

BOUDOIR

BY PHOTO NOTTINGHAM





WELCOME TO BOUDOIR

Boudoir photography is undoubtedly the most rewarding thing we do as a studio. It's truly amazing to watch the transformation of a lady who's literally shaking with nerves in reception into the confident woman who strides out of the studio with a huge smile on her face.

The first question I ask is "What's your story?"

Lots of our ladies jump into a boudoir experience for a reason and I love to know what brought them to us. Our photographers, retouchers, makeup artists and designers have tailored every aspect of the shoot from the preparation to the finished portraits in your home and I'm thrilled to show you what that means to our clients in the following pages.

We're a really friendly team, so please pick up the phone if you'd like to talk things through or to arrange a coffee and a chat at the studio. Whether it's your first session or your fifth, we can't wait to meet you, hear your story, and create something special, just for you.

Let's do this!

Stuart McIntyre

STUART MCINTRE

Director/Owner

Photographers

Stuart McIntyre
Marija Davis

Hair & Make-Up

Sarah Vinter

Reception

Michelle Horton

Retoucher

Natalia Shymansky

Customer Service

Champion
Leigh Hutchinson

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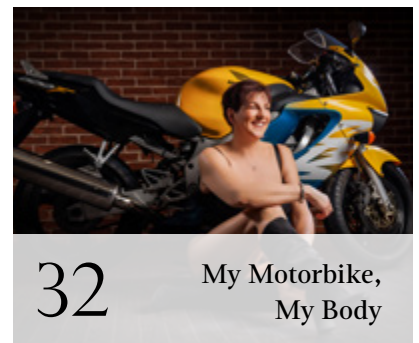
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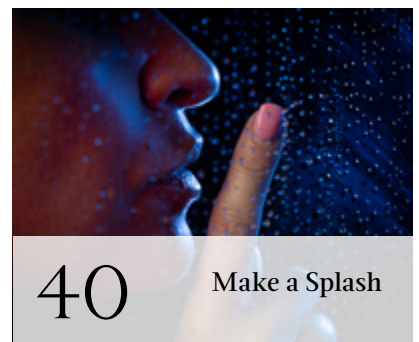
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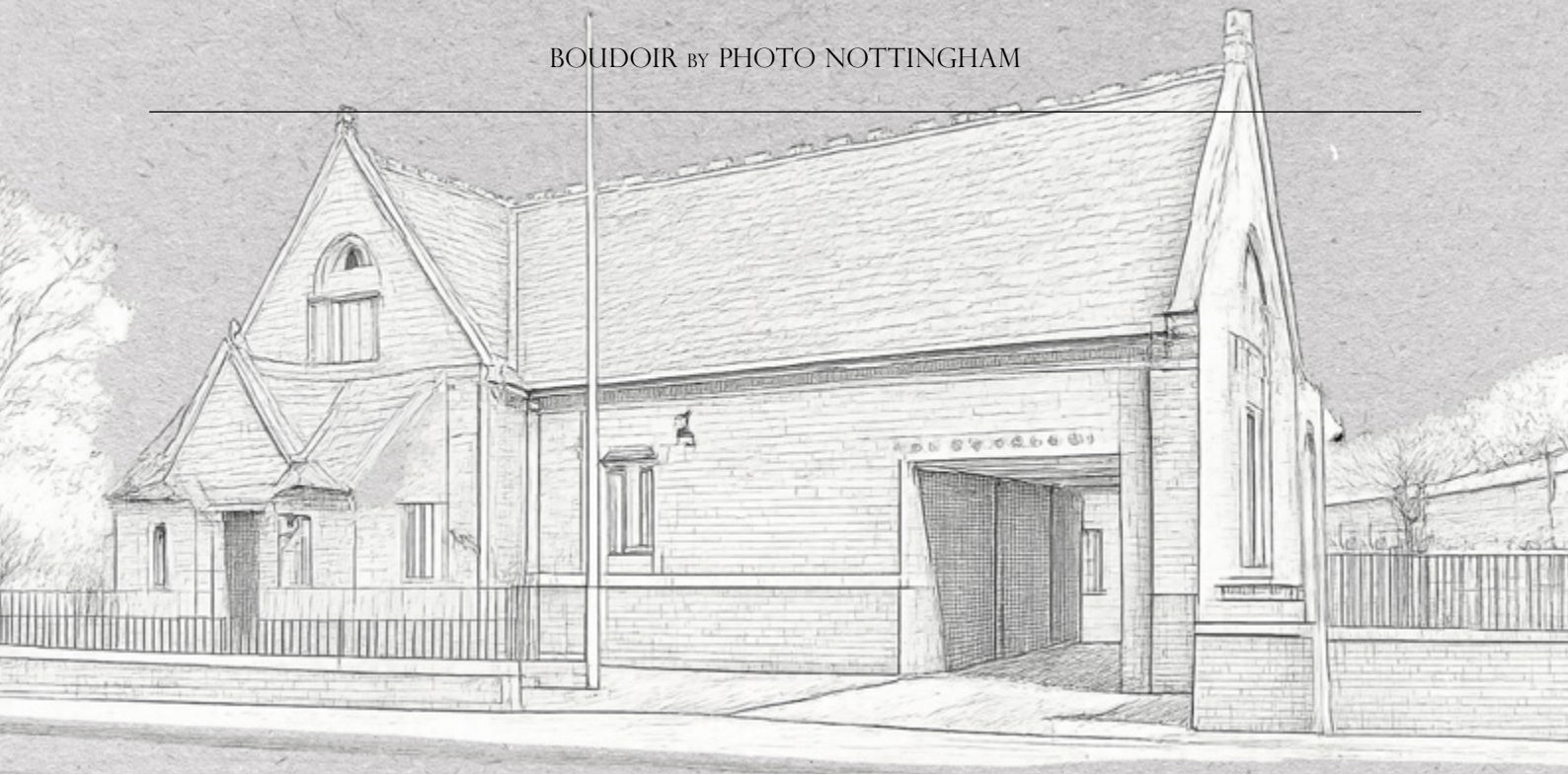
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Our NEW ERA

