

5 WAYS TO IMPROVE YOUR SEXY SELFIES TODAY



BOUDOIR EDITION





TABLE OF CONTENTS

WELCOME 3

POSE *one* 7
Bed Sheets

POSE *two* 9
Cleavage

POSE *three* 11
Silouhette

POSE *four* 13
Window Light

POSE *five* 15
Sitting on the Bed



WELCOME

Boudoir by Lynette was created to empower women to see themselves in a whole new light. My mission is to make every woman who steps into my studio feel confident, beautiful, and worthy—because you are.

With over 25 years of experience, I've had the honor of helping hundreds of women embrace their unique beauty and rediscover their strength. My goal is to show you that the confidence you admire in others already exists within you. This guide will help you capture stunning self-portraits at home until you're ready to join me in the studio. I hope it inspires you to celebrate your beauty and see yourself as truly incredible.

xo, Lynette

QUICK tips

Before we jump into the poses, here's some quick tips to make sure your photos turn out the very best they can!

1

LIGHTING

Natural light is best; make sure the window is in front of you unless you're going for a silhouette.

2

COPY THE ANGLES IN THIS GUIDE

Emulate the angles in this guide to the best of your ability as they are flattering for every body type!

3

CHECK YOUR BACKGROUND

Make sure there's nothing distracting in the background. Nothing will ruin a selfie faster than pile of dirty dishes!

4

CHOOSE OUTFITS THAT MAKE YOU FEEL GOOD

Make sure you choose things that make you feel sexy, not frumpy as it will show in the photos!

5

USE A MUG THAT FITS YOUR PHONE IF YOU DON'T OWN A TRIPOD

Place your phone inside the mug with camera lens exposed.

6

USE VIDEO MODE

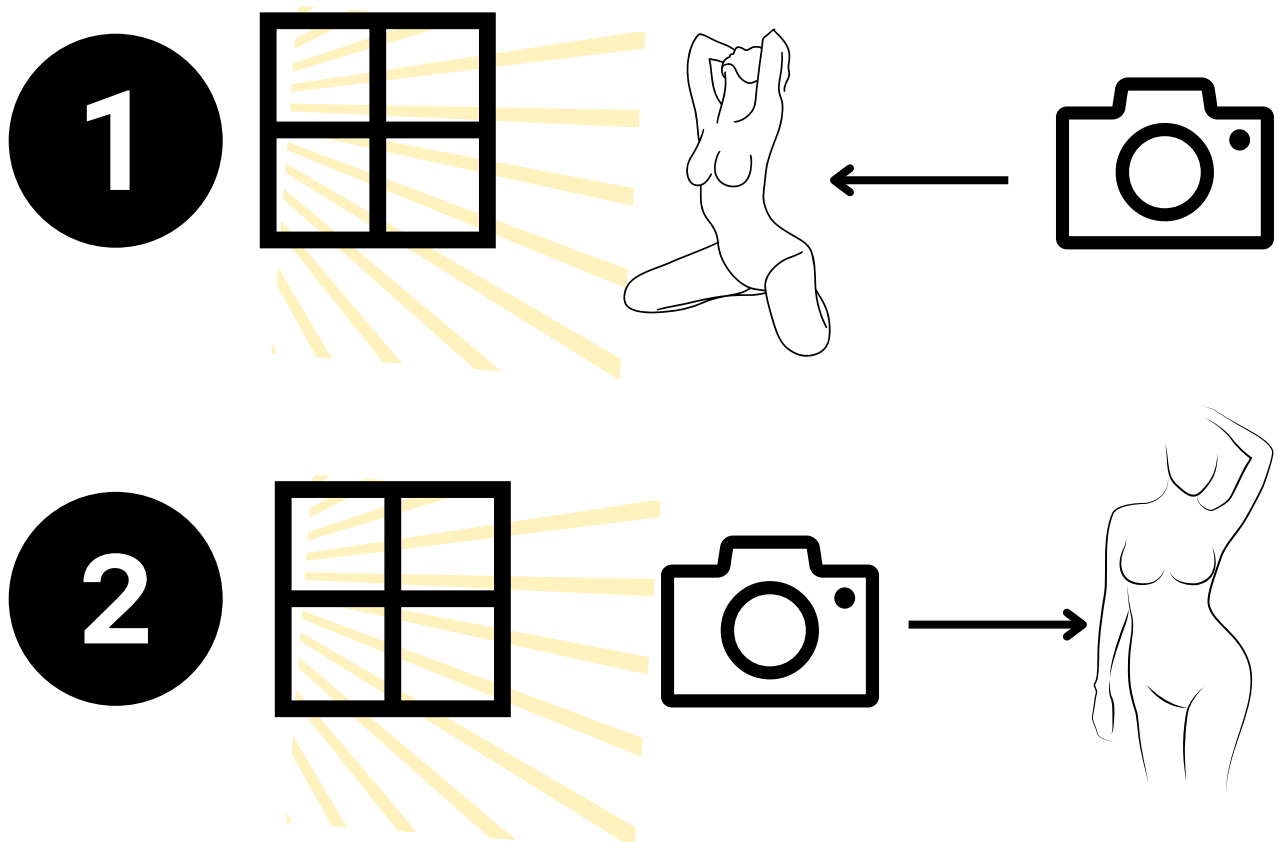
Record video of you posing slowly & once complete, screenshot each pose. This is way easier than using the timer mode on the phone!

