

MY STORY BOUDOIR



MELBOURNE · WHAT TO WEAR

Lingerie Guide

a cheat sheet for your wardrobe

WELCOME, BEAUTIFUL

Let's build your *perfect wardrobe.*

Congratulations on booking your boudoir session. It's going to be an amazing experience — and one of the keys to gorgeous images is bringing a wardrobe that is not only beautiful, but flatters your body.

This is your cheat sheet. It will help you shop, choose, and know exactly what to bring on the day. Read it through, save it, and lean on it whenever you're unsure.

And please — ask me anything, at any time. Helping you feel confident in what you wear is one of my favourite parts of the whole process.

MY ONE GOLDEN TIP

If you take just one piece of advice from me: bring a **body suit**. It's the easiest style to wear, the most flattering on every body, and it always photographs beautifully. Pack a few options beyond it, plus one look outside your comfort zone — you don't have to wear it, but you just might want to.



KNOW YOUR STYLES

The lingerie *edit*

Bra & panty sets

Endless gorgeous options. Fit is everything — go easy on heavy push-ups, and keep the area near your armpit smooth with no spillage. That reads beautifully on camera.

Corset

Cinches the waist for killer curves, usually with ties at the back. A little tricky to put on — don't worry, I'll help you.

Shapewear

Tight-fitting pieces that smooth and shape. Choose the beautiful kind that flatters — not the hide-it-away kind.

Teddy

A one-piece covering torso and crotch — like a bodysuit, but typically sheerer and a touch sexier.





KNOW YOUR STYLES

A few more *favourites*

Bodysuit — my number one

The piece I reach for most. The most flattering style on every body — it sculpts your shape and is wonderfully forgiving around the middle. Sheer or lace with heels and a plunging neckline is a total showstopper.

Bustier

Corset-style coverage with built-in cups for lovely support and lift.

Garter belts & thigh highs

Choose non-rubber stockings for garters — there's an art to it, and I'll teach you.

Slip

A dress made to be worn under a dress, often with built-in cups. Elegant and effortless.

BEYOND LINGERIE

Clothing can be *just as sexy.*

It sounds counterintuitive, but clothing is a fantastic option for boudoir. Think a hot leather jacket, ripped jeans and a sexy bra, an off-the-shoulder knit, or a sheer tee. Often just as alluring as lingerie — sometimes more.

An oversized white shirt, a partner's tee, a cosy knit slipping off one shoulder — these everyday pieces feel personal and effortlessly intimate on camera. We'll style them together on the day.

BONUS

Have an evening gown that's too glamorous to ever wear out? Bring it — we'll put it to gorgeous use. And feel free to mix: a bra with a full skirt, a tank with a lacy thong, high socks. Have fun, get creative.



Bring 3 to 5 looks.

Rather than packing everything, build a handful of complete looks you love. Here are five to inspire you — mix textures, coverage and colour so we have beautiful range on the day.



01 The body suit

My top pick — the easiest to wear and the most flattering on camera. If you bring one thing, make it this.



02 His shirt

An oversized or partner's shirt over simple lingerie — intimate and timeless.



03 The luxe robe

Silk or lace over a bra and undies — coverage that still shows your shape.



04 Matching set

A coordinated top and bottom — polished, playful and always flattering.



05 Cosy knit

An oversized knit slipping off the shoulder — soft, warm and inviting.

REMEMBER

Include a few colours, and one look that pushes you. Range gives us magic.

Choose the best *for you.*

MY NUMBER-ONE PICK

The body suit. It's the most flattering piece in the room. If you're ever conscious of your middle, a body suit is your very best friend — it smooths, lengthens and sculpts your shape while still looking effortlessly sexy. When in doubt, this is what I'll always reach for.

Show off your abs

Bra and panty sets are perfect. Choose a panty coverage you love and a bra that's special — something meant to be seen, not your everyday.

Need a lift

Resist the push-up urge. Demi-cup or underwire bras give strong support and a more flattering proportion. Good support beats padding every time.

A great tush

Cheeky or Brazilian bottoms flatter more than thongs. Many teddies and bodysuits are cut to show off your tush beautifully.

Legs for days

High-cut undies, teddies and bodysuits lengthen the leg — the higher the cut, the longer the line. Nude heels extend it further.

Arms covered

Long-sleeved bodysuits, or a crisp white button-down over killer lingerie. Comfortable, elegant, done.

Coverage, done right

Prefer more cover? Beautiful shapewear, slips, bustiers, corsets, or a lace robe over a set. With scars or marks, choose opaque fabrics that still show your shape — never hide under heavy fabric.

The *extras*.

Shoes

Bring at least one black and one nude heel — no ankle straps. More is welcome, and the higher the heel, the better.

Jewellery

Bring anything you love. I'll help you choose what flatters and suits the poses we'll work with.

Props

A piece or two that shows your personality is lovely — just keep it from feeling costume-y. Less is always more.

Colours

Most colours photograph beautifully. Avoid fluorescents; if you love red, choose a deeper, richer shade. Black is classic and suits everyone — and do bring a few different colours.

BRING A LITTLE OF YOU

A prop or two that shows your personality is wonderful — a guitar, a corset, a crown. Keep it from feeling costume-y, and remember: less is always more.



GUITAR



CORSET



CROWN



FROM ME TO YOU

*“Confidence is the best lingerie. Wear it —
and rock the world.”*

Bring the pieces that make you feel something, and we'll create images you'll treasure for a lifetime. You already have everything you need.

Michelle xoxo

QUESTIONS? ALWAYS

I'm here to *help*.

Unsure about a piece, a colour, or a whole look? Send me a message any time – styling you is my favourite part.

Michelle xoxo

0451 288 854 (TEXT)

HELLO@MYSTORYBOUDOIR.COM.AU

WWW.MYSTORYBOUDOIR.COM.AU

@MYSTORY_BOUDOIR · @MYSTORYBOUDOIROFFICIAL

FOOTSCRAY, MELBOURNE VIC