O Change has always been part of our story - the bold, beautiful kind that asks you to trust your instincts and step into something new. For us, that moment came when we left our city-centre studio and moved into an old school building, a space steeped in character and light. What once echoed with lessons and laughter has been transformed into something extraordinary - the new home of Photo Nottingham. Inside, the atmosphere hums with creativity. Every corner has been considered; every wall tells a story. We rebuilt our signature boudoir studio - intimate, inviting, yet sexy and dark - then added a brand-new space that feels like a complete contrast: modern, light, and ready for reinvention. Together, they form the perfect backdrop for women rewriting their own narratives.

Because that's what we do here. We create space for confidence to unfold - for laughter, for silence, for those fleeting moments where you see yourself differently, and something shifts.

This move wasn't just about more room or better light. It was about evolution. About giving ourselves - and the women who walk through our doors - the freedom to explore, to play, to feel confident to take up space.

And as always, we're dreaming bigger. Themed shoots. Personal concepts. Imagery that feels less like a photoshoot and more like a story being told - your story.

This is the next chapter of Photo Nottingham. A place for transformation, empowerment, and beauty that refuses to whisper.

We're old school — located at The Old School — and the life lessons here are simple: be bold, be yourself, and never stop learning how incredible you are.



“

have never felt so confident in myself until having this photo shoot. It's honestly the best thing I've ever done for myself. I've always lacked body confidence and thought I wasn't good enough... but that's completely changed now.

Thank you for giving me a new sense of self-belief and showing me how beautiful I truly am. I've never been happier in my life, and I'll be encouraging women of all ages and walks of life — if you struggle with body confidence, Photo Nottingham is the place that will change how you see yourself.

— Marijose —

”

CREATE YOUR OWN BOUDOIR STORY

You may be reading this magazine because you have already taken the first step and booked for your boudoir shoot, or you may just be thinking about taking the plunge. Either way, here's our guide to what to expect when creating your own boudoir story...

1. Book your boudoir shoot

If you are ready to take the plunge then you can either buy a shoot on our website or call Leigh to book into the studio. As well as finding you a suitable appointment slot, Leigh can answer any pressing questions you may have about the experience.

2. Join Ladies in Lace

Ladies in Lace is our exclusive private Facebook Group where a community of our wonderful clients is waiting to answer your questions. Many share their experience (and sometimes their boudoir portraits too) in this closed group. Of course you aren't obliged to share your own images but you may surprise yourself! This is the place to go to find out exactly what a boudoir experience entails, from those that have already been to us.

3. Discovery call

Before your appointment, Michelle will give you a call to reconfirm the date & time, and also answer any remaining questions you may have. Don't be surprised if we probe a little into the reasons for doing your photoshoot. Most of our ladies have a story to tell and we will love finding out about yours!

4. Shopping

The number one question we are asked is what should I wear? We have built up more than a good idea of what looks good over the years and you can read our advice on page 36. However, we would suggest taking out one of those wheelee suitcases, look through your wardrobe to see what you have and think of props and accessories you can bring to personalise your portraits. Throw it all in the suitcase and use your time at the photoshoot with your dedicated stylist to choose what will work best. We also find that a bit of retail therapy before your shoot and treating yourself to some new lingerie can be a real confidence boost!

5. One Week Before

Around a week before your shoot, think about visiting your hairdresser to tidy your hair and refresh any roots. Visit the salon for waxing to give your skin time to heal.

