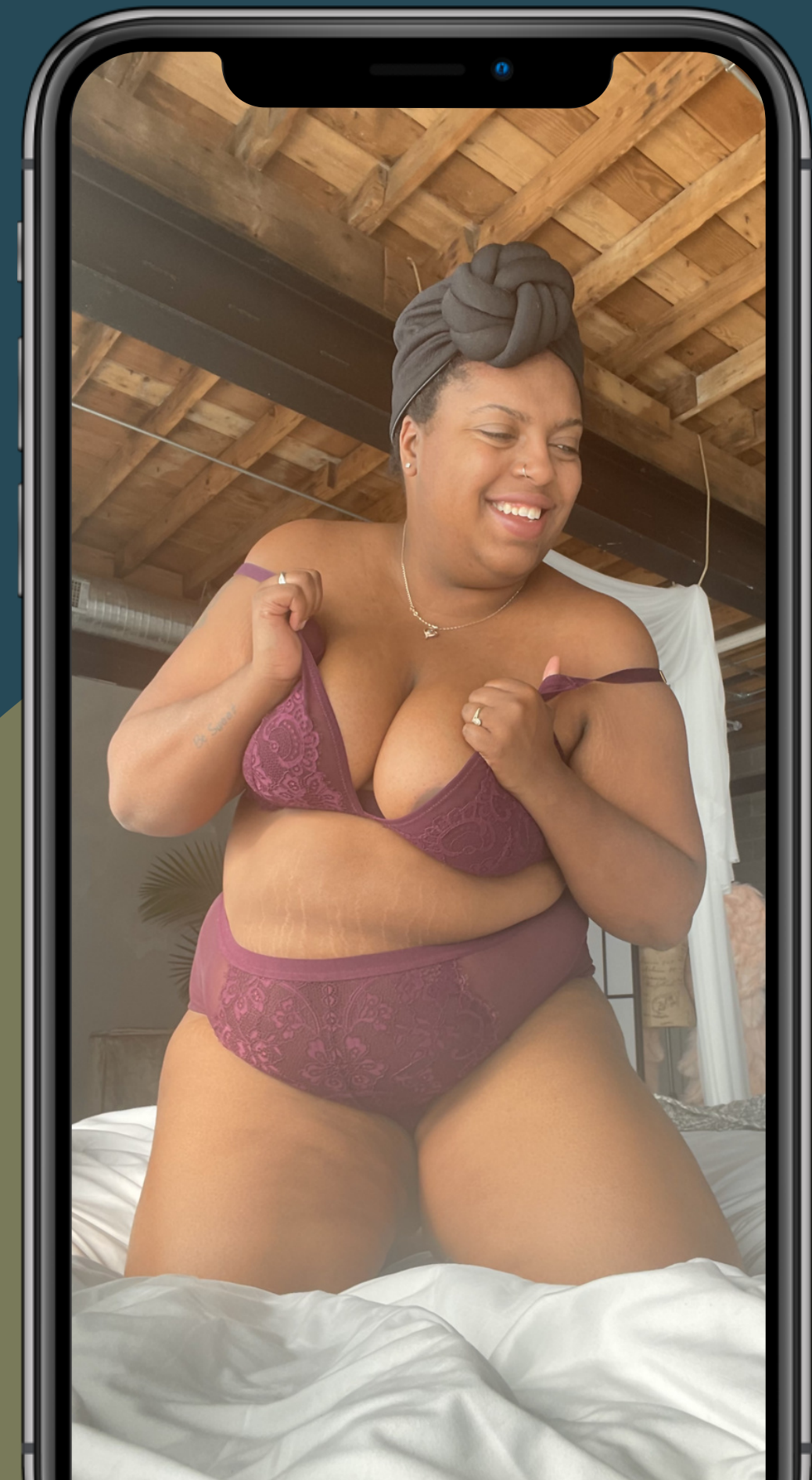


# *Sexy Selfies*

A GUIDE TO SLAYING THEM





# First, find your outfit

You can wear something as simple as your favorite matching bra and panty set. You could also grab your favorite undies and go topless. If you love lingerie check out my [free guide to picking lingerie](#).

