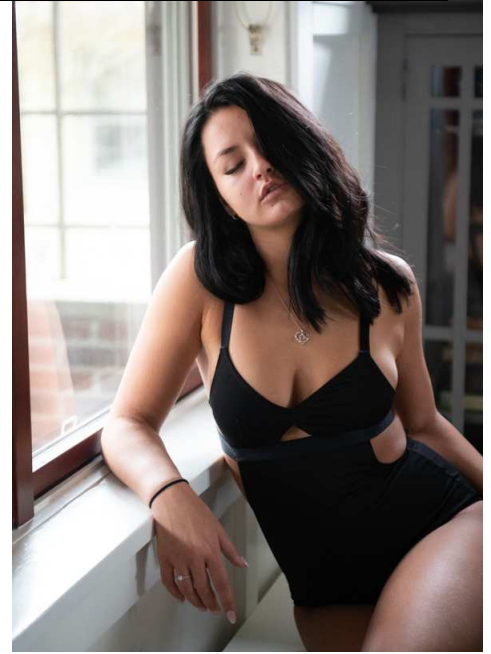
# WHAT TO DO WHEN YOUR SUBJECT CAN'T NAIL FACIAL EXPRESSIONS

CROP | HAIR OVER FACE | HAIR OVER EYE |  
LOOK DOWN | LOOK AWAY | USE WIND

CROP

FACE

EYE



DOWN

AWAY

WIND



# F A C E

There are 4 main facial expressions I tend to work with (big smile, slight smile, smoky/fire eyes, laughing) and most women can't nail all four, but they can usually nail one. On occasion I do run across a client that just can't seem to let go and connect with my camera. In these cases I dig into my bag of tricks. There are SO MANY ways to avoid eye contact with your camera and still capture a killer photo. What I've listed above are the ones I typically use but there really are so many more.

Remember to explore, don't get nervous, and think outside the box. You can see examples of this and so much more in my [Boudoir Posing Guide](#).





# FINAL TIPS

My two final best tips are: (1). never practice on game day. Try to get as much experience as you can when it doesn't matter how it all turns out. It will make you less nervous when it counts.

And (2). having a shot list of ready-to-go poses that work in a pinch will save your hide at times. :) In my [Boudoir Posing Guide](#), I introduce you to my system of flow posing, as well as how to turn one pose into 9 photographs, which will help with efficiency, variety, and feeling confident as you move from one pose to another. With all the photographs included in this guide, you'll always have more than you know what to do with.

Feel free to [reach out](#) with comments, suggestions, or questions. Be sure to check out my other photography education [services](#) and [guides](#) for a deeper dive.

I'd LOVE to see your photos putting these tips to work! Be sure to tag me on [Instagram](#) so I can take a peek at all your hard work!

For more yummy tips, be sure to follow me on [Facebook](#) and my [blog](#)!