6. The Day Before

Paint your nails and moisturise well, or treat yourself to a manicure and pedicure. Wash and dry your hair, ready for tomorrow's styling. Pack your bag and check your travel plans to ensure that you know where you're going and that you'll arrive on time.

7. On the day – Arrival

Aim to arrive around 10 minutes' early for your appointment. Our friendly team will put you at ease from the second you arrive at the studio, and if that doesn't work the complimentary glass of prosecco is sure to help! Our new location in the village of Awsworth has a welcoming reception area and we will be sure to put your name in lights.

8. On the day – Make up & Styling

Don't worry, we won't expect you to get into your lingerie straightaway. First things first, your friendly stylist Sarah will take you to our dedicated make up area for your hair & make up consultation. Sarah will discuss with you how you usually style your hair and apply makeup at home, and agree with you a look for the photoshoot that will make you feel elegant & confident. Sarah often takes this time to have a chat with you about the shoot, what your expectations are and the look you are going for.

9. On the day – Shoot

Are you ready for your close up? Almost all of our ladies feel nervous at the moment they step out of the dressing room, but we work very hard to put you at ease. After a few minutes, we guarantee that you'll forget you are in your lingerie and totally relax. We try a number of different poses and outfits on the day to give you a variety of portraits to choose from. Sarah will be on hand to ensure that every detail is perfect from the tip of your toes to the curls in your hair. Don't worry if you've never done anything like this before, we will help you into flattering poses that make the most of your figure

10. On the day – Design Consultation

Once you have had your shoot, we guarantee that you will be feeling on top of the world. What better time to view your portraits than on the same day in our dedicated design consultation studio? See yourself on our big screen and choose the portraits that you love and want to display at home – or keep for yourself. Don't forget that all of our boudoir experiences include £250 to spend in the studio.

11. After your shoot

Once you've placed your order, our professional retoucher Natalia will make as many or as few tweaks to your portraits as we've agreed with you. Your products will be available to collect 3 to 4 weeks following your session. We love to see our Ladies in Lace return to collect their portraits!

Shhhh...

Having completed the experience, why not pass on the secret to someone you love who has their own story to tell. Our beautifully presented gift certificates make a wonderful present and include £250 to spend in the studio



SOPHIE'S STORY

First, Sophie came to us to celebrate her fitness journey. She was shy and couldn't quite see herself the way the world saw her. We were so pleased to help her to shift that mindset.

Since then, a beautiful friendship has blossomed. Sophie has returned to the studio on several different occasions. And when she came back to celebrate her post-baby body after the birth of her daughter, she became a living example of everything we believe in: that every woman is worthy of being celebrated in every season of life.

She used her boudoir session as a tool of self-love and acceptance—and we couldn't be more proud. Honestly, we could burst.

I first stepped into Photo Nottingham in early 2022, feeling a mix of excitement and nerves. From the moment I walked through the door, the team made me feel completely at ease. The experience was truly empowering, seeing myself through their lens gave me a confidence boost I never expected. The photos were stunning, and I walked away feeling radiant and beautiful.

Fast forward to their new studio, and a whole new chapter of my life. I had just had a baby. I knew I had to do another shoot, but this time, it felt even more special.

It was a celebration of my body's journey, my strength, and a reminder that beauty isn't about "bouncing back" but embracing who you are in every stage of life. The team was as incredible as ever, guiding me through the process with so much care and encouragement. The second shoot was a completely different experience but just as empowering, if not more.