In the mean time, here are my 3 favorite online shops:

[Love, Vera](#)

[Fashion Nova](#)

[Playful Promises](#)



crop top + panties

crop top from target  
panties from torrid



Lingerie Bodysuit

From Torrid



bra and panty set

From TomboyX



# Second, you've got to find your light

If you've watched America's Next Top Model even once you know what this means. For everyone else, it just means find your light source.

Your light source dictates the mood & style of your selfies. Go to your desired selfie room and make a note of where all your windows are then come back here.

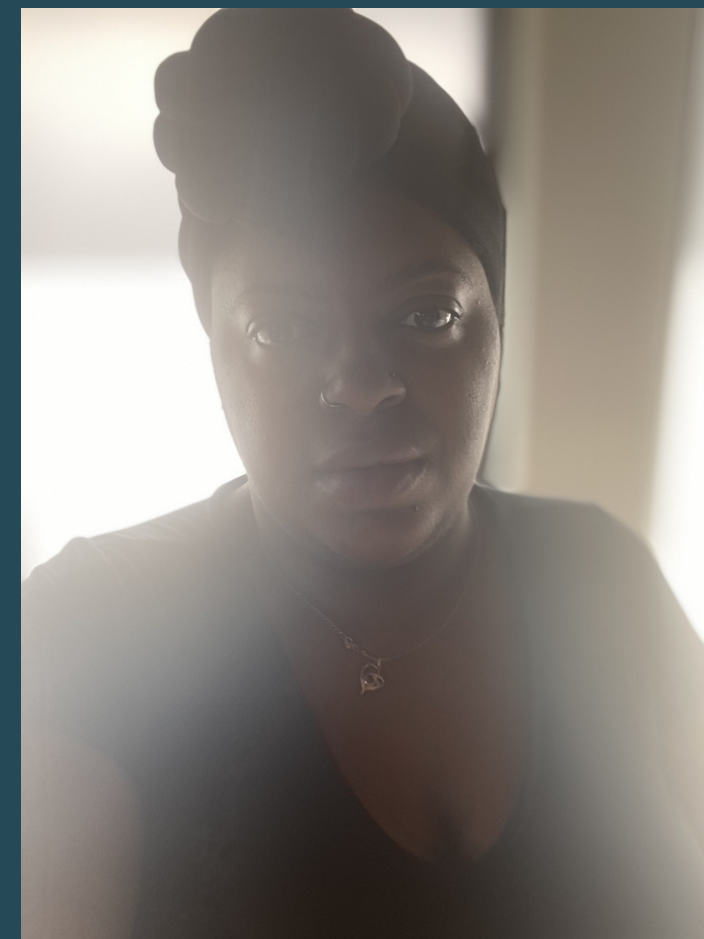
(try to guess where the light comes from in all the images in this PDF for practice)



