

# **Preparations for Best Styles for Your Body Shape Class**

# Message from the Instructor, Candace Sanborn Thank you for signing up for my Best Styles class! I am excited to show you the most flattering clothing styles for your body and face shape. Since this class will be offered remotely instead of in-person, there are a few things you need to do to benefit from this class. If you have any questions, please contact me at 576-7500 or [candace@radiantimage.me](mailto:candace@radiantimage.me). I look forward to meeting you soon!

Technical & Lighting Requirements

You will need to participate via video for this class so that I and others can see and hear you. This means you ***need a computer or device with a camera and a microphone***. You will be emailed a direct link to join the class, so all you need to do is click the link to participate.

Lighting  
Please be in a room with good lighting. Please avoid windows behind you as the glare from the light will make it difficult to see you.

Needed In Advance

1) Prior to class, please email the following three photos to: [candace@radiantimage.me](mailto:candace@radiantimage.me). You can simply use your phone’s camera and either take selfies or have someone else in your home take them for you. *Please make sure there is no bright light from a window or light shining on you as it makes it hard to see your image.* *If possible, please take the photos in front of a solid wall or backdrop.* IF YOU WEAR GLASSES MOST OF THE TIME, PLEASE WEAR THEM EXCEPT WHERE INDICATED BELOW.

* *Full body shot* – So that I can see your silhouette and determine your body shape, please provide a photo of yourself from a distance wearing clothing that is not baggy. **Please take photo facing the camera.** If possible, have someone else take it of you.
* *Face shape photos* – REMOVE GLASSES. To determine your face shape, please pull your hair off of your face (no bangs or hair showing, i.e., use a headband) and take **two photos** of your face. **Please wear a lower neckline so that your neck is open with no clothing showing.** *Take photos with enough distance so I can see to the base of your neck.*
  + *1st photo* - Look straight at the camera and take a head shot
  + *2nd photo* – Take a photo of one of the sides of your face so the jawline can be seen

2) Please complete the brief Best Styles questionnaire.

**Please send photos and complete questionnaire no later than 2 days prior to class.**