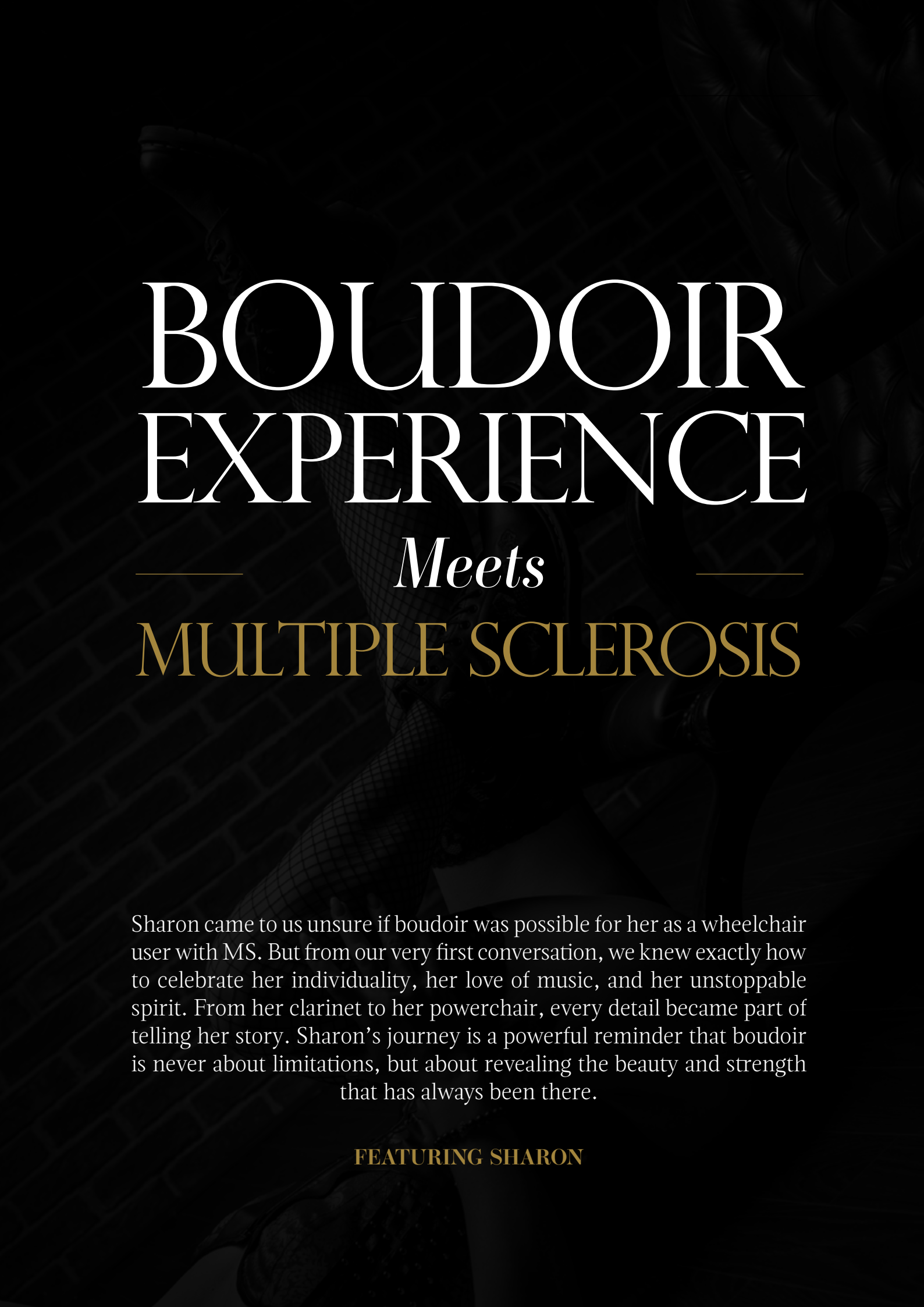




If you're thinking about doing a boudoir shoot, do it and don't be afraid to do it twice! No matter where you are in life, Photo Nottingham will make you feel like the most confident, beautiful version of yourself.







BOUDOIR EXPERIENCE

— *Meets* —

MULTIPLE SCLEROSIS

Sharon came to us unsure if boudoir was possible for her as a wheelchair user with MS. But from our very first conversation, we knew exactly how to celebrate her individuality, her love of music, and her unstoppable spirit. From her clarinet to her powerchair, every detail became part of telling her story. Sharon's journey is a powerful reminder that boudoir is never about limitations, but about revealing the beauty and strength that has always been there.

FEATURING SHARON

“

I'll be honest, the thought of a boudoir shoot for myself, a wheelchair user, with Multiple Sclerosis... How would that work? What about my difficulties getting around, getting changed, show casing outfits, and even more challenging, myself? The layout and accessibility at the venue? At that point the panic set in, but when I rang the team I was reassured by Marija that this was all a possibility. The team listened, really listened, and in that conversation began a spark of possibilities and enthusiasm within me. I booked the experience because as a wheelchair user I am often overlooked or often ignored by others when in public. My amazing partner encouraged me to go for it, for myself. He wanted me to see what he sees in me, not my condition or the effects it has on my physical and mental wellbeing, but my love of and the way I celebrate life.

Finding outfits that were comfortable, which were easy to change in and out of, and more 'out there' than I had ever imagined. I had no idea what to do, I called on my best friend, who is a lover of lingerie and we went to work on the challenge set out before us. This meant many afternoons talking about, looking at and laughing about the possible wobbling, wardrobe malfunctions or unsuitability of items ahead and feeling more comfortable with the idea of what I needed to do to achieve outfits which spoke of who I really am.

Arriving at the venue is a beautifully terrifying moment and fully accessible form parking to the building itself. The team are so lovely and had a welcoming sign and a tippie waiting for me. Hair and make-up were an absolute delight with Sarah she is so professional, gave me a lot of encouragement and comfort with my nerves. I do not wear a lot of product on my face and was worried that I may end up looking at myself and feeling as if I did not resembling me. As we all have from time to time after booking a make-over at a beauty counter... I had no need to be concerned as the make-up and hair style she created made me look and feel like a movie star. Even better, was the fact my skin (which usually reacts by drying out and becoming uncomfortable while wearing foundations and the such) felt so comfortable and looked just as good after the 4+ hours it took for us to travel home.

