

The Renaissance Room + Anti-Hustle

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# DIY THIRST TRAPS



# Welcome

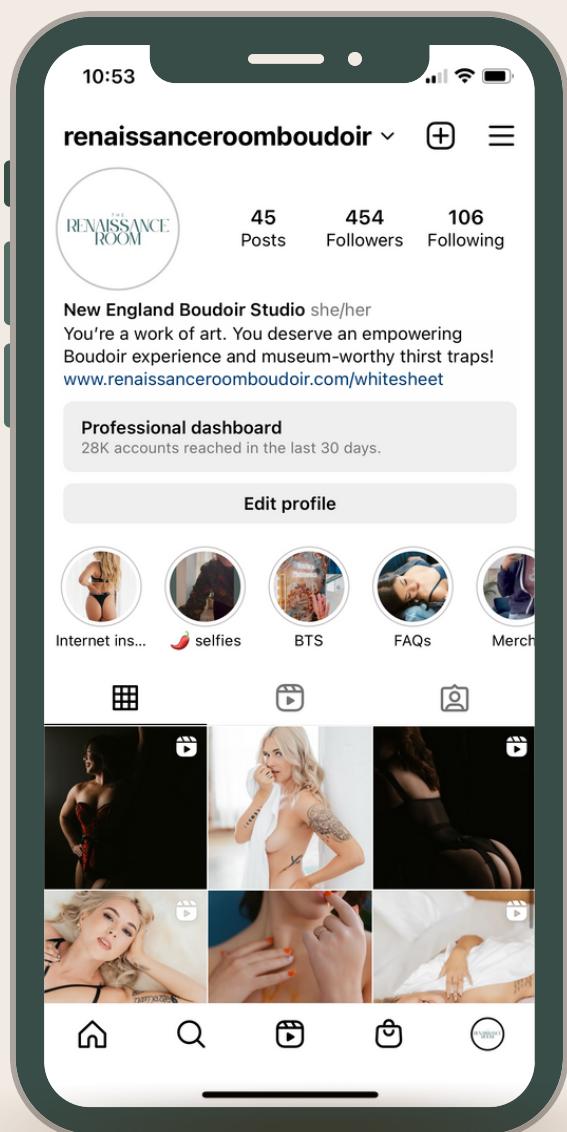
I'm SO pumped you're here and interested in taking some badass, gorgeous self-portraits at home that will help foster and encourage self-love, self-confidence and self-compassion in your everyday life! This is your DIY Thirst Trap cheat sheet to help you remember all the fun poses we discuss in the Anti-Hustle workshop ... I hope you enjoy and if you ever have any questions people feel free to email me at [katie@katiekarlbergphoto.com](mailto:katie@katiekarlbergphoto.com)

IM KATIE

BOUDOIR PHOTOGRAPHER



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# How to record

01

Grab a tripod or ring light if you have one. If you don't, no worries! Just prop your phone up against a wall, a chair, a bookshelf, etc.

02

Set your camera on selfie mode in VIDEO (NOT photo mode!). Press record, and film yourself in various poses. Once your video is filmed, go back through the video and pause on your favorite poses – screenshot them and TA-DA! Now you have photos!

03

Open a photo editing app like Lightroom (which is free on mobile!) and play around with any of the presets, exposure, contrast, etc. You don't NEED any editing (you're beautiful just as you are!) but if you want, you can add a little attitude to the image by turning it to black and white, darkening the lighting, etc !

04

Enjoy your saucy selfies! On an iPhone, you can select the images you want to keep private by clicking "hide". It will add the photos to a hidden folder and remove them from your camera roll!