THINGS YOU NEED TO GET STARTED

- Smartphone tripod
- Window
- Daylight
- Smartphone
- Facetune App (or similar) - OPTIONAL
- A sexy outfit
- Option 1: <https://amzn.to/3DLDPdw>
- Option 2: <https://amzn.to/40ayUtZ>
- Option 3: <https://amzn.to/422Wrjn>

THINGS YOU NEED TO KNOW

- In all of the poses, I have my phone in one of two placements.
- Placement 1: Window - body - camera
- Placement 2: Window - camera - body



Ultimate Hack

Don't have a tripod?
Here is a handy hack with an item you most likely already own!



POSE *one*

Using A Bed Sheet



POSE *one*

Using a Bed Sheet

A sheet in any color or texture can be quite effective for draping specific areas and drawing attention to what you wish to emphasize.

STEP 1

You can lay anywhere you choose. The floor, bed, Kitchen Counter. have fun!

STEP 2

Locate a spot to place your camera up high, like on a ceiling fan or the edge of a lofty shelf. Now, flip that video mode on and get ready for action!

STEP 3

You can throw half your body into a fabulous drape, perfect for pulling off a sneaky camouflage or a show-stopping look! Have fun with it and let that thigh or leg strut its stuff!

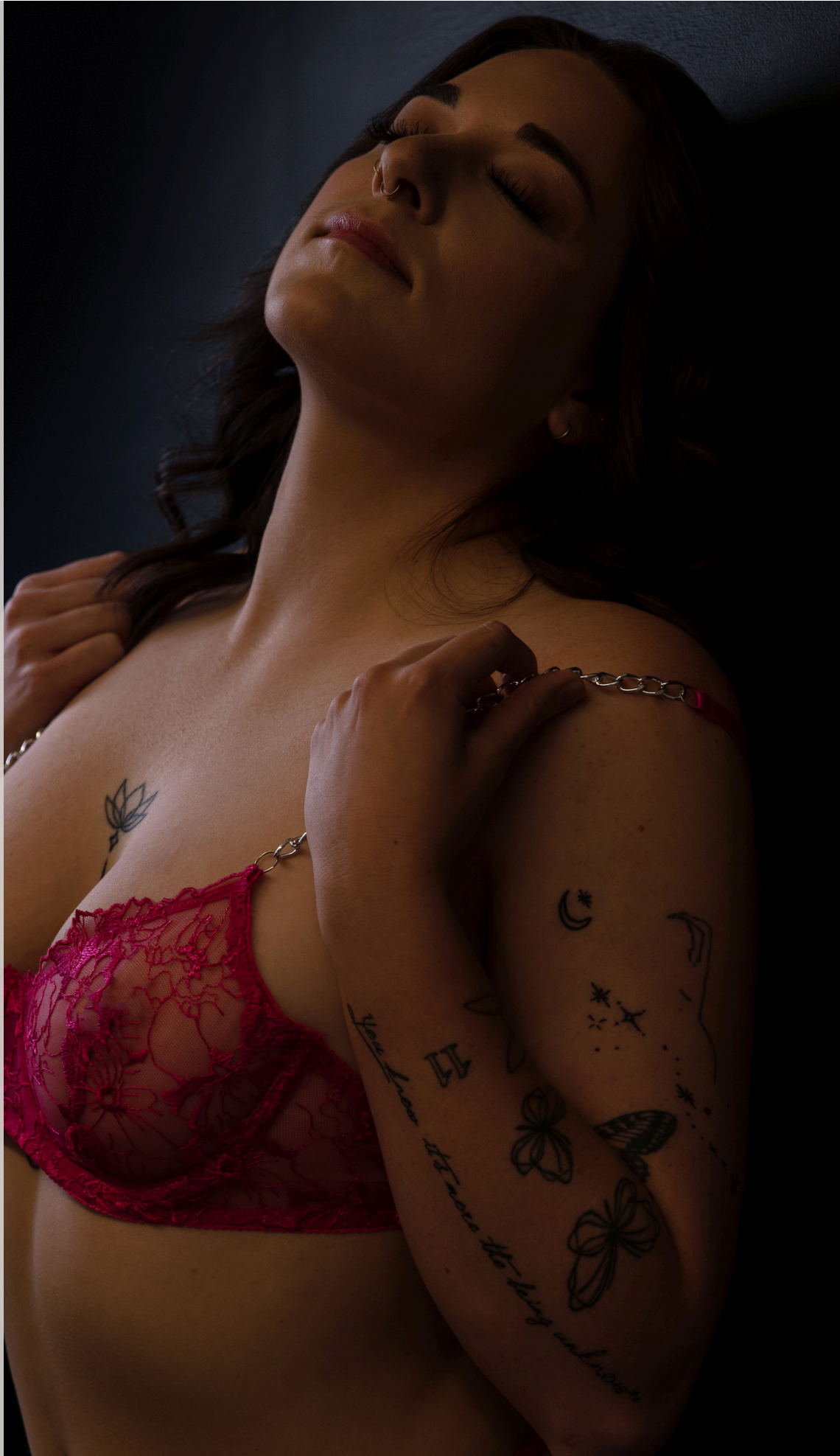
STEP 4

Bend your knees to create a killer curve. Screenshot all your favorite looks from the video!



POSE *t2o*

CLEAVAGE



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POSE *two*

CLEAVAGE

Time to let that beautiful rack take center stage with this stunning pose! Ready? Let's dive in!

STEP 1

Slip into a bra, tank top or lingerie that gives your girls support.

STEP 2

Scout out a sultry chair, stairs, bed or sofa & sit. Even the floor will work great. Face a window.

STEP 3

Set up your phone on the window sill just above your head, angling it down to capture all the right angles.

STEP 4

Now for the finishing touch: gently slide your bra straps down, close your eyes, & tilt your head back. Let your camera capture the magic!