As an individual who has additional needs it was wonderful that the team had created a safe and comfortable environment not only for me but also for my support to work alongside me for wardrobe changes, transferring from set to set and even getting involved to change a whole room around to make it a setting for me and my individual needs. The team were on board, with me, rooting for me. They even added additional props from their wardrobe to compliment the outfits which were chosen for the shoot.





The altering of positional placement, changing full sets, patiently waiting the extra time it takes for me to change with the assistance I require. We even incorporated the things that feed my soul and bring me joy into the session.

Music has brought me many comforts and, in my younger years learning a brass instrument and playing in such bands took me to many places, meeting many people. The clarinet is an instrument I've recently enjoyed learning and playing. It is also easier to pack than a brass instrument, piano/keyboard, guitars or other musical interests I am fortunate to pursue. The atmosphere during this part of the experience was very special. A meeting of the arts, stage, photography and music.





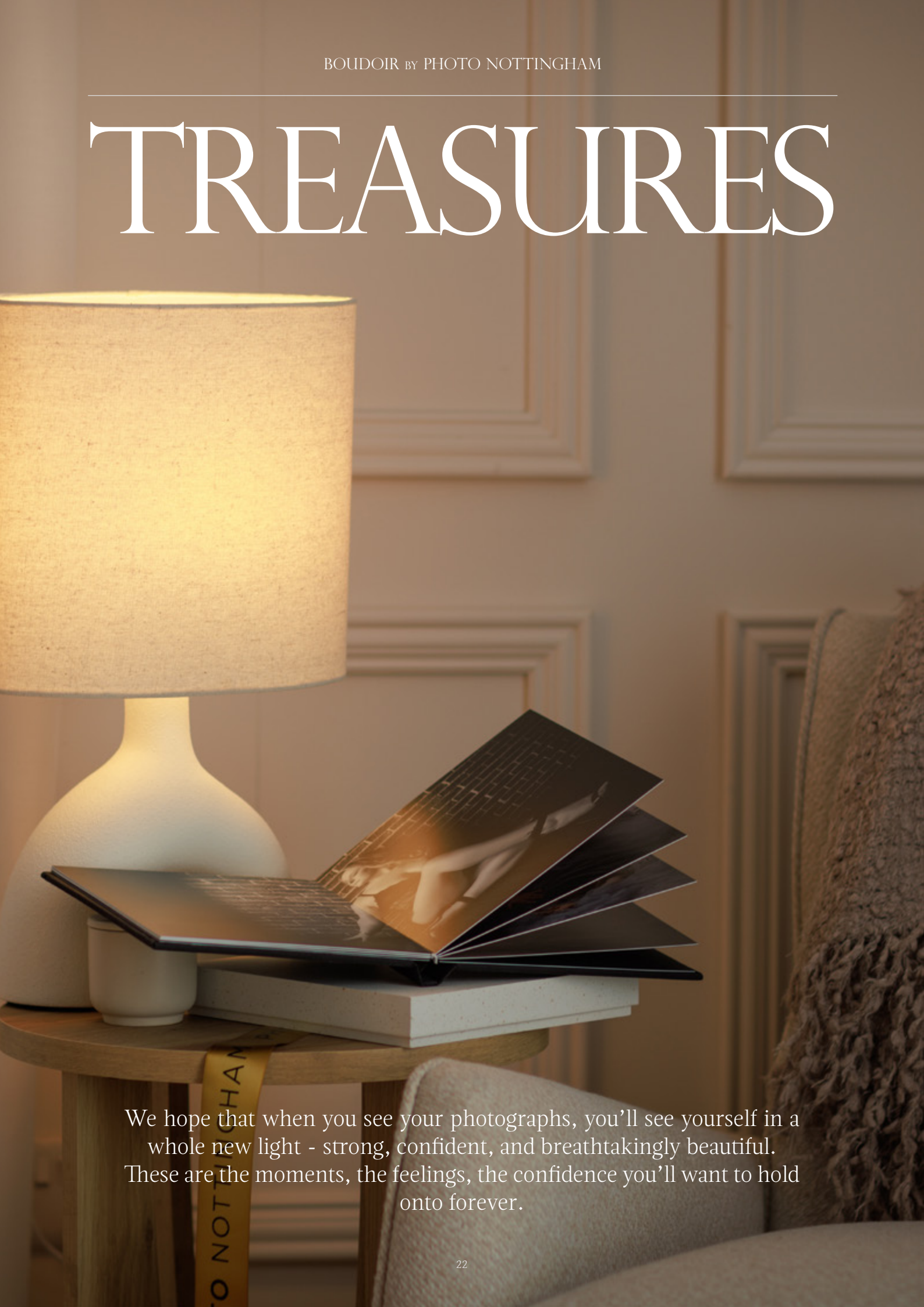
The most memorable experience was incorporating my travel powerchair in the photographs, a total set re-arrangement was required to make this idea to become a reality. The team were instantly on board with the whole thing. Marija had an instant flash of inspiration on this and all systems were go... The results of this shoot has been a continuous point of reference for me, they were stunning and an emotional surge of realisation of what I want to portray. I saw the person, me, outside of the chair. I saw my chair as I had never done... as a way to be more me. My independence, my own power. Thanks guys, I really needed that more than I realised.