window in front



window to my right



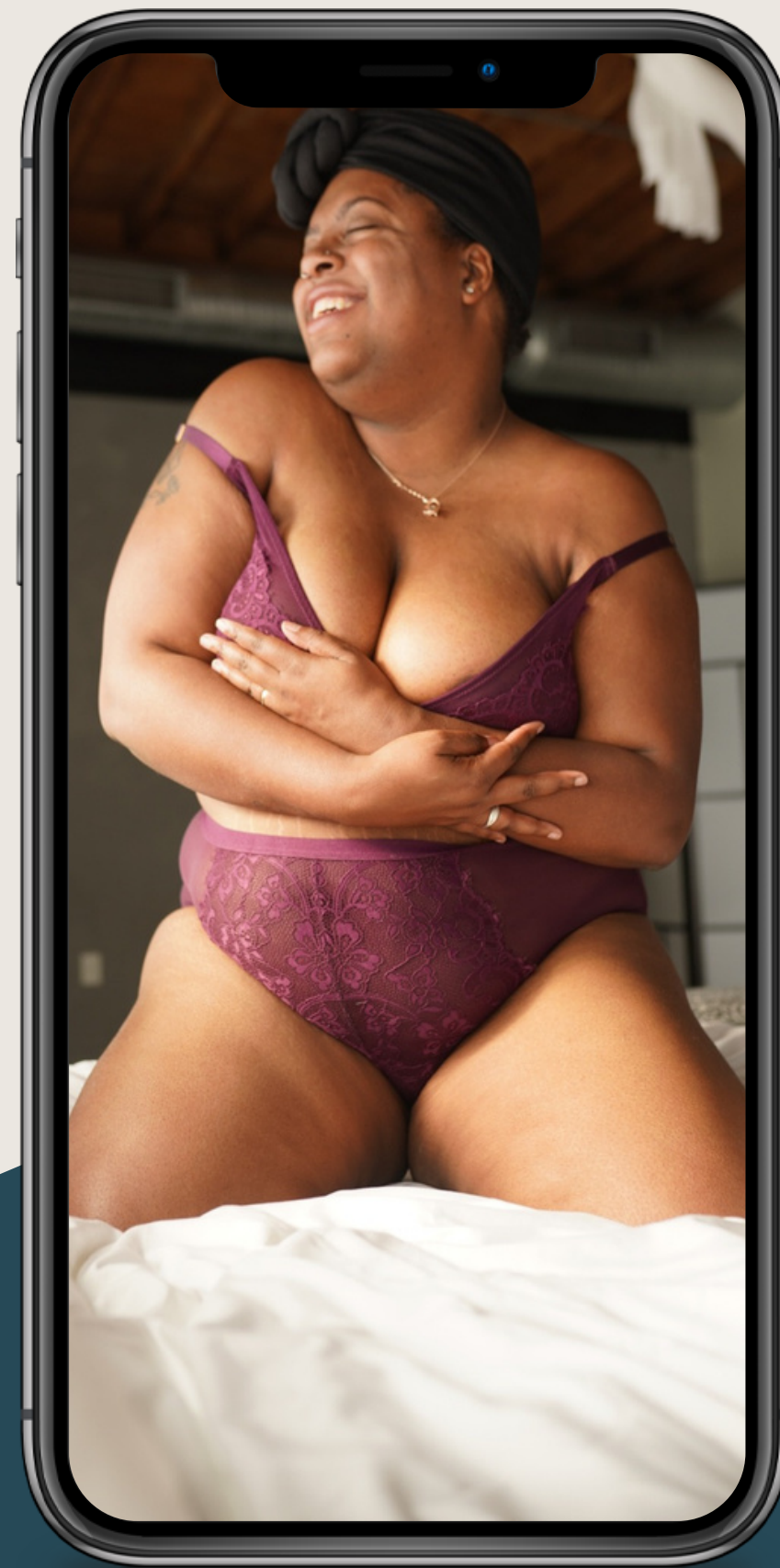
window behind



window to my right

Some of these photos are taken with my iPhone and some are taken with my professional camera. Use whatever you've got, they're all amazing tools.

Set the self timer, find something stable to put your phone on (a table, a stack of books, whatever) and get creating!







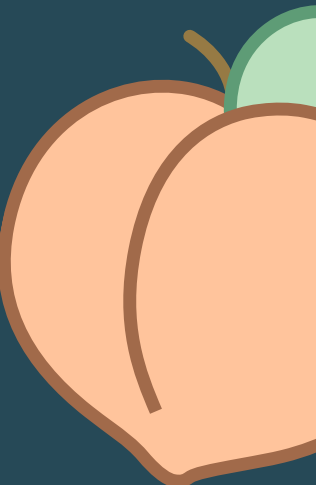
# Expression

I tried a couple different smiles, and some more serious faces for variety. Some with my arms up, proudly showing some scars I have and some showing off a tattoo or sexy shoulder instead.



# Get creative

I posed myself with a window to my front left (can you see the bright/highlighted parts of my photos?) I grabbed the biggest plant I have and put it + some leaves in front of me to distract you from how busy my background is and I made myself the majority of the frame. The light is bright so it works a bit better as a "happy" pose" but the sultry doesn't look bad.







# Edit your images

There's a decent amount you can "fix" just with some creative editing.

