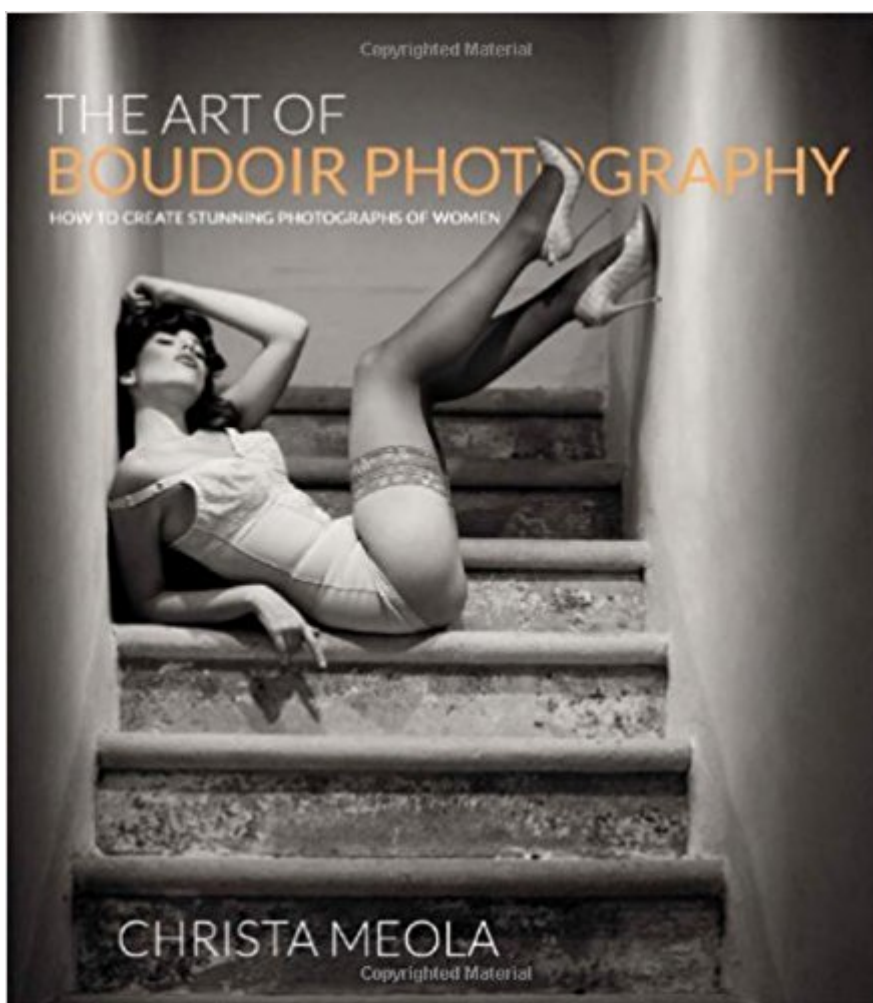


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# The Art Of Boudoir Photography: How To Create Stunning Photographs Of Women



## Synopsis

"Cultivating sex appeal and looking great naked is not about crash dieting or Photoshop, but rather is about a woman's attitude, confidence, playful personality, and feeling good in her own skin. Christa Meola, boudoir photographer In this greatly anticipated book *The Art of Boudoir Photography: How to Create Stunning Photographs of Women*, pro photographer Christa Meola goes beyond photography instruction to include detailed information on how to help women look and feel beautiful by cultivating their sex appeal. This beautifully illustrated guide will not only enhance your understanding of how to bring out the best in every woman, but also sharpen your photography skills in order to capture her successfully. Whether shooting with a pro model, plain-Jane, curvy gal, or soccer mom, Christa gets to know her subject intimately in order to help her look and feel beautiful, sexy, and confident. Christa shares her personal tips and techniques throughout the entire process, creating an amazing experience that produces photographs packed with emotion. She covers every step in creating a successful boudoir shoot, including how to prepare a subject who has never posed before, coaching sensual movement, beautiful lighting setups with minimal equipment, how to flatter every figure, and more. With "Before and After" profiles and "Do and Don't" scenarios throughout, essential lists, practical tips for male photographers, metadata for every shot, as well as post-processing techniques in Adobe Lightroom and Photoshop, this book offers clear and inspiring instruction. *The Art of Boudoir Photography* is about transformation. It's about cultivating sex appeal and enthusiastic positivity. It's that jolt of confidence and bolt of sexual prowess to tease out of your subject. It's for each woman to recognize her individual beauty, provide an opportunity for her to break through her comfort zone, honor her body, and celebrate femininity. For photographers with varying levels of experience, this book is for you to appreciate and embrace boudoir photography, enhance your understanding of what it is, what it can do for women, and most importantly, how to have fun with it!