The viewing of the photos afterwards is a very private and personal experience, I just wish someone had told me to take shares out in Kleenex because I would have personally boosted their stock prices up, the tears of astoundment when faced with my own image. Honest, full disclosure... I didn't even recognise my own photos standing on an easel in the foyer on my return. I was admiring the elegant and relaxed pose in one photo and the beauty of the eyes and smile of the lady on another when I heard Marija's voice say, "Admiring your photos?" I looked to see who the lady was who had such beautiful photos and on finding nobody else around, looked again at the easel and got the most wonderful shock of my life when I realised it was me. I'd stopped to look twice at myself!?!

The images captured were more than I would of ever dreamed possible. The honest testimony of both myself and my partner on our return to collect the album, and yes, yet more tears of joy and astonishment when viewing the finished product. If you want to find yourself under the layers of life, become a Lady In Lace... Do it! Do it! Do it!



TREASURES

A warm, intimate photograph of a bedside table. On the table sits a lamp with a white ceramic base and a large, textured, beige lampshade. Next to the lamp is an open photo book, its pages displaying various images, including a close-up of a person's face. The photo book is resting on a stack of three white books. A yellow ribbon with the text 'PHOTO NOTTINGHAM' is draped over the books. The background features a wall with a subtle, repeating geometric pattern. The overall lighting is soft and golden, creating a cozy atmosphere.

We hope that when you see your photographs, you'll see yourself in a whole new light - strong, confident, and breathtakingly beautiful. These are the moments, the feelings, the confidence you'll want to hold onto forever.

On the day of your session, we'll introduce you to our carefully curated packages, designed to fit everyone's styles and preferences.

Whether you choose a timeless album in a stunning finish or wall art that serves as a daily reminder of your beauty and strength, we are sure you'll find the perfect way to display portraits.



Can't decide between an album or wall art? You don't have to! Most of our packages include wall art credit, so you can have the best of both worlds.

Or, for something truly special, consider our most beloved collection - the Enigma Box. This luxurious keepsake holds 20 individually mounted, extra-large prints, each one ready to be framed or simply held in your hands whenever you need a confidence boost. And that's not all! The Enigma Box also includes a Quantum Card - imagine a sleek credit card with a naughty little secret! Simply hold it near your phone, and your beautiful images instantly appear. Now that's the kind of magic we love!





THE ART OF YOU

Your first boudoir session was likely a mix of nerves, excitement, and photographs that now stand as timeless proof to silence the mean voices in your head. You stepped in not quite knowing what to expect - but you did it. You took the leap, and you walked away with more than just beautiful images. You walked away with something far more powerful: proof that you are strong, you are beautiful, and you are perfect just the way you are.





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And something we hear time and time again – often when clients return to collect their albums – is this:

"Now that I've done it once... I want to do it again! But this time, I might even dare to bare."

That's where the second shoot becomes something truly transformative.

Usually the second photoshoot carries a different kind of energy. This time, it's not about proving anything.

It's about expressing who you are now – fully, freely, and without apology.

For some women, that means getting more involved in the creative planning, exploring new styling ideas, or choosing a completely different vibe. For others, it's about stepping into something more vulnerable and deeply personal – like nude or implied nude portraits.

There's something incredibly powerful about being captured in your most natural form. No distractions. No disguises. Just you – soft, strong, unfiltered. It's not about being provocative. It's about being present. It's about honouring the body that carries you through life every single day, with all its strength, curves, softness, and stories.

When you return for your second session, we'll begin with a personal consultation—because this time, you know how it all works, and you have a clearer sense of what you want. Some women want to continue their self-care journey with another treat and try our lighter, whiter, daylight Studio. Others get more creative, taking their experience to the next level by crafting striking, sensual artwork for their home.

And when it comes to turning your portraits into art, nude imagery holds a quiet, timeless beauty. These aren't just images to file away. They're statements. Heirlooms. Visual reminders of the moment you chose to honour yourself completely and say, This is me. And I am enough.