FaceTune 2 (Paid only)

Afterlight (Free with Paid upgrades)

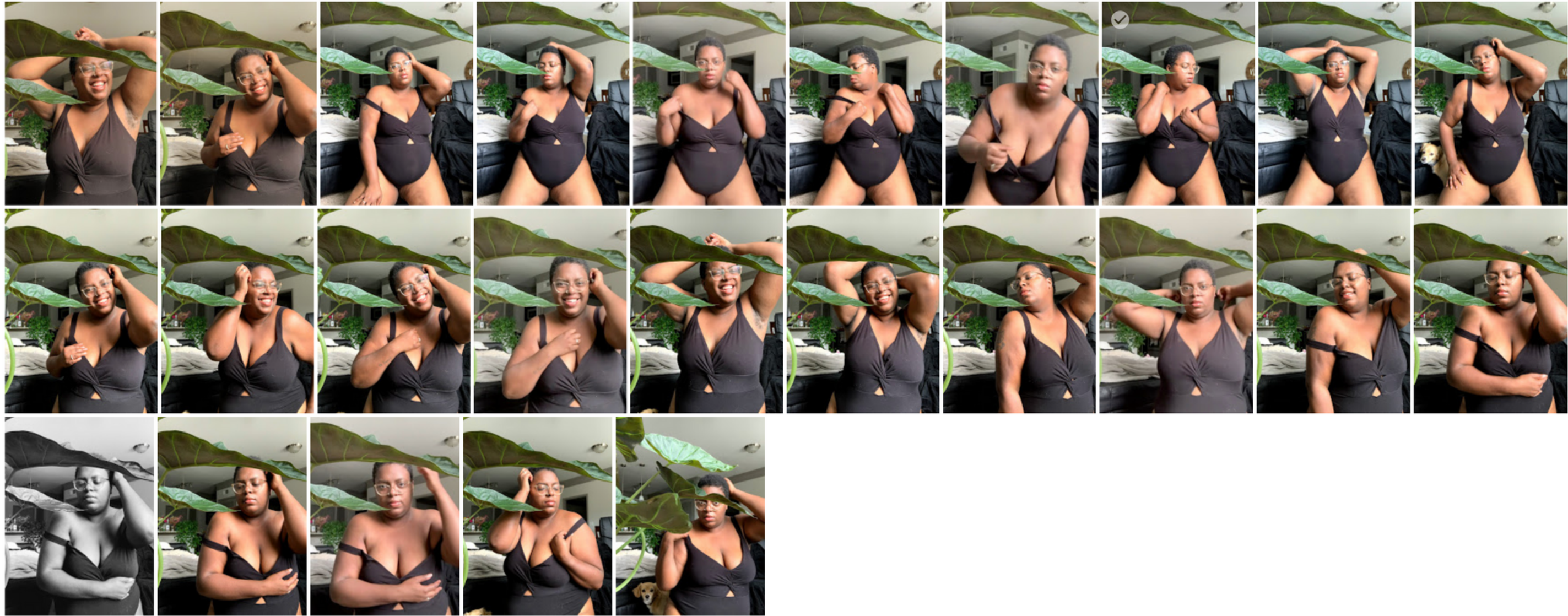
ColorStory (Free with Paid upgrades)

Photoshop Express (Paid Only)

**Don't overlook something as simple as using filters on Instagram and using that as your filter/edits. Some people love to be filter free, some people don't. That's a choice you have to make.**



