

CAROLINE NIJS  
—PHOTOGRAPHY—

Dear ,

You've been curious about it. You've scrolled past it, lingering just a second too long on someone else's images, wondering—*could I do that?*

Maybe the idea of a boudoir photo session tugs at something deep in you, but hesitation creeps in. What would you wear? Would you have to show more than you're comfortable with? Would it feel awkward?

Let's set the record straight.

My lifestyle boudoir isn't about trying to fit an idea of beauty, and it sure as hell isn't about performing for someone else's gaze. It's about *you*. How you move. How you exist in your skin. The way confidence flickers and builds when you're allowed to just *be*—without expectation, without judgment.

And no, you don't have to bare it all (unless you *want* to).

Think of it this way: some people feel incredible wrapped in silk, others in lace that moves with them. Some love the familiar comfort of old panties and a sweater slipping from their shoulders, while others prefer the simplicity of bare skin meeting the light. Boudoir isn't about staying covered up, and it's not about undressing just for the sake of it either. It's about stepping into that space where you feel natural, confident, and *yourself*. No checklist, no right or wrong. Just you, in the moment.

And if you're worried that boudoir is only for a certain type of body? Toss that idea out. Right now.

You don't need permission to exist in photographs. You don't need to look a certain way to be worthy of capturing. Bodies—*your* body—are meant to be loved exactly as they are. My job isn't to make you look different. It's to show you what's already there, maybe in a way you haven't had the chance to see before.

This isn't something you have to figure out by yourself.

We'll talk before your session—I want to know what makes you feel good, what lights you up, what kind of images make you think *yes, that's me*. You'll have guidance, not just in what to wear, but in the little details—how to stand, where to place your hands, when to simply *exhale and let go*.

It's not about fitting into a pose. It's about letting yourself settle into *you*.

And that awkwardness you're afraid of? I won't lie, you will feel awkward in the beginning. But I promise, it won't last—it fades the moment you realize this is just you, settling in.

When we work together, there's no need for forced smiles or discomfort. This is a space built on trust—where you can simply *be*, without pressure or expectation. You'll leave with more than just images; you'll leave with a feeling, a moment of seeing yourself in a way that feels real, beautiful, and entirely yours.

*You might see yourself in a way you never have before. Maybe even for the first time.*

So here's the question—what would it feel like to let go of expectation, just for a moment?

Just something to think about. And if you want to talk about it, I'm [here](#).

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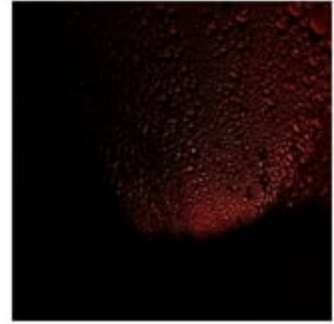
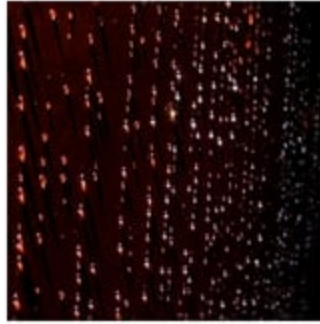
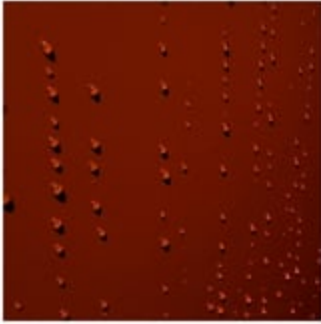
What **caught my eye** on social media this month.

We're often our own worst critics, but what if kindness—especially toward the parts of ourselves we struggle with—was the real key to growth? This one made me pause for a moment.



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**My month in 3 images**



As always, thank you for being a part of my journey.  
Embrace your unique beauty, and let's continue to celebrate ourselves together.

*Caroline*



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**Caroline Nijs Photography**

Bahnweg 3, 8862 Schübelbach, Switzerland

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