

Dear ,

A couple weeks ago, I had some branding photos done. My hairstyle had changed quite a bit, I added a few new tattoos—so, time for an update, right?

Yesterday I got my gallery and... gosh I'm almost ashamed to say it... my first thought was: "*Shit, I look fat in these.*" And I closed the gallery.

So there you have it. Me walking the talk. Not.

Looking again, properly this time

Today I looked at them again.

And yes—there's no denying it—I've gained a few kilos since the last photo session. But back then I was on an elimination diet that really wasn't healthy. Today I am fully menopausal with all the bells and whistles.

But these new photos? I actually look kind of cool.

And apparently, I had fun—because in most of them I'm laughing hard. Really laughing. Not the fake "let's get this over with" kind.

It's easy to say all bodies are good—until it's your own

I'm writing this today because if you're thinking "*I'd love to do a shoot but I don't have the right body*", believe me, I get it. It's one thing to say bodies change, and self-acceptance is important. It's another thing to see yourself and not flinch.

And it's amazing how fast that reaction is. It's conditioned through societal norms. And most of us have internalised it for years without even realising. We're "trained" to scan for flaws before we notice anything else.

That's why showing up is hard. But also why it matters.

This is what my lifestyle boudoir is actually for

It's not important whether you have the [confidence](#) or not. Hear me out.

It's important that you show up *even if* the voice in your head is being an asshole.

Because, yes, maybe you won't like what you see immediately. But give it a chance and you'll notice something else. Like how happy you look. [How real](#). How much of you is actually in there.

Not perfection. Just pure honesty

That's what I want for you.

Not because you need to prove something. Not because you have to reach some level of body neutrality or whatever. But because you deserve to exist on your own terms—and have that reflected back at you.

I won't pretend I've figured this all out. I still have those thoughts—clearly. But I also know I'd rather see something honest than something that looks “better” but feels fake. Honest images aren't always easy to look at. But they stay with you in a way the polished ones never do.

Curious about a shoot of your own? Find out about pricing [here](#)

Want to see what this actually looks like? Here's my [portfolio](#)

Still need convincing? [Try the Self-Care & Confidence guide](#)

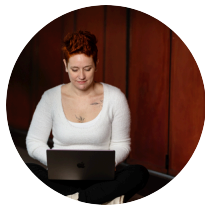
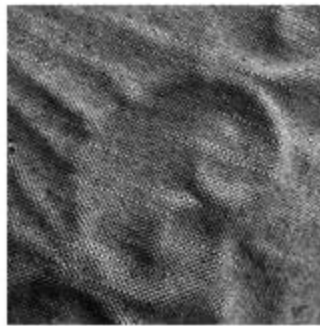


What **caught my eye** on social media this month.

Is it really that hard to take one hour—or have we just been trained to think it's selfish?



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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