

Dear ,

A couple of weeks ago, I spent four days on the table of my tattoo artist. I had my entire back done, so I spent those four weeks topless with him. He's respectful, so I trust him.

Within the confines of the language barrier, we shared some jokes and laughs. We also had some more serious conversations, about him becoming the dad of a girl in a few days (she might already be born when you're reading this), and how he was kind of nervous because being a girl in this world is still very hard in this society.

A lot of time to think on the tattoo table

A few days later, I had a session with my coach, and we talked about why I want a full-body tattoo.

I told him I had wondered about that as well. I said I had played with the idea that maybe it is because I don't like my body, but decided that was not it.

Sure, I am not happy with the pounds that perimenopause slapped on, and there are some sensory experiences around that weight gain that my neurodivergent brain struggles with. But overall, and most of the time, I am rather neutral towards my body.

So what's the real reason?

So why cover it in tattoos?

It's actually the same reason I had my own boudoir photo session. My tattoos make me like my body more, and that photo session showed me that my body serves me well and deserves to be appreciated.

What brings you here?

I expect you are somewhat interested in a lifestyle boudoir photo session, given that you are subscribed to my newsletter.

Do you know why?

By now, you know I don't offer the 'gift for your partner' package. I mean, ultimately it's your choice, and there's nothing wrong with it, but [there's so much more to it](#).

There's no single story

One of my clients had their session on a day that had a very deep, personal meaning for them. And that particular fact was why they did the photo session: they wanted to remember their body at that particular time in life.

Others book because they feel they need to do this for themselves but not sure why.

It's all up to you

With my sessions, I give you the time and space to figure that out, a couple of hours for yourself, an opportunity to explore it all without having to worry about any expectations. What you take from it is yours to define. I just hold the room for it.

[Ready when you are.](#)

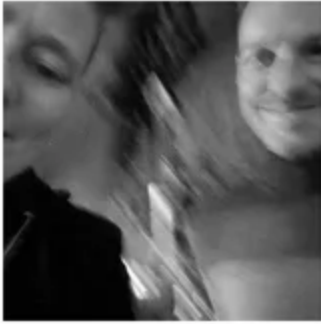
What **caught my eye** on social media this month.

I came across a post by Megan Jayne Crabbe where she shows two narratives side by side: the one we've been taught to use against ourselves, and the one that's actually true.

Just a reminder that the story we default to isn't always the accurate one. And that both narratives can sit there in your head, but only one of them is useful.



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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