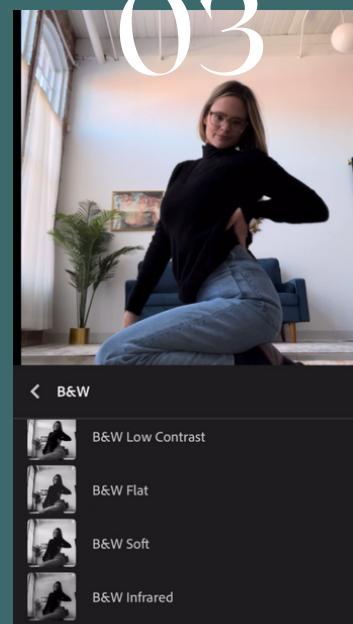
01



02



03



04



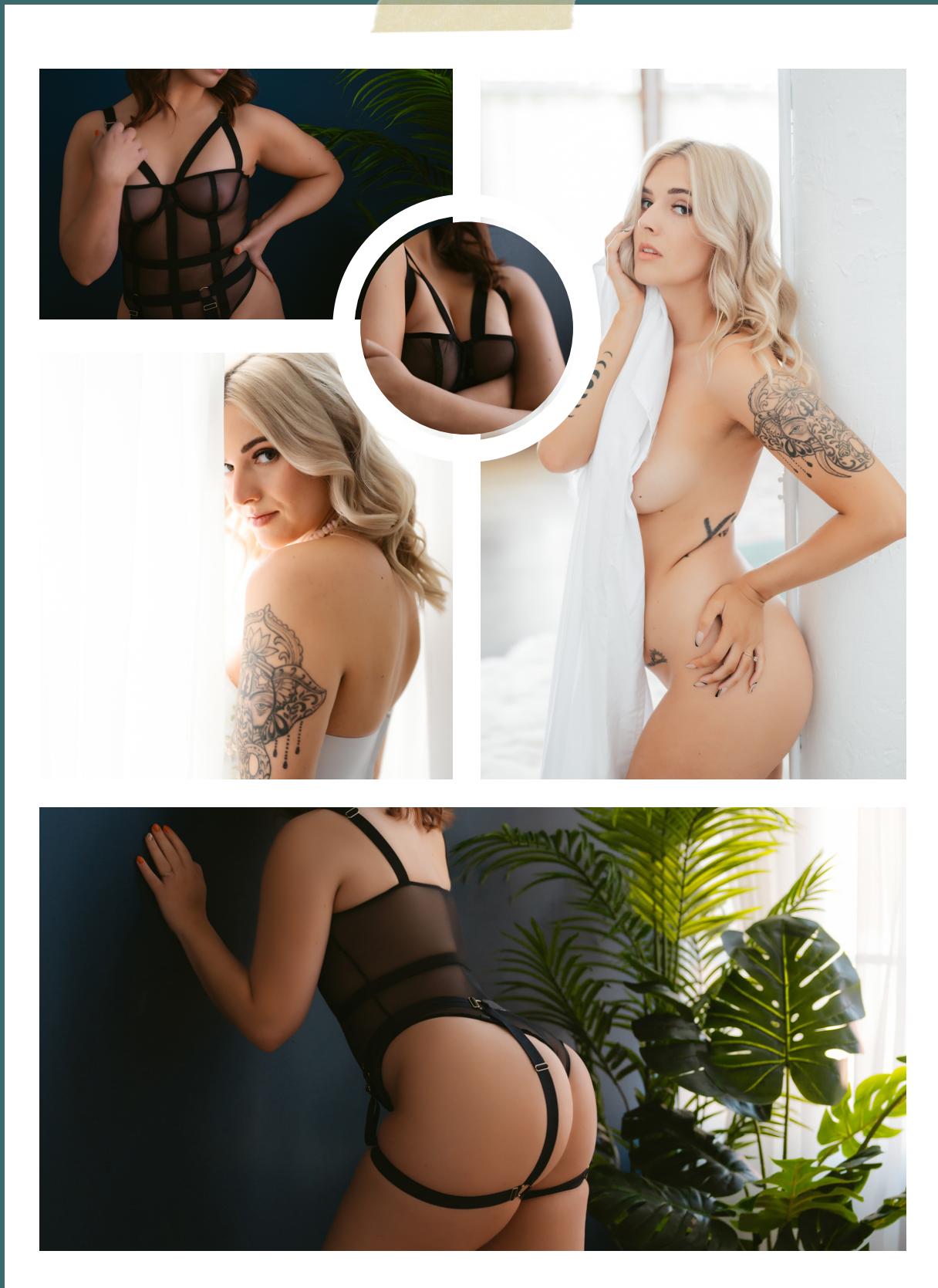
# A note before you start:

Please remember these poses are just suggestions! If any of these poses don't feel comfortable in your body, simply skip that pose or feel free to change it up in a way that feels right for you and your body.