POSE *three*

SILHOUETTE



POSE *three*

SILHOUETTE Against The Light

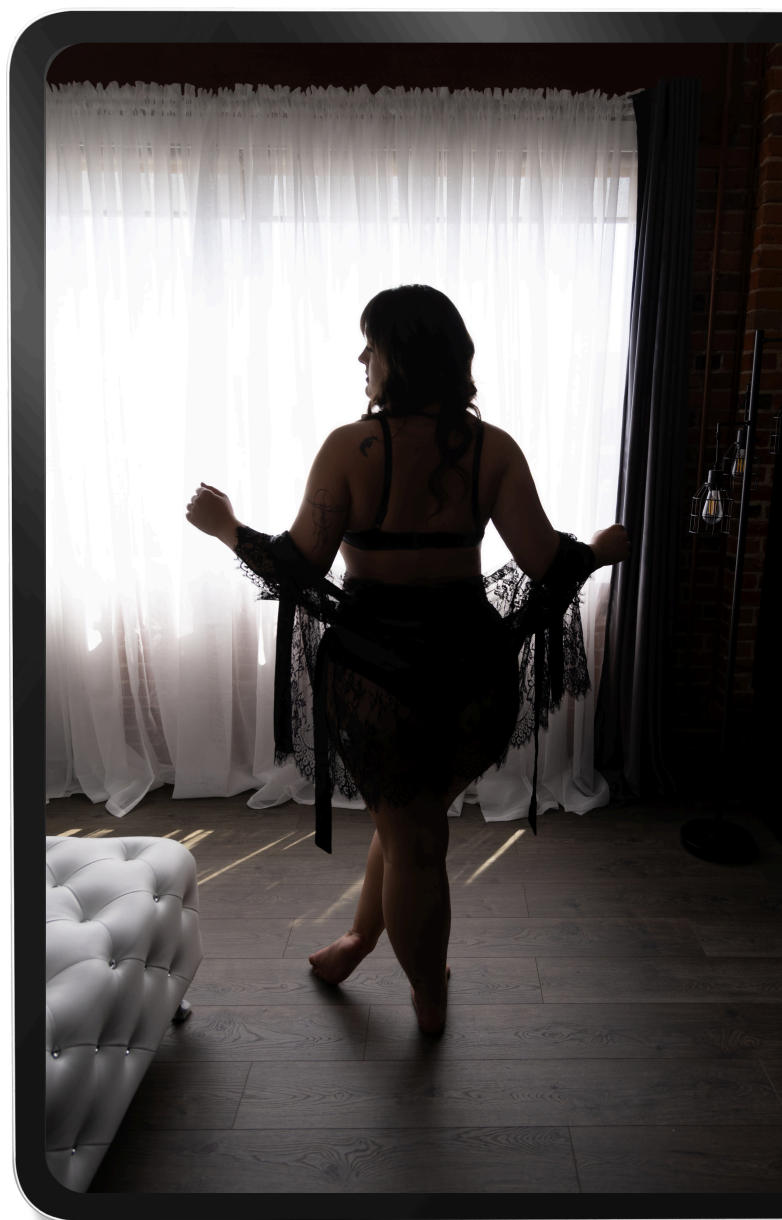
To create a silhouette, position the camera so it faces the light source, such as a window or sliding glass door. This technique effectively conceals areas like midsections, arms and double chins while accentuating the features you want to highlight the most.

Pick out some drop-dead gorgeous lingerie or a matching underwear set. You won't see all the details anyway.

Next, track down a stunningly tall window or a fabulous sliding glass door that's practically begging for a spotlight! Cross those feet at the bottom and strike a pose sideways. If your window is more of a pint-sized charm, just lift that knee up to the sill and own it!

Set your phone on a tripod or mug hack then hit record like the star you are.

Now it's your time to shine—move with confidence & let the light create that sexy, mysterious silhouette. You're owning this! Keep posing and let that camera capture every stunning moment.



POSE *four*

AGAINST THE WALL
(Facing the Light)



POSE *four*

IN THE WINDOW

Want to feel effortlessly sexy while keeping a little mystery? This pose highlights your curves while softly concealing the midsection.

Slip into a sheer robe or lingerie that makes you feel confident.

Hack: Delicate lace or sheer fabric draped over your arms and torso creates a dreamy, flattering effect.

Stand in front of a window, letting the natural light enhance your shape. Hold the sheer fabric in front of you, gently covering your tummy while still showcasing your curves.

Lean slightly into the light, angling your chest forward. Place one hand beneath your bust for a lifted, sculpted look. Let your other arm extend gracefully—above your head, holding the curtain, or resting on the window frame.

Now, take a breath, embrace the moment, and capture your magic!

Look right into the lens! Then Screenshot!



NOW, TAKE A BREATH, EMBRACE THE MOMENT, AND
CAPTURE YOUR MAGIC!



POSE *five*

SITTING ON THE BED, A
COFFEE TABLE OR
NIGHTSTAND

POSE *five*

SITTING ON A BED, COFFEE TABLE OR NIGHTSTAND (ANYWHERE THAT HOLDS YA REALLY)

Want a pose that exudes confidence while keeping a little mystery? This faceless boudoir shot is perfect for highlighting your curves and creating an effortlessly sultry vibe.

Slip into your favorite lingerie set with stockings or fishnets.

