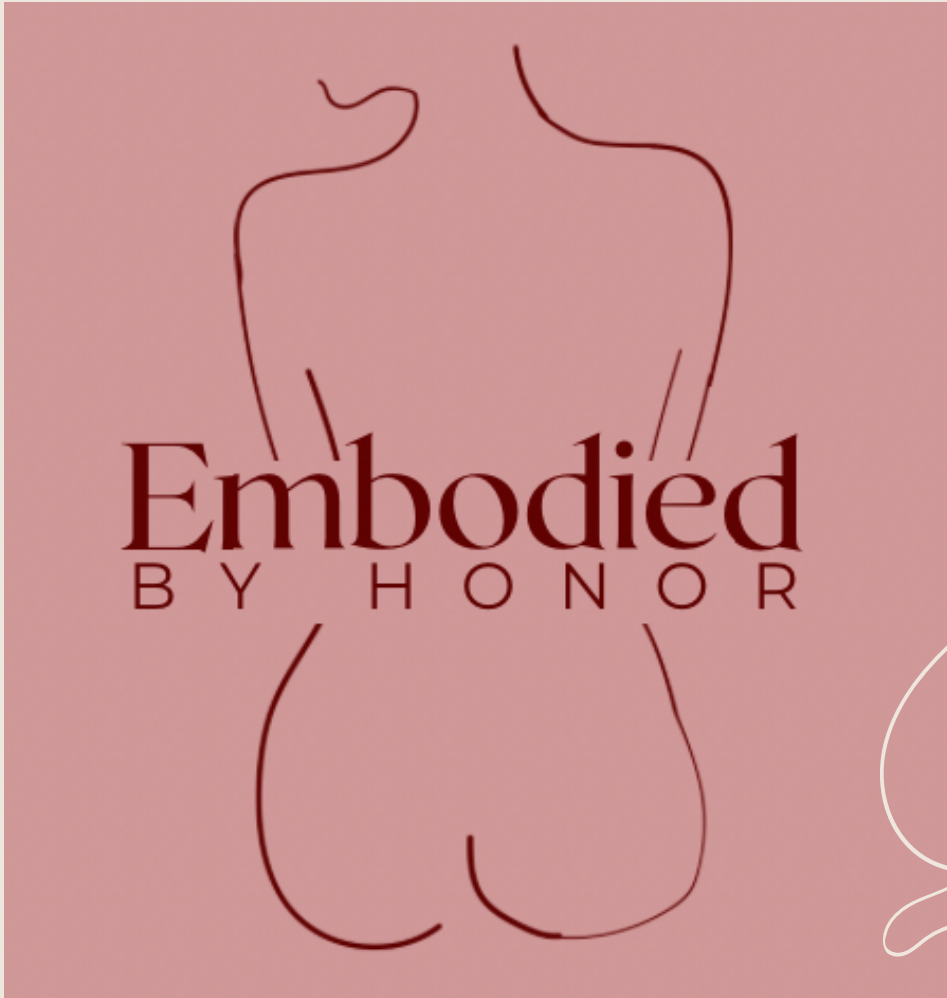


WELCOME



"This is more than a photo session, it's a reclamation. A soft unveiling of your truest self, where sensuality meets strength and your body becomes a living work of art." - Paje Honor

[OFFERINGS](#)

[INFORMATION PACKAGE](#)

[2025-2026](#)

TABLE OF Contents

02.

WELCOME TO EMBODIED BY HONOR

For the woman coming home to herself

03.

ABOUT ME

Get to know my many layers



08.

THE PREP GUIDE

You don't need to be "ready", you just need to be open

09.

GALLERY PREVIEW

What it looks like to be SEEN

04.

WHAT IS AN INTIMATE PORTRAIT SESSION?

And why I'm no longer using the word "boudoir"

05.

THE EMBODIED EXPERIENCE

What your journey will look like



06.

INVESTMENT

More than just a photo shoot.



10.

BOOKING & NEXT STEPS

If something inside you feels pulled towards this...follow it

WELCOME to Embodied

I'm so glad you found your way here.

Embodied by Honor isn't just about photography, it's about presence. It's about creating a space where you can soften into who you are without pressure, performance, or the need to fit someone else's idea of beauty.