If you decide to dare to bare, during your consultation, we'll talk through what speaks to you. Maybe you're drawn to soft, airy implied nudes in the White Studio. Or perhaps you're ready to bare it all in a more sensual, artistic silhouette style. Whatever you choose, we'll guide you every step of the way to ensure your session feels empowering, elegant, and entirely your own.

So if your first session was the beginning of something... maybe it's time to discover what comes next.

You've seen a glimpse of yourself through our lens.

Are you ready to see more?

Because we believe everybody is a work of art.



LOVERS ESCAPE

For boudoir clients looking for something a little different, we can curate once in a lifetime experiences like the ones that we created for this special couple on location at Stubton Hall. The studio just didn't cut it for this couple for their second shoot, and so partnering with Terri England from A Fine Experience, we put together these incredible boudoir shoots bringing out their individual personalities and the chemistry they share.





REBECCA & ADAM'S STORY

Rebecca had been for a boudoir shoot with us previously and wanted to do a couples boudoir with Adam. We talked through some ideas and when Rebecca mentioned that she might like some portraits alongside Adam's motorbike, a few ideas started to form. We were all delighted at how the shoot went, and the backdrop of Stubton Hall created some stunning portraits for them to display at home.



MY MOTORBIKE, MY BODY, AND THE BOUDOIR SHOOT I DIDN'T KNOW I NEEDED



Sue came to us with a completely different - and slightly wild - idea! She wanted her motorbike to be part of her boudoir shoot. Even after all the planning and measuring, we didn't know for sure it would work until the night before... but when that bike rolled into the studio, we knew it was going to be something unforgettable.

FEATURING SUE

“ When my partner gifted me a boudoir session, I felt a mix of excitement and nerves. I had spent years on & off my fitness journey after spinal surgery, pushing myself to become stronger, healthier and more confident - but I had never truly taken a moment to celebrate how far I'd come.

From the very first conversation with Michelle, I felt completely at ease. She took the time to understand me, my personality and what would make this experience feel personal. That's when I had a crazy idea - what if we included my motorbike? It's a huge achievement in my life to get back on the motorbike after the surgery, riding represents my freedom & my confidence. I suddenly knew that if I was going to do this, I wanted my bike to be part of it.

I wasn't sure if it was even possible, but the team at Photo Nottingham didn't hesitate. They loved the idea and worked with me to make it happen. There was some careful planning, a bit of measuring, and my partner had to bring the bike into the studio the night before (talk about commitment!). But when I walked in on the day of my shoot and saw my motorbike set up, ready to go, I knew this was going to be something truly special.

Before my shoot, I was advised to choose the perfect spot for my wall art, measure the space, and really picture what I wanted to see there every day. Once I did, I knew the Brooklyn Collection was the perfect choice. Because I had already decided on it, Marija made sure to shoot with the final display in mind, giving me plenty of stunning options to choose from.

Knowing exactly where my images would go made the experience even more exciting. From strong, confident poses to softer, more intimate moments, every shot felt carefully thought through, coming together to tell my personal story in the most beautiful way.

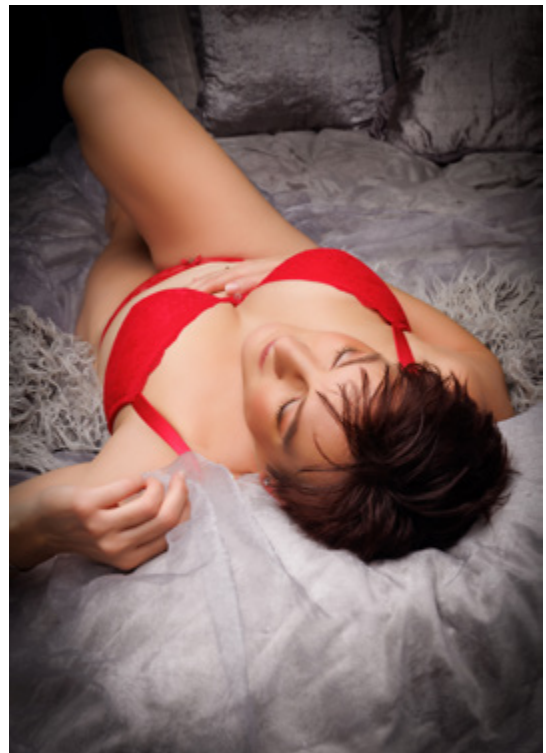
Now every time I see my wall art, I get that same boost of confidence I felt in the studio. It's a reminder of how far I've come, reminding me that every once in a while, I should do something just for me, rather than it all being managing work, home & general life.

If you've been thinking about a boudoir session, go for it. It's such a treat for yourself, and honestly, it's so worth it. You'll keep feeling the benefits long after—your confidence will keep on giving. Make it personal, make it bold, and trust the team to help bring your vision to life. Stepping out of your comfort zone might just be the best thing you ever do for yourself.





