

General Guidelines for Body Paint Models...

This information is to brief you on what to expect from being body painted and what is expected from you as the model.

The term “Body Painting” typically covers anything painted anywhere on your body – from simple fake tattoos to a complete covering of the body in make-up/body paints. Whichever form you will be participating in the following information will be of interest.

Body painting is a very personal thing and you need to be comfortable with having someone you don’t know touching you all over your body (depending upon the project) and using sponges or brushes to apply paint to locations not usually visible to others. If you are uncomfortable with that you may need to rethink being a body painting model.

Personal Preparation, Grooming and What-not

Arrive well hydrated and well fed. If you starve yourself you won’t have enough energy to get through what will likely be a very long day; and if you are dehydrated you are likely to pass out or lose vital energy before get to the end.

If you are going to be painted please exfoliate as much as possible. Depending upon the extent of the painting to be done you may need to remove hair from the bikini line, underarms and, if excessively hairy, other areas. Moisturize well the night before you are to be painted, but **DO NOT** apply any creams, lotions, perfumes or other products the day of the painting. These products can interfere with the make-up products that will be used to paint your skin. Also, if you have used any tanning products (creams or spray on) in the week prior to being painting please inform the artist immediately as this may cause a problem.

No deodorant or antiperspirant the day of the shoot. Bring some with you if you are concerned, but again this could create a coverage problem.

Basically arrive with clean skin and hair. No makeup or hair products unless otherwise directed.

Men- Make any stubble smooth. You may be asked to shave or trim arms, legs, chest, back and tummy as needed. If in doubt, trim or shave it.

If you are doing a full body shoot, we do not do complete nudes. Please bring snug-fitting briefs made of synthetic (Not cotton) if at all possible. Black hipster briefs or a thong or full front covering jock or G string would be preferred over a traditional brief or boxer brief, however, for many live modeling engagements, clients will prefer something with a full seat– such as hipsters. [This is an EXAMPLE](#) - but you do not have to buy this brand. It is ideal because even the waist band is black.



Mainly avoid cotton fabrics as they absorb the paint. If you are comfortable with something brief, a jock [in this style](#) is acceptable. If you are doing a "Waist Up" only, the undergarments are not an issue. You may need to wear or bring a specific type of pants however- depending on the shoot or assignment. Note- White or flesh-color is preferred when faux clothing is being painted over the undergarments.



Ladies- Shave anywhere that might be exposed in the shoot. We do not do full nudes so you are asked to bring a G string (Made of synthetic fabric, string variety, no seams or lace.) and [bandeau style tube top](#)- or pasties may also be used for photo shoots. These may be made out of latex – if you have any allergies now is the time to make them known. Latex nipple covers are attached with medical adhesive and will hold well until removed with alcohol or removers.



If you are doing a "Waist Up" only, the undergarments are not an issue. You may need to wear or bring a specific type of pants however- depending on the shoot or assignment.

Everyone - You may wish to bring a nice LIGHT slippery robe that fits loosely, for if you need to leave the painting area before your design is done.

An old and comfy pair of flip-flops will save your legs and feet if you need to stand while you are painted. Don't bring anything that might be ruined if you get paint on them. Bring hair rubber bands or other method to get your hair up and out of the way during the painting process. Realize that good body painting is a very time consuming and tiring process. If you are posing in a large space or outside, you will likely get cold. The good thing is, you will be basking in the glow of all the attention!

Allergies-

The makeup products we use are applied by brush, sponge, airbrush and hand. These may include water based face painting products used by children's face painters, cream based theatrical cosmetics, water based airbrush makeup and alcohol based temporary tattoo paints used in theme parks and entertainment venues. Sometimes theatrical adhesive products are used that may be latex or acrylic based. All have FDA approved ingredients however anyone can have an allergic reaction to anything at any time. We cannot be held liable for any reactions you may have.

If you KNOW you are allergic to these things- SPEAK UP and/ or DO NOT model body paint. If you would like to schedule a time 2 weeks before the event/shoot, we will be happy to apply a series of patch tests to your arm so you can leave them on for 24 hours and see if you have any extreme allergic reactions.

To date I have NEVER had this happen personally- but please be safe with your well-being.

During The Painting Process

Try to hold still, dancing and gesturing with your arms can make things difficult for your painter, even moving your head can affect the way your legs are painted.

DON'T LOCK YOUR KNEES. Standing rigidly is a great way to eventually pass out. Let your painter know if you need a stretch or break. Very often we are concentrating on our work and we forget sometimes that there is another human involved who may be on a different schedule.

Also, let **your painter know if anything they are doing is making you uncomfortable.** They may or may not be aware, but if you feel that something inappropriate is going on, it is your right and responsibility to **SPEAK UP!**

Bodily Functions:

Something to remember for a full body painting is that once you have been painted in your lower regions it may be difficult or impossible to use the washroom... depending on whether you will be expected to perform or are being judged in a competition you may be stuck for many hours without the ability to use the washroom.

Please be sure to take the last opportunity offered to relieve yourself during the painting process and watch your intake of liquids! There is a knack for moving a thong aside, but it takes practice to do so without causing damage to the paint job. This will also depend on the undergarments being worn and type of body paint.

Painting is done in stages and you will be given breaks and refreshments when possible. Bring appropriate healthful snacks to keep your energy up. Trail mixes with fruit and nuts are ideal.

When I have control of the venue, only you and the artist(s) will be present, exceptions are up to you if you wish to have others present, or the job may dictate differently. Once an area is painted it cannot be scratched or rubbed – if you have an itch ask the artist to handle it for you.

After The Paint, Shoot, Event and What-Not....

Bring some loose fitting old clothes to put on for your trip home. If no shower is provided you will want to protect your car seat with an old towel.

The face and body paints are all water based and wash off with soap and water. If cream based make-ups are being used they come off with make-up remover and/or a little moisturizer followed by soap and water. Some colors may linger on the skin but this is only temporary – moisturize well and wash again - no need to scrub.

If using alcohol based tattoo inks they are removed with alcohol (70% isopropyl alcohol = rubbing alcohol.) Do this in a WELL VENTILATED AREA!

Keep some good hydrating lotion handy for afterwards.

Photography:

I will ask you to sign a release form so that I can take photos of my work on you. If you are uncomfortable with photos at any stage please let me know in advance. You may be being painted specifically for photographic purposes in which case the photographer would also be asking you to sign release forms. In no case will I permit other photos to be taken during the painting process. If you wish to have photos taken for your own use that is your prerogative, please let me know ahead of time that you wish this.

If this is for an event- Once you have been painted and are out in “public” you will be photographed by all and sundry, particularly in competition venues. Again if you are uncomfortable with this you may need to rethink being a body painting model.

The Gig:

The reason you are being painted may vary – personal photographs, party entertainment, walk around, promotional event, serving, etc. I may be painting you on location, somewhere else, or at my studio, so you may need to be transported to where you need to be. Bring a silky robe and slip on shoes to wear to protect the painting, and cover you up during transport to the location.

What is expected of you on the job is between you and the company/person who you are working for. Be aware that the products painted on you can run if they get wet, can be smudged and smeared by contact, areas of creases on your body (knees, elbows, arm pits) will wear out and smudge quicker than other areas and transfer of colors will happen.

There are products available that can be sprayed over the finished painting to protect them from wearing off... however these make removing the make-up very difficult. If this is something that you or your employer feel is required for your specific role, please discuss with me well in advance. Typically I have found this extra step is not necessary but situations vary.

Any questions? Just ask!