Additionally, you'll notice that I highlighted some of the aspects of these poses that make them go-to boudoir poses - you'll see lots of triangles with your legs and elbows and lots of curves in your arched back or booty. If you start to get bored with the poses outlined in this guide, feel free to experiment on your own with other poses that feel good/sexy to you and use some of these tips and tricks to come up with your own saucy selfie ideas!

# STANDING POSES



01.

# The Side Lean



Stand with your feet together with a window or wall to your side.

Bend one knee and angle it towards the midline of your body. Keep the other leg straight

Arch your back to pop the booty and place your arms in various triangles on your hip, on your head, etc. Triangles are your BFF!



02.

## The Back Lean

Similar to the side lean, but instead the wall is behind you!

Straighten one leg and bend the other, staggered

Lean your booty against the wall and arch your back to create space between your spine and the wall

Rest the crown of your head on the wall and lengthen your neck by tipping your chin towards the ceiling





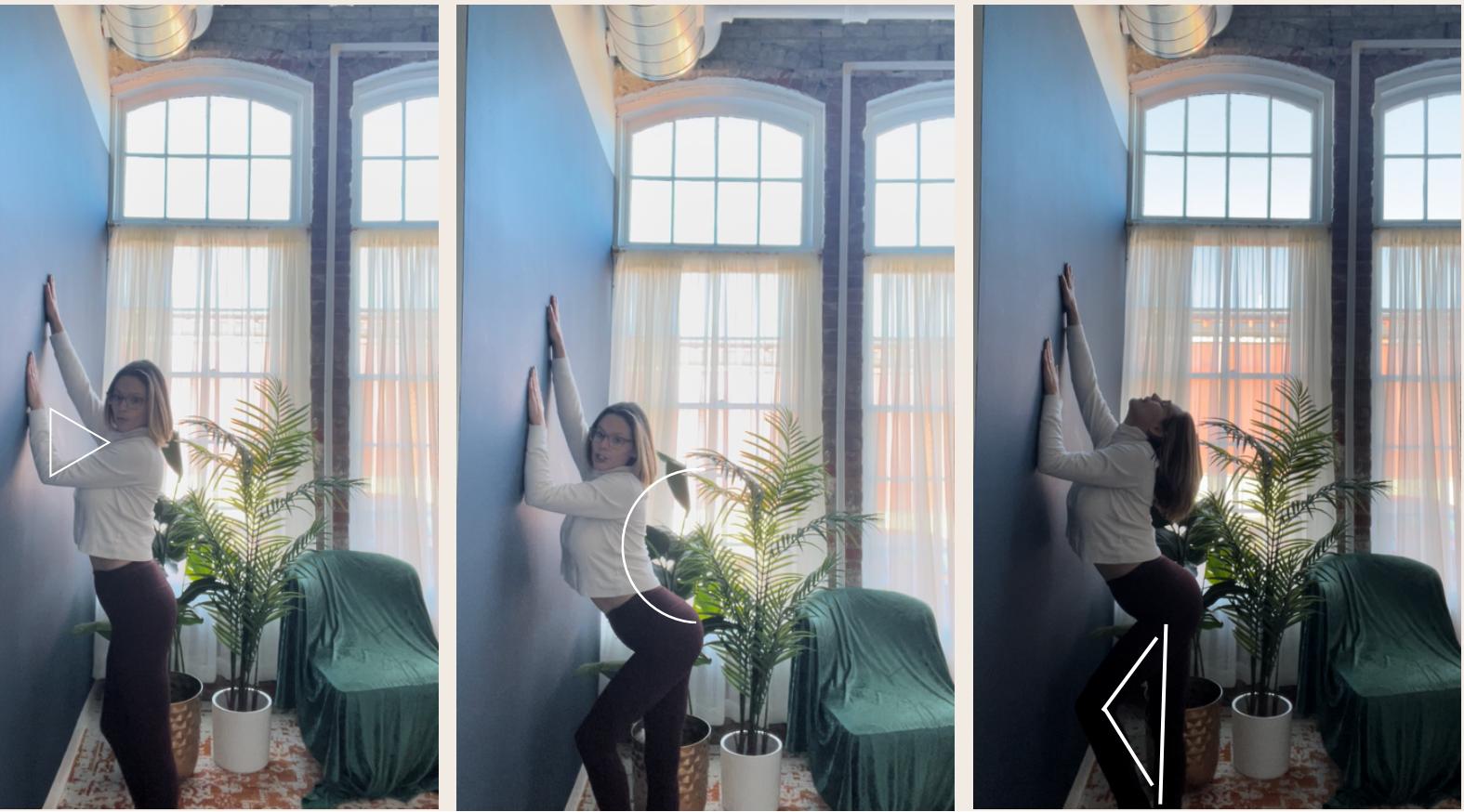
## 03.

