what to wear



GUIDE

FOR HEADSHOTS

STYLE

HOW TO USE THIS GUIDE

Other than your amazing personality, your wardrobe is one of the key factors to having a successful session that reflects your true self. And that is what your professional headshots are all about. These are the first thing and the last thing that casting directors, agents, etc. are going to see. Headshots are your first impression. They will also use these, along with your auditions/interview, to try and see how they can picture you in performances or roles.

The goal of your outfit selection is simple: you should be the focus, not your clothing. However, it should support what you are trying to accomplish.

When choosing outfits for your headshot session, think about the types of roles you want to be considered for and the professional image you want to communicate. Bring clothing that feels authentic to you, fits well, and allows your personality to come through. By using the question form I sent you, you can also explore how other people see you as well. This will help you choose the style of headshots and the look you want.



VARIETY

some tips to get the most out of your session outfits

CHANGE UP YOUR COLORS

Wearing the same color throughout your session can make your entire session look repetitive. Make sure your wardrobe showcases several different colors, hues and tones to provide as much variety as possible. The skin tone section of this guide can help you select the best hues for you!

CHANGE UP YOUR LOOKS

This will all depend on the "looks" you want to show. For example, you could consider a formal or sophisticated look. Then follow that up with a casual outfit that is true to you. Afterward, wear something a bit more urban or retro. If you think of your outfits in this manner, you'll be sure to have a variation in your session wardrobe.

CHANGE UP YOUR STYLE

Eventhough you are getting shots from mid-section on up, put a FULL look together. It helps you create a complete look. So if your goal is something fun and youthful, a pair of jeans or overalls, a pair of vans, a fitted tee or tank, and maybe a denim jacket.

CHANGE UP YOUR TEXTURES

A great way to mix up your outfits is to consider their textures. While leather and suede are creamy smooth, cable knits and faux furs can be cozy and heavy in texture. Choosing your wardrobe options around different textures can make for a beautiful aesthetic that changes from one look to the next.



what to wear

Colors that accentuate your specific skin tone

Complimentary layers

- Solid Colors; save patterns and designs for another time.

- Classic and thin chained jewelry paired with simple earrings

- A variety of outfits that show off your true personality: at least one classic outfit + jeans, shorts, dresses, skirts, etc... mix it up!

- NUDE under garments

- tailored clothing that accentuates your best assets

- a variety in style: casual, prep, edgy, glam, boho, etc

what not to wear

wrinkled & dull clothes or neon colors busy patterns: camo, plaid, etc.

short length skirts, dresses and/or shorts that expose too much when sitting, squatting or bending over

trendy and chunky jewelry that can draw attention away from your face

the same outfit pieces over and over again: wearing four dresses over the course of your portraits may not show variety

the same style over and over again: wearing all edgy outfits, or all casual outfits

Anything with large logos or brand names right in the front.

your
CASTING TYPE

Your headshots should represent the roles you can realistically be called in for, not a costume of the character you want to play.

If you are often cast as the friendly neighbor, bring something approachable and natural. If your look is more sophisticated, edgy, comedic, youthful, athletic, or professional, choose clothing that subtly supports that impression. Don't make their job any harder. That is why it is best to get different looks, because you will not always use the same style headshot to apply for every role. This will switch based on the role you are going for.

the fit
MATTERS

Well-fitting clothing makes a huge difference in photographs. Choose pieces that sit comfortably on your shoulders, don't bunch or pull, and allow you to move naturally.

You don't necessarily need expensive or designer clothing. A simple, well-fitted shirt, sweater, jacket, or blouse can look far more professional than an expensive outfit that doesn't fit properly.



simple SOLID COLORS

Solid colors are almost always a great choice for headshots. They keep the attention on your face and photograph beautifully without distracting from your expression.

Consider colors that complement your skin tone and eye color (please see skin tone guide). Jewel tones, earth tones, rich neutrals, and classic colors can all work wonderfully.

Avoid overly bright neon colors, busy patterns, large graphics, logos, or anything that may compete with your face.

bring different LOOKS

Rather than bringing just one outfit, bring 3–5 options. This gives us the opportunity to create different looks and capture a variety of characters and casting types.

For example, you might bring:

- A polished, professional look
- A casual or approachable look
- Something that reflects your personality
- A look that fits the types of characters you typically audition for
- A slightly more dramatic or elevated option

We can look through everything together and decide what will photograph best together.



for musical theatre
PERFORMERS

If you're a singer or musical theatre performer, consider the kinds of opportunities you're pursuing. Bring a combination of looks that show your personality while still feeling professional.

You don't need to arrive dressed as a character from a particular show. Instead, think about the qualities you want your images to communicate: warm, confident, sophisticated, playful, youthful, powerful, approachable, or theatrical, dramatic.

Also, think about portfolio images. You may need more than just headshots.

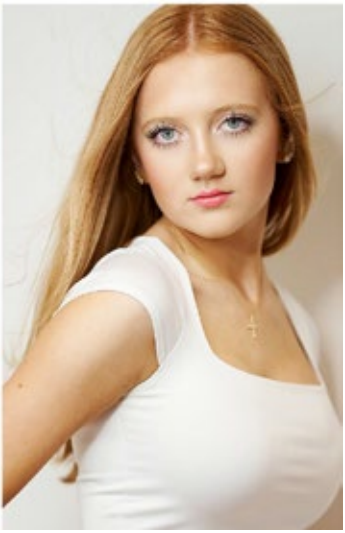
layers are your
FRIEND

Layers give us more variety without requiring a complete wardrobe change. Consider bringing jackets, cardigans, sweaters, blazers, overshirts, or other simple layers that can be added or removed during the session.

A single base outfit can often become several different looks with a quick change of layers.









MOST IMPORTANT

BE YOU

Your headshots should look like you on your very best day.

Choose clothing that makes you feel confident, comfortable, and authentic. Your wardrobe should support your personality and casting type, not overpower it.

When in doubt, bring it! I'd much rather have several options to choose from than have you wish you had brought that one shirt, jacket, or sweater.

We'll work together during your session to select the looks that best represent you and the professional performer you are.

And think about how many looks you will need not just for headshots, but for your professional website body of work as well. These images all work to support how people see you.

Holly Omlor
photography

Professional headshots for stage, screen & everything in between.No AI. No Artificial Alterations. Just You.

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