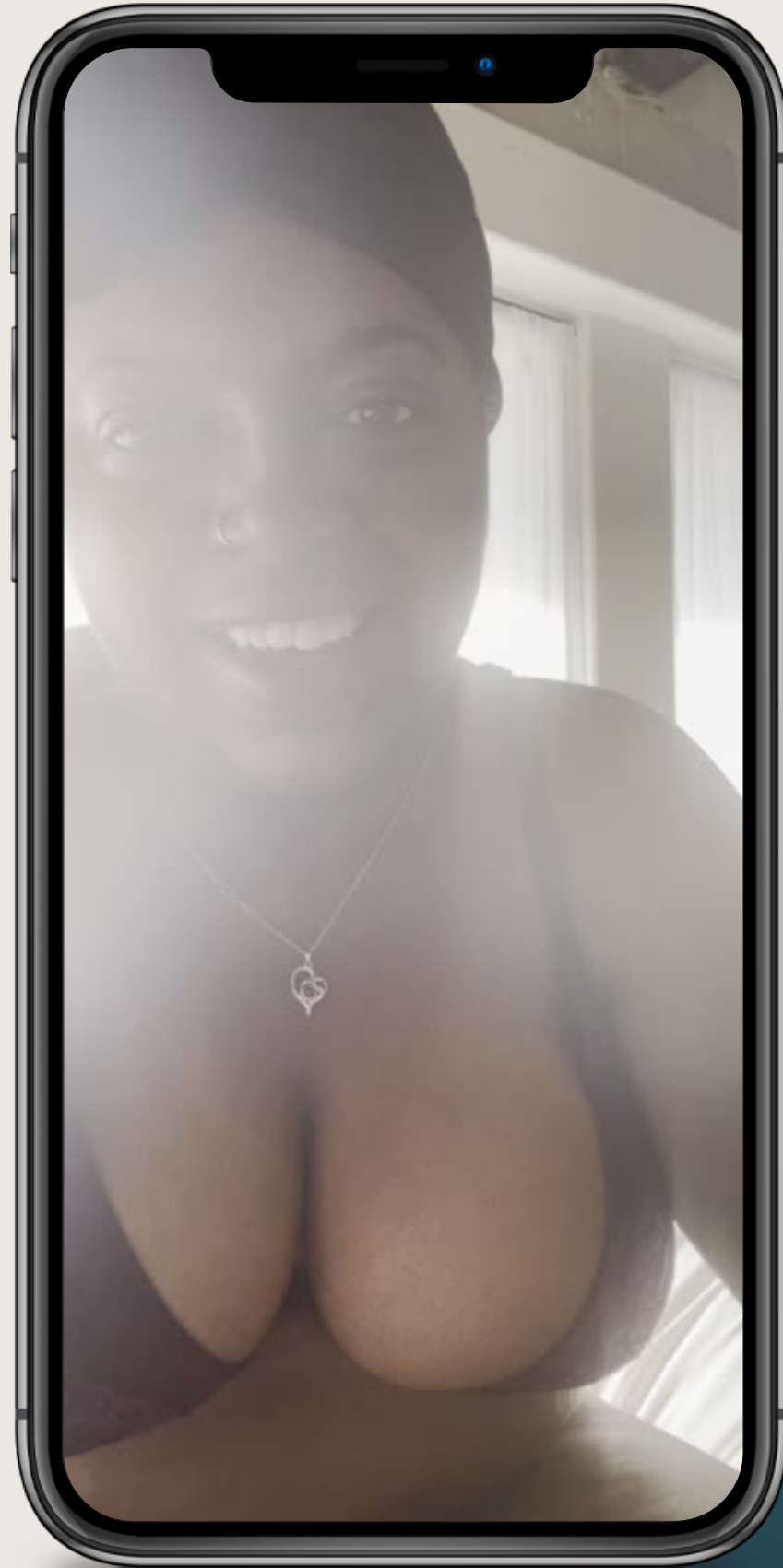
✓ Sun, Aug 9, 2020



Be okay with "failing". These are all the photos I took and some of the angles were not my favorite. Some of the poses also weren't for me. but I just kept changing things up and doing more. and got a handful of these to work for me.