# The Booty Pop

Face a wall and start by staggering your hands so that one is higher than the other

Straighten your leg further from the camera and bend the knee closest to the camera. Lean your chest towards the wall

Arch your back while pushing your booty as far from the wall as you can  
.Look towards the ceiling



# SITTING POSES



## 04. The Peach

Find a chair, couch or bed.

Face away from the camera and sit with your shins on the chair. Separate your knees apart and point your toes

Sit back onto your heels (if comfy)

Arch your back and pop your booty

Lean your upper body forward. Change up your arm positions and look both towards and away from the camera for variations.



05.

## The TipToe

Sit at the very edge of a chair (preferably one without arms so you can see your booty better!)

Point your toes so that the balls of your feet are on the ground

Arch your back and sit up nice and tall

Place your hands on your knees, straight your elbows and tilt your chin towards the ceiling



06.

## The Hairwash

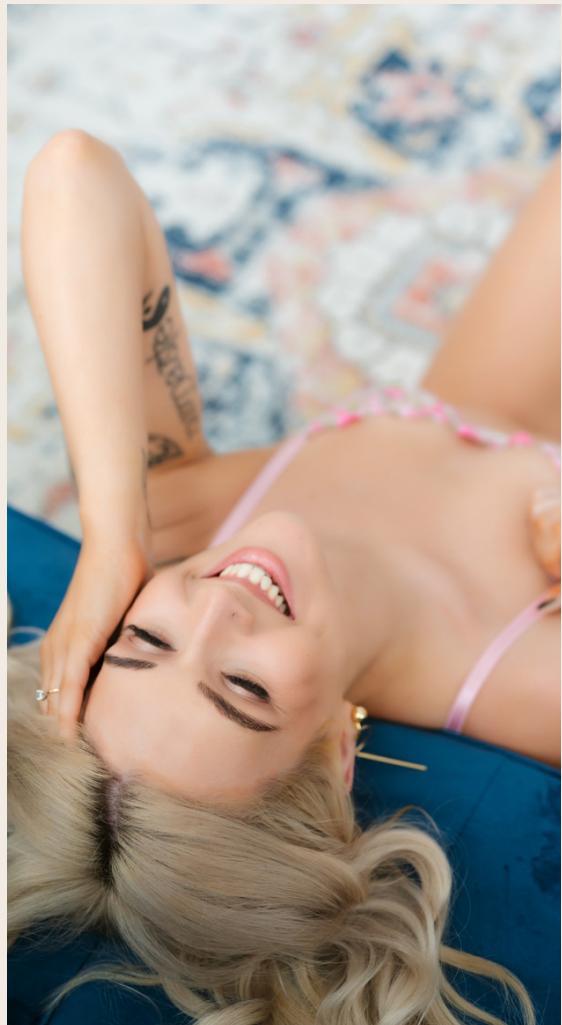
Sit in front of a bed or couch and scoot your bum about 1-2 feet away

