

A black and white photograph of a woman with long, wavy hair, wearing a black lace bodysuit. She is sitting on a wooden bench or bed frame, looking down and slightly to the side. Her right hand is resting on her hip, and her left hand is near her face. The background is a plain, light-colored wall.

TAMMY TARABOLA
photography

YOUR GUIDE
TO

WOMEN'S

Intimate Portraiture



AUTHENTIC

CREATIVE

PASSIONATE



James Diaz Photography

CREATING *emotive* VISUAL ART WITH
AUTHENTIC AND PASSIONATE
CLIENTS IN A *storytelling* STYLE OF
HUMAN *connection*
AND LOVE

Welcome!

I'm Tammy, the owner of Tammy Tarabola Photography.
I'm a native of the Virginia coast where I grew up near
the beach, always wanting to be outdoors. I am a proud
wife of a law enforcement officer and mother to 3
wonderful children and am so grateful to live this life.

I'm here today, a corporate dropout on a mission to relish what is most important in life,
to create artistic images that move people, and to give my clients the experience of
photography with purpose by visually telling their stories.

NEW JERSEY

NEW YORK



WOMEN'S INTIMATE PORTRAITURE

You're here because you have an interest in an intimate portrait session either for yourself of someone you love. And I'm here to help you through every step as we create together.

We are complicated beings and change over time but when we choose to authentically document who we are today, we celebrate the person we are and preserve our truths and uniquenesses.

An intimate portrait session is a gift to both your present and future self.

WHAT TO EXPECT

in addition to having *fun*

Your session will begin with a consultation, usually by phone but we can also meet in my home office. We will exchange thoughts and I will answer all of your questions. Then, we'll book your appointment which will require a booking fee (also known as deposit).

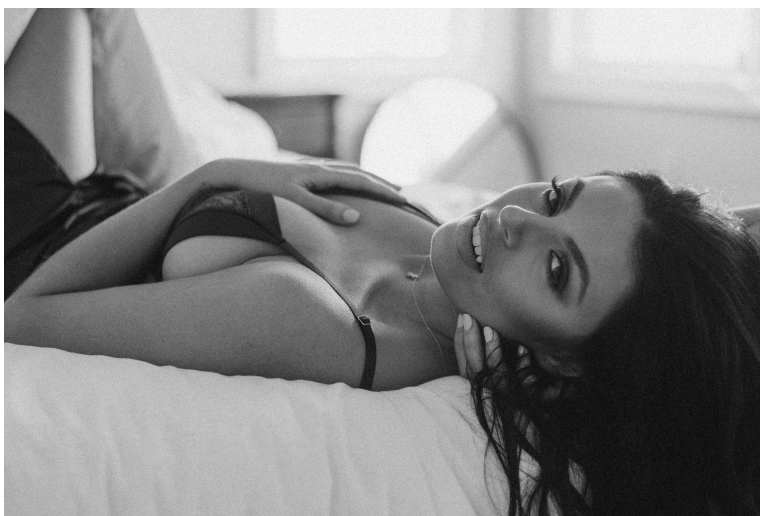
Leading up to your session, I am available to help you select your wardrobe and will continue to answer any and all questions you have. I also encourage you to share images that you love. We can have a Pinterest board together if you'd like. This helps to ensure we are on the same page.

Sessions typically take place in your home using only natural light. When it's time for your session, I will encourage you to play your favorite music, talk, and to have a glass of wine (or a scotch) if that helps you relax. Remember, we will work as a creative team.

After your session, I will retouch your images and will apply my signature, creative editing, all done by hand. During that time, we will schedule your reveal and ordering session which is a time when we get together to review our beautiful creations. Final images will be ready in approximately 2-3 weeks after your session.

During your reveal and ordering session, you will select your favorite images or decide to purchase the full gallery. At this time, you will also have an opportunity to purchase finished products such as an album or fine art prints and I will care for your purchases from ordering to delivery. Allow up to 6 weeks for your products to be delivered.





FAQ

HOW LONG IS THE SESSION?

Your session will be about 1 hour to 1.5 hours.

DOES THE SESSION INCLUDE A HAIR STYLIST AND MAKEUP ARTIST?

The short answer is no. And here's why: this session is about authenticity, the real YOU. If you do not usually wear makeup, then why have it done for your session? Yes, a little mascara can go along way, but there's no requirement to alter your whole appearance. You are beautiful and loved just as you are and your significant other would say the same. If professional makeup and styled hair are your things, then by all means, do you. I know experts who know exactly how to help and I'm happy to offer recommendations.

SHOULD I BUY NEW CLOTHES AND LINGERIE?

Definitely not necessary. In fact, many of my clients choose to wear their favorite items to keep it real. However, if your spending money is burning a hole in your pocket and you're dying to have some new, fun items to wear, then go for it! We will talk about wardrobe ideas as well items that may make good props for impact. It's important to wear something that matches your style and personality and that makes you feel confident.

SHOULD I GET A SPRAY TAN?