It doesn't matter whether its body, confidence or life issues the team are great and make you feel amazing! It's definitely something I love and never knew I needed until I had done it. Go for it!





WHAT TO WEAR

Bras vary dramatically in style, so choose something that fits well and suits your shape. Bralettes can be very pretty for petite ladies, whereas structured underwired bras are best for voluptuous ladies.



Knickers come in different shapes to suit your body; high-waisted designs smooth the tummy and add a vintage touch, whilst brazilians and thongs accentuate your bum.



Corsets are perfect for accentuating your hourglass shape. Longer lengths that overlap your knickers are more flattering for most, whilst under-bust corsets work well with a simple bra.



Basques streamline your figure and most have integral suspenders that look great with stockings. Look out for pretty detailing like sheer panels, lacing and ribbons.



Bodies smooth your shape and offer support to your tummy. Curvier ladies, make sure to choose one with underwiring to support your bust.



Stockings are undoubtedly a sexy choice, but don't forget to try them on and choose a style with a wide band at the top to keep a smooth line on your thighs.



High heels are essential for any boudoir photoshoot to elongate your legs, so dig out your favourite shoes that you can't walk in but are too beautiful to ignore.



Boots give an edgier look to any outfit and work brilliantly with black lingerie. Choose a length that suits your legs, from funky biker boots to sexy thigh-high heels.



Jewellery can complete an outfit and tell a story, be it chandelier earrings to add a touch of glamour or a long string of pearls for a vintage look.



Sexy accessories like a mask, handcuffs or a whip can be integrated into the photoshoot in a subtle way - so don't be shy if you'd like to bring them along.



Your partner's shirt can be worn over your lingerie or with nothing at all for a sensual, playful look. It could be his best work shirt or his well loved band t-shirt, choose something he'd like to see you in.



A robe or kimono offers a classic, elegant look and is really flattering. Choose silky material to skim over your body or sheer material for a racier look.



Your favourite jacket looks great over lingerie, be it a leather jacket for a rocky look or your smartest blazer for a classy yet mischievous image.



Props that represent you or your partner's hobby or career can really personalise your portraits. We've photographed ladies with an electric guitar, a samurai sword, a classic novel, riding boots and saddle, a motorcycle helmet, an Xbox controller.....





MAKE YOUR WALL ART UNFORGETTABLE WITH A BESPOKE PHOTOSHOOT

If you're looking for a wall art piece that is bold, unique, and truly personal, our pre-arranged wall art photoshoots are the perfect way to create something extraordinary. These sessions are designed with impact in mind, turning your passion, personality, and style into a breathtaking statement piece for your home.

Over the years, we've collaborated with our clients to create some truly show-stopping themes, and we're always happy to bring them to life again:



We'll even install your wall
art collection for you -
completely free of charge



A woman is shown from the waist up, posing in a shower. She is wearing a black, possibly wet, swimsuit. Her skin is covered in water droplets, and the background is a dark, textured surface also covered in water droplets. She has one arm raised high, and her head is tilted back. The lighting is dramatic, with a strong blue light source from the right and a warmer, reddish light from the left, creating a high-contrast, artistic effect.

MAKE A SPLASH



Bold, dramatic, and breathtaking. Water-themed photoshoots add a whole new level of depth and emotion, making for some of the most jaw-dropping wall art pieces we've ever created.



BOUDOIR BY PHOTO NOTTINGHAM



GATSBY'S MUISE



A LOVE AFFAIR *with* MUSIC





CHECKLIST

Here are some key things to do and to think about to help you prepare for your photoshoot. However, if you're ever unsure or want some advice, please call us on 0115 924 3995.

Once you've booked in:

- ☐ Read our advice for choosing what to wear - see page 36
- ☐ Look through your wardrobe to see what you have and think of props and accessories you can bring to personalise your portraits
- ☐ Go shopping and treat yourself to some new lingerie!

The week before:

- ☐ Visit your hairdresser to tidy your hair and colour roots etc.
- ☐ Visit the salon for waxing to give your skin time to heal
- ☐ Try on all your outfits to make sure you're happy with the fit etc.

The day before:

- ☐ Paint your nails and moisturise well (or treat yourself to a manicure and pedicure)
- ☐ Wash and dry your hair, ready for tomorrow's styling
- ☐ Pack your bag and check your travel plans e.g. train times or taxi

The morning of your shoot:

- ☐ Exfoliate your body in the bath or shower and moisturise well
- ☐ Cleanse, tone and moisturise your face - don't wear makeup if possible
- ☐ Don't starve yourself, have a healthy breakfast and/or lunch before your shoot

BOUDOIR BY PHOTO NOTTINGHAM



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