Rest your head on the couch or bed with your chin to the ceiling

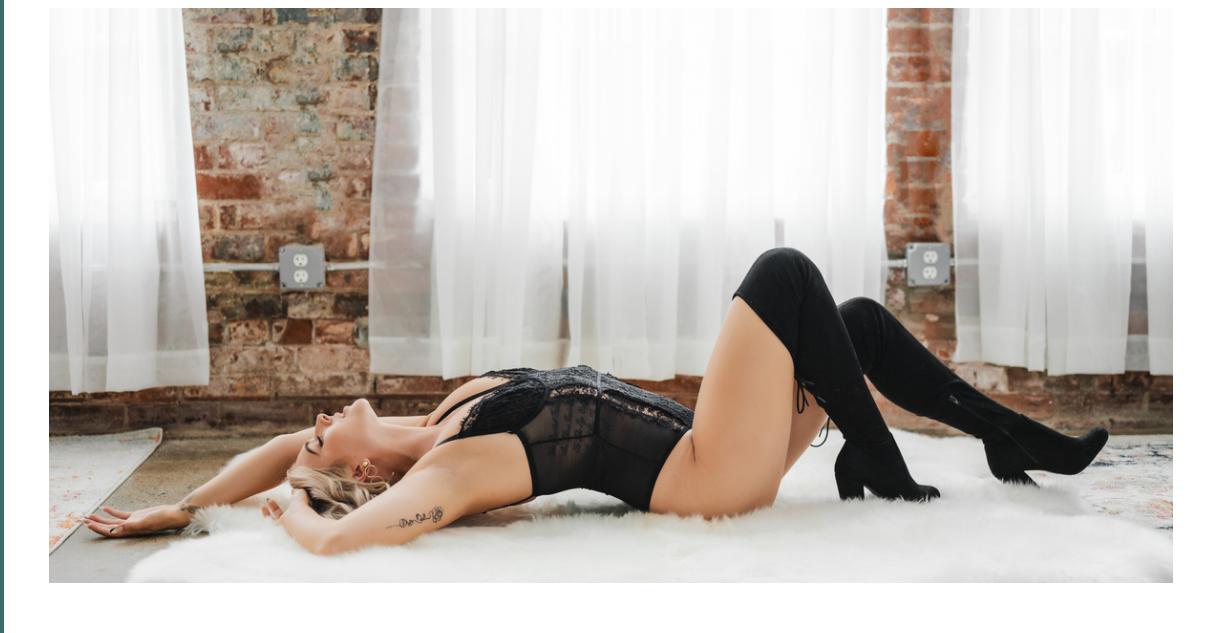