## Book Information

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## Customer Reviews

Christa Meola has enjoyed life behind the camera since she was six years old. Her childhood passion has developed into a career. She opened a photography studio in Los Angeles, began teaching fellow professional photographers, and traveled internationally for commissioned portraits. While her sensibility has matured to reflect the soul of a woman, her child-like sense of adventure and exuberant spirit remains. A born and raised Jersey girl, Christa currently lives and works in New York City. She offers online workshops during the year as well as private photo shoots and Boudoir Parties. You can find out more about Christa and these great opportunities on her blog at [ChristaMeola.com](http://ChristaMeola.com).

There are a few books about photography that take such care with their subject matter. Christa has created a full program that takes you from the challenge of working with models at their most vulnerable all the way through the post-production process, including retouching the photos and dealing with the client. The book covers it all, and it covers it with style, grace, humor, and a care for the art that is truly inspirational. The pictures are beautiful and each one has at least one lesson to teach - from posing, to lenses and lighting, to the importance of communicating a concept with the model and taking the model's needs and desires into the project. It's a book that teaches as much about the technicalities of photography as it does about the humanity. It is truly a book about art and craft. The book treats the subject of the human body with the humaneness, respect, and seriousness it deserves while keeping the writing humorous and approachable. Every client is a person, and each person has different needs and goals, and Christa makes that abundantly clear in the way she works with client. She repeatedly makes sure that the project is the focus of each shoot, but never crosses the line into being preachy about how a photographer should be. She gives ample room for each person reading her book to develop their own style. There are few books that have given me as much guidance and inspiration. I would recommend Stunning Digital

Photography by Tony and Chelsea Northrup as a companion book to this. Between the two, every bit of photography is covered in great detail. This is a book is sold and marketed as being about photographing nude or semi-nude women, but every bit of material is applicable to any photography project. Every time I open the book up, I discover a little tip I missed before. The book is packed with tons of information and will be a learning tool for years and years. But, in essence, this book is really about connecting with people, finding a common artistic goal, and using light to make art. (Edit: One of the best parts of this book is that Christa puts her camera settings beneath every picture in the book: aperture, F/stop, shutter speed, and focal length. I haven't found another photography book that does this. It may be the most helpful thing in any photography book, and I wish more photographers would do this. It's so important.)

Of the photography books I am going through, Christa Meola's "The art of boudoir photography" is one of the standouts. The author covers most aspects of the business of boudoir (and only boudoir) photography. If some suggestions or practices are universally applicable (professionalism, lighting), most of the book is very specific to this niche of hers. She starts by discussing the specificities of working with women, which she appropriately classifies in professional models, girls next door and the in-between category of muses (i.e. women who know how to move gracefully without necessarily being used to the camera) and point out how this niche is better manned by women photographers - unfortunately true. Follow three chapters about the mood: movement and poses to coach the model into, as well as storytelling in a single frame. After a few quick pages over equipment (without surprise), she wraps up the shoot proper with one chapter listing a few lighting recipes and one about the way to coach the shoot ("yes, that's good... gorgeous, raise the hand a little, good..." you get the drift). Then comes a chapter about post production (very basics of Lightroom and Photoshop), and Christa Meola closes the book with the description of a complete session from start to finish. I enjoyed reading this book from cover to cover. The tips are useful; the shots are technically very good, very tasteful; the poses Christa describes are obviously great and they are well described in a way that makes them useful. All in all a great set of poses, lighting tips etc. if. If you hire a professional make-up artist for the day, If you have a helping hand on the shoot, If your models are on the average naturally gorgeous, If you have access to beautiful Manhattan flats or Firenze gardens. Christa Meola's book features few pictures of quite curvy young ladies whose inner beauty is indeed revealed by Christa's lenses (see the back cover). However this is more the exception than the rule. Not to detract from the obvious mastery displayed by the author; however taking great pictures is easier when you have professional make-up, styling, hair-dressing, and

frequently models. If you want more practical tips on how to flatter the less oh-so-obviously beautiful from the start, I would advise you have a look at Tammy Warnock's "Boudoir Photography". As much Christa Meola's could nearly be a coffee table book (not if you have kids around - nudity abounds), as much Tammy Warnock focusses on how to suggest while hiding, how to adjust the clothes and pose the hands to hide trouble spots etc. with a very practical collection of suggestions. Finally, one small gripe: the one aspect of the boudoir photography business that is not explicitly dissected in its own chapter is marketing - however the astute reader would have noticed the obvious examples peppered throughout the book: every ten pages there is a mention of the author's website, her (expensive) online workshop or her blog. Marketing: not much theory, too much practice. All in all a complete book that pretty much covers the subject and features beautiful, tasteful photographs. Well worth the price, especially if you get requests for boudoir sessions.

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