While having a spray tan is not a necessity, I completely understand that it can help some women feel more confident (myself included). If you decide to, I suggest a shade that would look natural for your skin tone and I have a wonderful professional I can recommend. I do, however, encourage you not to schedule your session when your summer tan lines are in full affect as they can be a distraction to your natural beauty. Unless of course, the goal is to capture your love of summer.

FAQ

WHAT IF MY HOUSE ISN'T PHOTO WORTHY?

Sometimes clients' homes/apartments are undergoing construction or perhaps it's impossible to schedule a time when no one is home. In such cases, we will discuss alternatives like asking a friend if you can use her space, or you may want a hotel room. We can also explore the option of reserving an apartment or studio space that is available for rent for such occasions.

WILL I HAVE TO BARE ALL AND GET NAKED?

Absolutely not. I encourage you to show as little or as much as you are comfortable with. I do offer fully nude sessions as well.

WHAT IF I FEEL LIKE I NEED TO LOSE WEIGHT BEFORE MY SESSION?

I get asked this often and the answer is: you're beautiful and ready just as you are. While some women are proud of their weight loss journeys, it is absolutely not necessary to lose weight before your session. We will discuss your insecurities (if you have any) and ways to minimize them. For example, bed linens and window sheers can be used to providing a slimming effect. The same is true when experimenting with light and shadows. I will show you the images as we go along so that we can make adjustments if something doesn't feel right. I got you.

HOW DO YOU EDIT/RETOUCH THE IMAGES?

I use Adobe Lightroom and Photoshop to retouch your images. Examples of portrait retouching include removing blemishes and bruises, skin smoothing and teeth brightening and sometimes the occasional hair flyaways. I can also remove small tattoos and scars in most cases. Retouching does not include things like complete body reshaping, head swapping, or major altering of clothing. However, if more extensive editing is required, I am happy to accommodate for a small additional fee, depending on the nature.

In terms of creative editing, images are provided in color and/or black and white. Some editing processes include the use of color grading, artistic blurring, and removal of background objects. I also adjust elements like white balance, exposure and contrast to achieve my vision.





PRICING

WOMEN'S INTIMATE PORTRAIT SESSION

\$800

(\$400 booking fee, \$400 due at session)

Your session will be about 1 to 1.5 hours

INCLUDES

Phone or in-person consultation

Complete portrait retouching and signature creative editing

Personal online gallery for viewing, downloading, and sharing your images

25 high resolution digital files with option to purchase full gallery of 50+ images for additional \$400

Complimentary keepsake video in HD

In-person or virtual reveal and ordering session

Album design (if purchased)

Optional a la carte finished products





FINISHED PRODUCTS

BESPOKE HEIRLOOM ALBUM

Archival fine art rigid pages with velvet matte finish. Archival inks, lay-flat seamless design. Minimum 10 spreads, beautiful options, debossing. Additional spreads and upgrades such as water-resistant coating are available.

starting at \$800

FINE ART PRINTS

100% cotton rag, museum-grade, archival inks, matted and mounted. Beautiful wall art. Larger sizes available.

16 X 20 \$400 11 X 14 \$325 8 X 10 \$250

CUSTOM FRAMING

Genuine natural finish with natural grain. Gallery paper backing. Ready to hang with hardware installed. Includes print, matted and mounted, and acrylic protection.

starting at \$350

KEEPSAKE PRINTS WITH ENGRAVED BOX

4x6 archival prints with unique linen texture, coated for protection presented in a handmade keepsake box with engraved lid and display. White boarder optional.

starting at \$350

SALES TAX ADDITIONAL

ALL PRODUCTS ARE PROUDLY MADE IN THE USA

LOVE NOTES

from clients

Words can only brush the surface! My plan was to give the box of prints to my husband before our wedding, but this gift turned out to be equally as much for me as it was for him. This photo shoot was my first, of many, experiences with Tammy. I never thought I'd feel comfortable in my own skin to do something like this, but I was immediately proven wrong. The whole experience from start to finish made me feel so empowered, confident and beautiful. She and her beauty shine through in every photo. Every woman should have this opportunity!

Katie

I love, love, LOVE them all! Thank you for making me feel beautiful, strong, and capable. These are so much more than pictures to me. You are an amazing talent, but it's your heart and soul that shine through. It is a privilege to know you and to have been able to work with you.

Stacey

...All I can say is what an amazing experience. I never thought I'd actually go through with something like this, especially when you start to think about all the changes to your body that being a mom brings. I am so happy I did. Tammy makes you feel so comfortable and her creativity and expertise really comes out when suggesting what looks and poses are flattering to your figure. It's a great present for a boyfriend or husband or even for yourself.

Stephanie



*Authentic
Creative
Passionate*

TAMMY TARABOLA
photography

READY TO CREATE WITH ME?

Here's how to book:

Reach out to me.

Contact page on www.tammytarabola.com

Email: tammytarabola@gmail.com

Mobile: 201-983-2456 (call or text)

Instagram: [@tammytarabolaphotography](https://www.instagram.com/tammytarabolaphotography)

I usually respond right away if I can, but please allow a few hours for a reply as I may be in session with another client.



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