



7 Essential Headshot Tips for Men

Be well rested for your headshot session.

Jet-lagged is not a look that inspires confidence. Schedule your session for a day that allows you to show up when you're well-rested. It will show.

1. Express yourself

Don't practice your smile. Be yourself and address the camera with confidence and good humor. Present yourself as a unique individual with character and personality, not the person you think I think you should be, not the person you think your kids think you should be. Just be yourself. Your photographer will guide you in expressing your confidence and approachability.

2. Get your hair cut a week before your shoot

Getting your hair cut several days before your shoot will give it time to grow in and look casually well-groomed.

3. A touch of grey

Don't be self-conscious of salt and pepper. Men really do look more distinguished with a touch of grey. If you're going to have your hair colored, even if it's just a wash to tone down the grey, do it two weeks before the shoot. A little wear on the color will make it look natural.

4. Shave and trim beards, nose, ears, and eyebrows

A friend of mine once joked that as men grow older, we don't actually lose our hair. It just migrates south. Trim your ears, nose, and eyebrows carefully.

Some men look fantastic with two or three days of beard growth. If you like a little scruff, do a set with the beard, then shave at the studio and do a second set.

5. Exercise the day of your session

You want to be pumped, primed and ready!

6. Moisturize liberally

Moisturize two or three times a day and drink seven to ten glasses of water per day for three days before your session. Well-hydrated skin has a deep, healthy glow and will soften the edges of your smile lines.

7. Don't put too much pressure on yourself

It's not your job to look good in your headshots; it's your photographer's job to make you look good. Give yourself the time you need to feel comfortable in front of the camera and get into the flow of it. Even experienced actors and models need time to warm up.