This isn't boudoir in the traditional sense. This is intimate portraiture rooted in reverence. A visual experience guided by intuition, shaped by safety, and designed to help you feel deeply seen in your body. Not only for how it looks, but for what it holds, where it's carried you, and who you are within it.

Whether you're entering a new season, healing from an old one, or simply craving a moment that's just for you, this is a pause. A reclamation. A celebration.

This experience is for women who want more than a pretty photo. It's for the ones who are done shrinking. The ones ready to return to themselves.

The ones willing to be witnessed, not for how they look, but for who they are.

If you feel even a small yes, trust it. I'll take care of the rest.



ABOUT Me

Hi, I'm Paje

Photographer, hair & makeup artist, intuitive creative, and the heart behind Embodied by Honor.

I'm someone who feels deeply and notices everything. The way your shoulders drop when you finally exhale, the light that hits just right when you stop performing, the magic that happens when you feel safe enough to just be.

I've spent the last 20 years in the beauty industry, helping women get ready for weddings, events, and big life moments. And while I love a good brow and a soft blend, what's always mattered most to me is what happens underneath all that; when someone sees themselves and thinks, "Oh. That's me. And I love her!"

Embodied by Honor came from that place. A deep pull to offer something empowering and authentic. I wanted to create a space where you could drop the mask and meet yourself again, without needing to be "on" or "ready" or anything other than real.

I live in Niagara Falls, where I balance life as a photographer, small business owner, loving partner, mama to a teenager (send snacks), a witchy creative, and a lover of all things intentional. I'm a true introvert, but can hold a room when needed. Give me good lighting, a stellar playlist, and my camera, and I'll be ready to create magic with you.

I believe in empathy, asking questions, and laughing so hard you lose your breath. I also believe that your body is not a before-and-after project. It's a living, breathing home, and I'm here to help you honour it.



WHAT IS AN Intimate Portrait Session?

An intimate portrait session is a deeply personal and empowering experience that invites you to reconnect with your body, your presence, and your story.

This is not about forced poses, heavy retouching, or trying to look like someone else. It's about being witnessed as you are. Whether clothed, partially undressed, or fully in your skin, every session is guided by your comfort and your pace.

Together, we'll create a calm and intentional space where you can explore your sensuality, softness, boldness, or vulnerability, however you define it. You don't need to perform. You don't need to be confident when you walk in. You just need to be open to showing up for yourself.

WHY NOT BOUDOIR?

While “boudoir” photography has its place and meaning, it never felt like the right fit for what I wanted to offer all the time. The word often comes with certain expectations like lingerie, seduction, a gift for someone else. And while there's nothing wrong with that, Embodied by Honor is rooted in something a little different.

This experience is not about being sexy for someone else. It's about being present with yourself. About honouring your body not for how it looks, but for how it feels to live in it. This is visual alchemy for your divine feminine.

This is a space to see yourself with compassion, curiosity, and awe.

This is embodiment.



THE EMBODIED Experience



Each session with Embodied by Honor is more than just photography, it's a guided return to yourself.

I've created this experience with deep care, intention, and respect for the many reasons someone might feel called to be photographed this way. Whether it's a celebration, a healing moment, or a personal reclamation, your session will be shaped entirely around you. Your comfort. Your story. Your pace.

Here's what the journey looks like:

Before we begin, we'll take a few minutes to settle in. We'll chat, check in with how you're feeling, and set an intention for the session. This could be a word, a feeling, or simply a desire to be present. This grounding moment helps shift us into a slower, more mindful space.

Whether you're drawn to cozy knits, draped fabric, lingerie, or something completely unconventional, I'll help guide you through what to wear based on the mood you want to embody. There are no rules, only what feels right for you. We'll collaborate on everything from tones to textures to shapes, so your session feels cohesive and aligned with your energy.

You don't need to know how to pose. I'll gently guide you throughout the session with prompts and movement that feel natural and rooted in the body, not performative. We'll work with breath, stillness, softness, and shape to capture images that feel felt, not forced.

My sessions are calm cool and collected (unless you want to turn it up, which I am all for!) and always free of judgment. There is no pressure to reveal anything you don't want to. You are in control every step of the way, and you're always encouraged to listen to your body and speak up if something doesn't feel right. This is your space to soften, explore, and be witnessed.

No two sessions look the same, because no two women are the same. I follow your energy, your rhythm, and your story, allowing each session to unfold naturally, intuitively, and artistically.