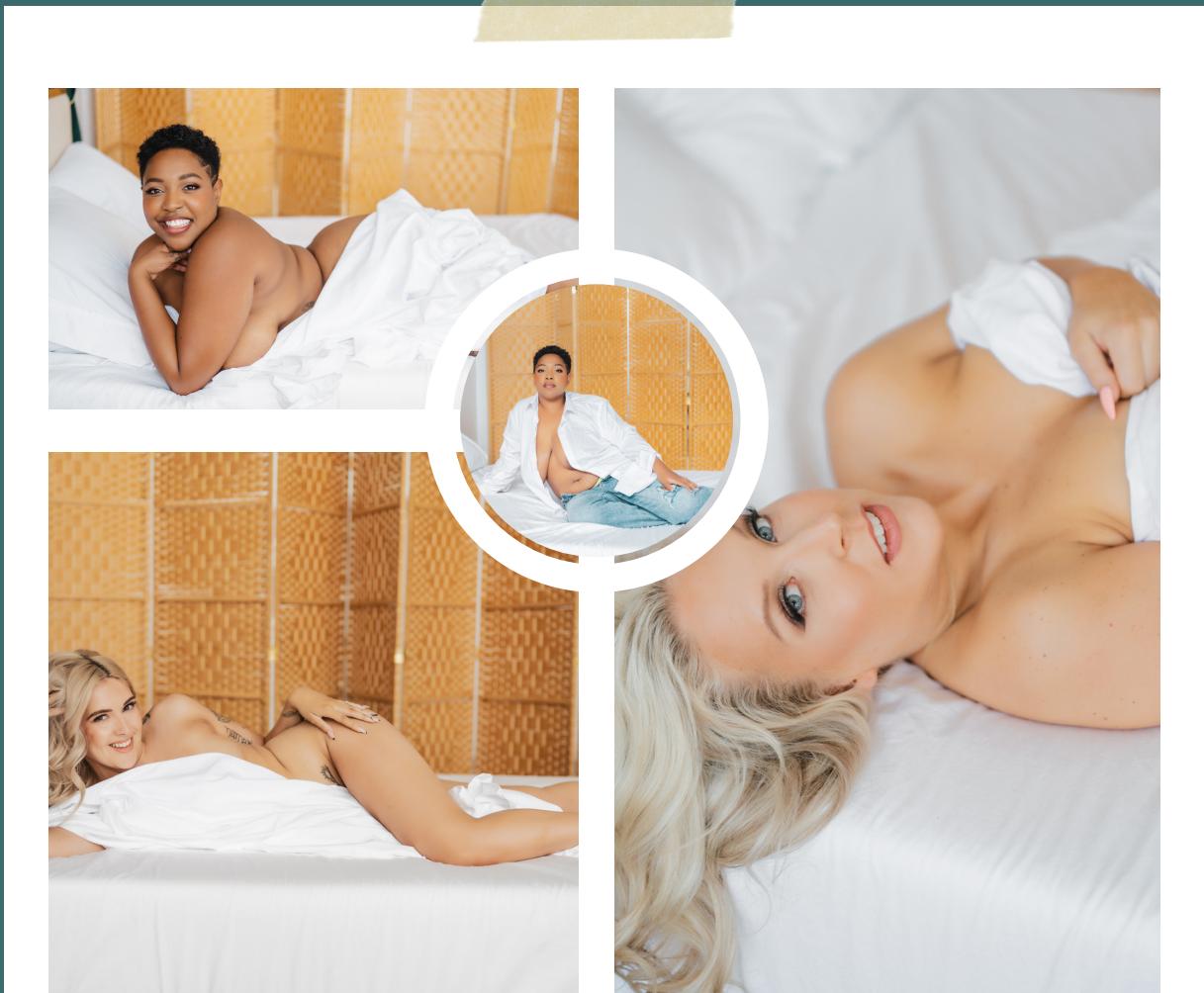
Arch your back and point your toes