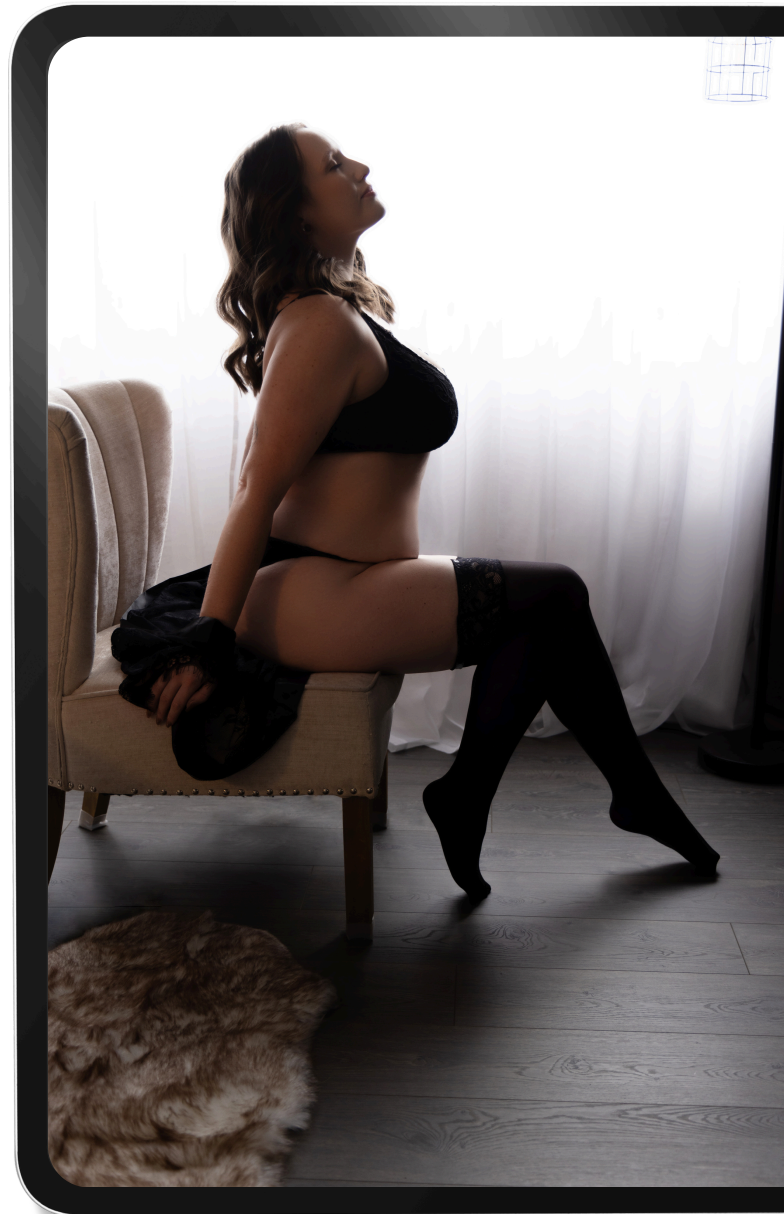
Hack: Window light creates a soft, flattering glow.

Sit on the bed (or chair), legs crossed, facing the window. Run your hands through your hair (or drop behind you), lifting your arms slightly. Arch your back to elongate your torso and enhance your curves.

Camera Trick: Set your phone on a tripod or use the mug hack. Angle the lens slightly to highlight your back and legs.

Switch It Up: Try this pose on a sturdy surface like a stool or table, with your back to the camera. Add a leather jacket, blazer, or cardigan for a bold touch—hold it in front to define your waist.

Take a deep breath, exhale, and snap away—you're in the zone,





At Boudoir by Lynette, treat yourself to the ultimate gift: an empowering experience that's all about you. Begin with professional hair and makeup (lashes included!), then step into a boudoir photoshoot where you'll be expertly guided to look and feel like a supermodel for the day.

This exclusive offer is for new sessions only, but our cherished repeat clients are always welcomed back with open arms. You deserve to see yourself in a whole new light—let's make it happen!



Congratulations!

You made it to the end and I bet you're ready to get your phone out and get started! You're going to look FIERCE AF in all of your images!



Have you ever considered doing a boudoir session?

Boudoir sessions are the ultimate way to rediscover your confidence and celebrate your badass self with jaw-dropping images you'll cherish forever!

Our all-female team is here to make you feel like the star you are in our private studio, nestled in the heart of downtown Wenatchee. Your experience includes professional hair and makeup (plus lashes!), stunning angel wings, lace robes, chic shoes, accessories, and more to create a look that's uniquely you.

Curious but not quite ready to commit? Book a no-obligation consultation with us to learn more about the experience. You deserve this!

[Click To Schedule](#)

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THANK *you*

Thanks for checking out this guide! Please send us your selfies if you dare to try the techniques to info@Lynettesmith.com

xo, Lynette