This is not just about the final images.
It's about how you feel during the process.
Seen. Grounded. Powerful.

INVESTMENT

Investment



An intimate portrait session is an investment in how you see yourself. These sessions are more than just beautiful images, they're a mirror, a reclamation, a remembering. I've created five experience options so you can choose the one that feels most aligned with where you're at in your journey.

ESSENCE ^{\$222}_{+hst}

A simple and powerful session to gently begin your journey. Perfect for a quick self-celebration.

Includes:

- 30 minute guided session in your home (or your desired location)
- One outfit or draped look
- Creative direction & posing guidance
- 12 fully edited high-res image files
- Option to purchase more from your digital gallery

BECOMING ^{\$456}_{+hst}

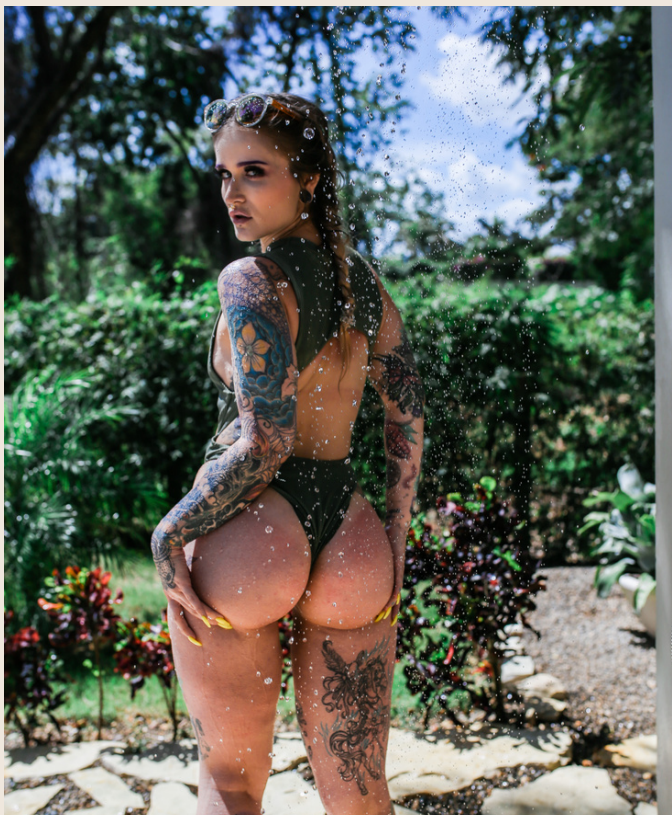
A soft, expressive session that offers a powerful experience. Perfect if you're feeling curious, a little nervous, or want a moment to reconnect with yourself.

Includes:

- 60 minute guided session in-studio
- Up to 3 outfit changes
- Creative direction + posing guidance
- 35 fully edited high-res image files
- Option to purchase more from your digital gallery

INVESTMENT

Investment



EMBODIED \$575_{+hst}

The signature session. Created for exploration, expression, and variety. Perfect if you want the full creative experience.

Our most loved session includes:

- 90 minute in-studio session
- Up to 5 outfit changes
- Creative direction + posing guidance
- 50 fully edited high-res image files
- 3 Poloroids & 1 video (1-2 minute reel)
- Option to purchase more from your digital gallery

ROOTED \$444_{+hst}

This session takes place in a private outdoor setting with space to move, breathe, stretch, and express whatever's alive in you. Whether you show up bold, soft, playful, or raw, this is about freedom and connection to mother-earth.

Includes:

- 60 minute outdoor session
- Up to 2 outfit changes (in changing tent)
- Creative direction + posing guidance
- 30 fully edited high-res image files
- 1 Video (1-2 minute reel)
- Option to purchase more from your digital gallery

MOODY SESSION \$333_{+hst}

This is not your typical portrait session. Shot in my home studio with dramatic black backdrops, intentional shadows, dramatic directional lighting, and optional fog machine. The Moody Session is a one-hour experience designed for creative empowerment and emotion. This session includes:

- 60 minute guided in-studio session
- Up to 2 outfit changes
- Creative direction + posing guidance
- 15-20 fully edited high-res images delivered via private online gallery

THE PREP Guide



Wardrobe

Wear what makes you feel something. That might be soft, structured, sensual, cozy, dramatic, or completely undone. You don't need a pile of options, just 1-2 pieces that reflect your mood or energy.