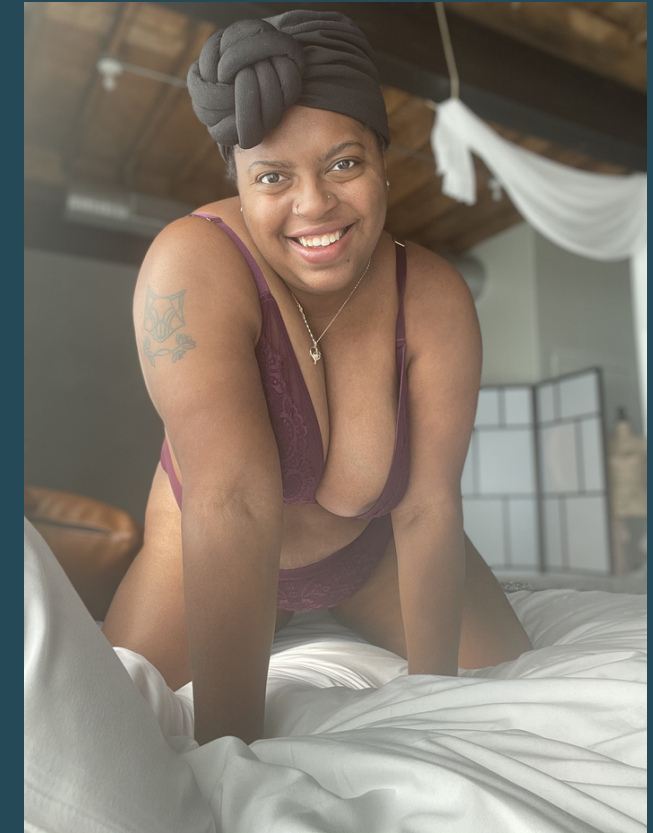
# motion matters



Click the video in the phone to watch me take this photo. Sometimes, motion is literally all you need to look and feel more natural than you normally would. This is a classic angle and if you've got more than one chin? So do I. Embrace it or put that chin forward to minimize it.

(Use [this link](#) to open the PDF online and view the video)





Beds and mirrors do WONDERS. From Left to Right & Top Down:

- 1) Pull your bra straps down around your shoulders. Either hold them and prop up your chest or put your arms under your chest for some lift. Look down and either look sultry or smile.
- 2) Roll onto your side but not completely. Slide your top leg forward to give you a little more shape. Throw another arm behind your head.
- 3) Find your full length mirror. Sit back on your feet and arch your back as much as you can (obviously mine is not very much)
- 4) Spread your knees as much as you are able/comfortable. Stagger your arms so one is closer than the other and push your shoulder forward.
- 5) Lay on your stomach, make your whole body visible and push up that booty.







(From above page, left to right)

Use your couch as well or anything you can lean against.

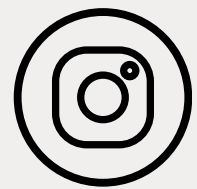
- 1) Pull your crop top down to create cleavage or if wearing a full size shit pull from the bottom and hold in the middle of your body.
- 2) Straps down again, looking down towards your shoulder/cleavage
- 3) Stretch across the couch showing your wholeeee body. Don't be afraid to throw an arm over your head and tilt your head towards that light
- 4) Elbows on the bed, couch, whatever you've got. Arch that back again, look at the shoulder
- 5) Turn your knees in as much as you can, sit back on your heels and arch that back. Make sure your underwear is giving you a wedgie
- 6) Bring one elbow to the bed. Sit on your hip or on your knees, tilt your head in and your hand can go limitless places



I used this ladder + two of my studio albums to rest my phone against for these photos. On the bed, I leaned them against the potted plant you see here.



# A chance to win a \$50 gift card



follow me on instagram @goodbodieskc and tag me in the comments telling me to come find your sexy selfie! Look for the post announcing this guide. Tag a friend who might want the guide as well!



January 23rd I'll draw a random name to win a \$50 Amazon Gift card!



# Bonus video + Tips



Created for my [Facebook VIP Group](#) & twitter friends completely free during a sexy selfie challenge we held in the group

- Turn on your favorite music so you have something to move and groove and be happy to
- Not feeling real smiles? Do some fake giggles and a real one will pop up and surprise you.
- Use your front facing camera and **TURN ON THE TIMER**. Give yourself 10 seconds and do a few dances if you feel awkward waiting. It'll catch authentic smiles too.
- If you can't view this video, it's because you're using the PDF. Use [this link](#) to view online and watch the full video!
- If you've got portrait mode, use it to make everything look even cleaner and bonus points if you can change your aperture (it's what makes the background all blurry in professional photos)

[iPhone 2](#) | Android + Google phones also have this ability but I could not find a dedicated article!





Questions?  
Comments?  
Let me know!



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