Stagger your legs so that one is longer than the other

Make triangles with your arms by touching your hair as if you're washing your hair in the shower!



# LAYING DOWN POSES



# 07.

# Upside-down

Do this pose on a couch or a bed with a headboard if you don't want to hang your head all the way upside-down!

Sit on the couch or bed and swing your legs towards the wall

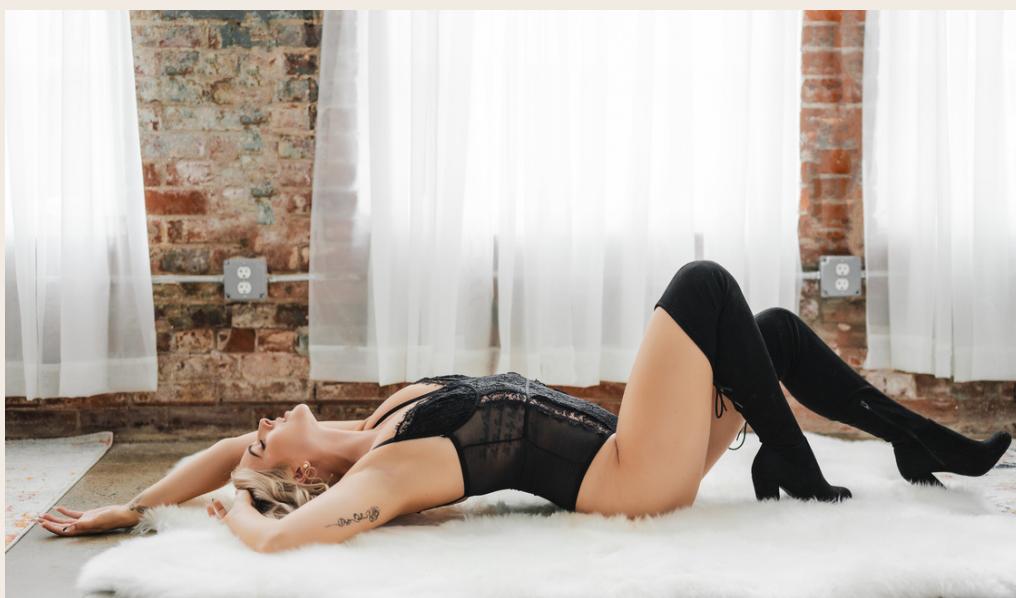
Stagger your legs so one is longer than the other one and point your toes!

Hang your head upside down and use your arms to create triangles by tracing your silhouette



# 08.

## The Arch & Reach



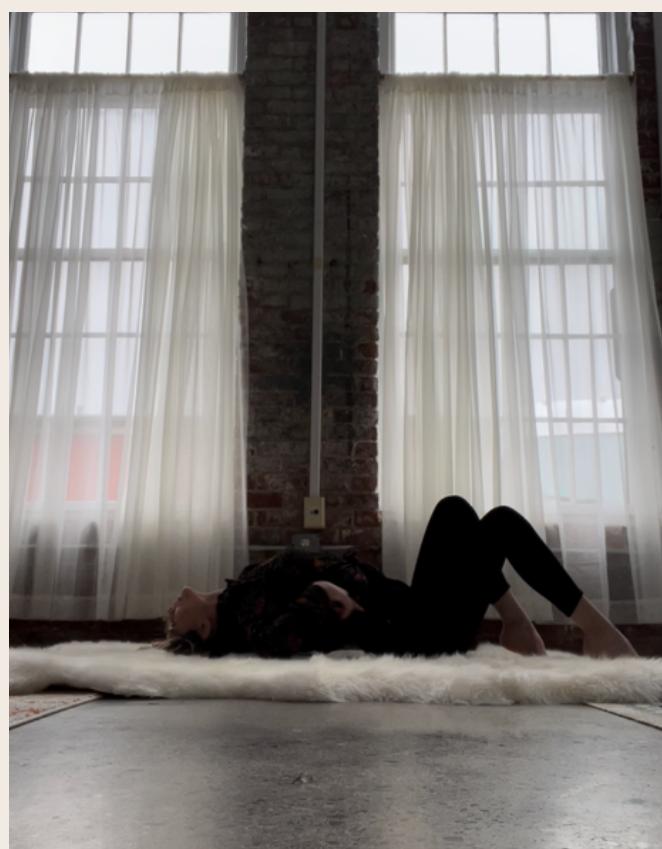
Find a comfortable seated position on the floor or on a bed

Stagger your legs so that one is longer than the other and point those toes!

Lean back and place the crown of your head on the floor with your chin towards the ceiling

Arch your back

Reach behind you OR grab your lingerie with your hands and use your elbows to push up into an arched back



09.

## The Peach (laying down)



Find a bed or a couch to lay down on your belly. Let one knee hang off the edge of the couch/bed

Arch your back and pop your booty towards the ceiling

Point those toes!



# THANKS!



Thanks for following along on this DIY Thirst Trap journey! I've loved having you here. Follow along on Instagram @renaissanceroomboudoir for more saucy selfie tips and please feel free to reach out anytime to connect about boudoir, anti-hustle, or burnout! You can always reach me at katie@katiekarlbergphoto.com

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[www.renaissanceroomboudoir.com](http://www.renaissanceroomboudoir.com)