Some ideas:

- Bodysuits, bralettes, or lingerie
- Robes, oversized knits, or sheer layers
- Jeans, button-ups, or draped fabrics
- Nothing at all, your skin is enough

Stick to neutral or earthy tones if you want a timeless feel. Black, Red or leather if you want some drama. I'm always happy to help you decide on the day of if you can't make up your mind.



Skin, Hair, & Makeup

There's no pressure to arrive "done up". This session is about feeling at home in yourself. Come as you are, or choose to do your makeup and hair in whatever way feels empowering. You can also book with me for the full hair & makeup experience if you like! Keep in mind:

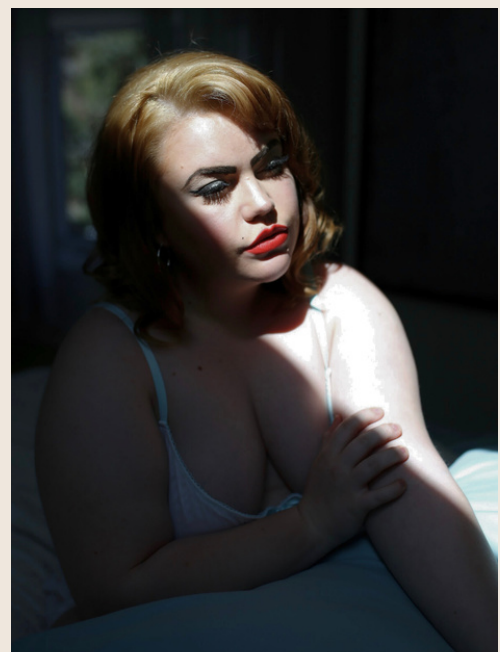
- Avoid tight clothing beforehand to prevent skin marks/lines
- Moisturize or oil up if you'd like a natural glow
- Bring a lip product, a hairbrush, and anything you love using on your skin

Mindset

You don't need to know how to pose. You don't need to feel confident when you walk in. You just need to show up.

I'll guide you through everything. Every session unfolds differently, and there's no one energy we're chasing. You might laugh, cry, stretch, curl up, dance, or just breathe. It's all welcome.

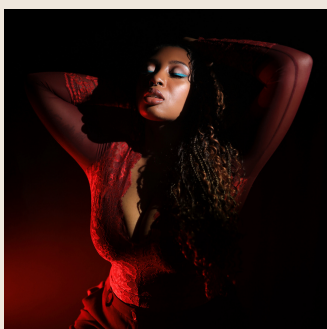
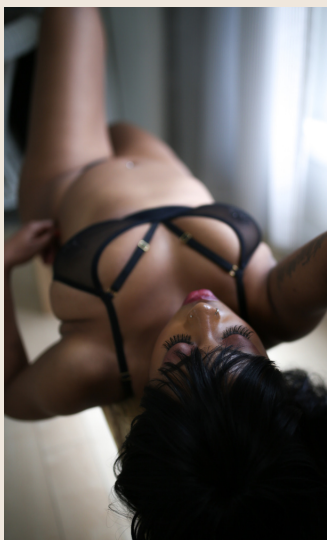
If nervousness is present, that's okay too. There's no rush, no pressure, and no expectation here.



GALLERY Preview

You'll notice a range of moods, bodies, and expressions. Some sessions are tender, others bold. Some women laugh freely. Others are quietly powerful. Every image was created in collaboration, guided by intuition, and shaped by the unique energy each person brought into the space. This gallery is a small glimpse into what's possible when you let yourself be witnessed with intention, not expectation.

Let it remind you: **You don't have to change anything about yourself to be art.**



Contact Information



I'd love to stay in touch, so feel free to follow me on social media, and I'll be happy to follow and support you back! While I encourage engagement on Instagram and other platforms, the best way to get in touch with me for inquiries or bookings is through my website's contact form or by email. This ensures I can respond to your needs as quickly as possible.



[Email info.honorbeauty@gmail.com](mailto:info.honorbeauty@gmail.com)

[Website www.honor-beauty.com](http://www.honor-beauty.com)

[@embodyed_by_honor](https://www.instagram.com/embodyed_by_honor)

[Text 289-257-0458](tel:289-257-0458)



CONTACT INFO