

Tips and Tricks for Bodypainting Models „World Bodypainting Festival ®“

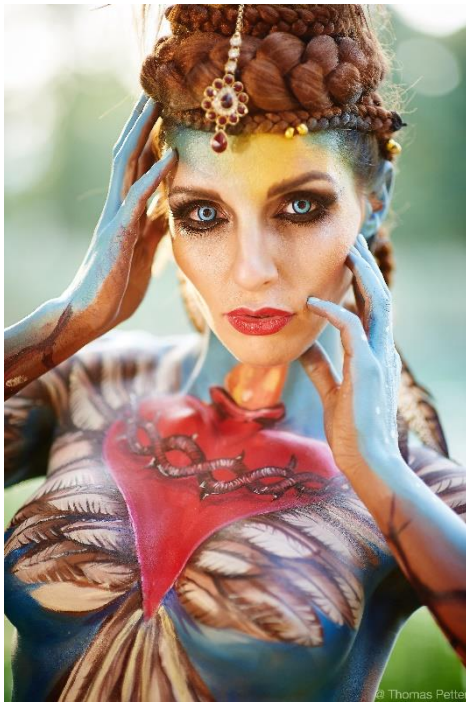


Photo: Thomas Petter, Artist: Bettina Strodl

The work as a model in the area of Bodypainting is a special experience. You can get very unique pictures, if you will follow our recommendations.

You are the artwork!

That's why the requirements on the model differ from a regular model job. This document is adapted especially for modelling at the World Bodypainting Festival and contain useful information for all models that work with Bodypainting artists.



Preparation / To bring:

- **Shaved Body** (already 1 day before) on the painting day, please also do not moisture your body.
- **G-String**, skin-coloured or white (for UV black) without lace or decoration
- **Shoes:** Ideally check in advance with your artist, if not possible: Female models: **High heels** (best in black) Male models: **Flip Flops**, Boots or barefoot
- **Soap, towel, shower sponge**, cleaning tissues, if you want to have a shower on site
- **Clothes**, that can get coloured
- **Water**, glucose, snacks (usually we provide a midday snack, but it's all time good to have something on a side)
- If possible: **Contact the artist:** Talk with him about the idea / the concept and think about how to interpret that in the best way. Meet before or make an appointment before the competition starts to fit if necessary SFX parts or hair parts.

During the painting:

- **Stretch well** before painting time to avoid cramps.
- **Keep muscles warm** by tensing and relaxing them.
- **Drink enough water** best in small mouthfuls spaced over time to avoid going to toilet often. Every toilet visit destroys the painting every time a bit.
- **Eat healthy and light snacks, that gives you energy.** (fruits, vegetables, energybars, ...)
- Sugar and energy drinks give only a fast boost but no lasting energy so only before the stage or shooting and not the whole day.
- Try to help the artist with movements of your body and different postures while painting.



Photo: Bertrand Orsal

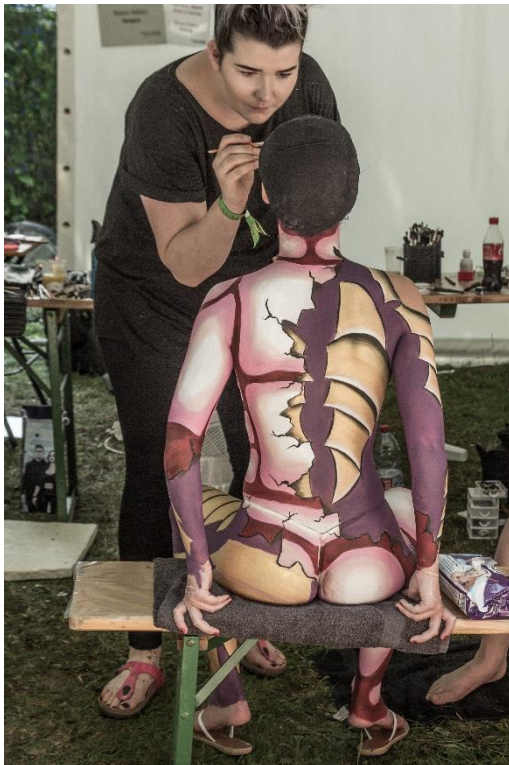


Photo: Holger Hass

- **Talk to the artist** during the painting about the stage presentation and the shootings. What music does he/she want? How you should move to the music? What story is behind his artwork? How can you interpret it in the best way? What posings fit to the artwork?

The stage presentation:

- Every presentation has like a story, a **beginning** (entry), a **middle** (Posing / dancing) and an **end** (exit).
- Move in an appropriate way to reflect the Body Art. **Transform also in mind** into the character you are supposed to be.
- **Be dramatic!**
- **Keep eye contact** with the photographer, the TV cameras and the public!

- **Enjoy the performance and create something really special!**

Photoshootings:

- Recognise the photographer as important partner, he is the only one who is able to keep you as an artwork for the future.
- Do not forget to **exchange contacts**, to get the pictures afterwards.
- Try different creative poses.
- Try poses that use a variety of levels. (Use the ground, jump...)
- Do not move too quickly!
- Listen to the camera flashes! If the photographers are clicking furiously then it is a good pose. Do small variations on that pose. When the flashes go quiet then try something new.

Finishing:

- **Showering! ☺ :**
Start with a refreshing water temperature, to clean up the first layer of the paint. It is important, as the pores of your skin are opening with a hotter water and then it's harder to remove the paint. Use regular soap and shower sponge. If on some parts of the body (armpits etc.) paint is difficult to remove, use body oil or baby wet wipes. If the artist has used glues to attach things then they may have a specific solution to remove the glue, use it to avoid reddened skin.
- Moisturize your skin with body lotion or coconut oil
- Stretch your muscles and relax

Further, we recommend to watch videos and look at the photo galleries on our Website www.bodypainting-festival.com to get an impression how a stage presentation can look like and how to pose for a good presence in front of the camera.

We hope to provide you some useful information with this collection of tips and tricks!

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