

PORTRAIT LIGHTING GUIDE

HOW TO POSE... EYES



HOW TO POSE... EYES

Digital
Camera

EYES DIRECT

ASK YOUR MODEL TO...

- Look directly at the camera.

THINGS TO WATCH OUT FOR...

- The 'windows to the soul' are the most important feature in a portrait, so direct eye contact creates a strong connection with the viewer.
- Eye contact instinctively grabs the attention, creating a sense of intimacy.
- Some subjects feel uncomfortable looking at the lens – try getting them to look down then glance up at the last moment before you shoot.



Eye contact is often used in advertising and magazine covers because it demands attention

PORTRAIT POSING GUIDE

HOW TO POSE... FULL-LENGTH FEMALES



HOW TO POSE... FULL-LENGTH FEMALES

Digital
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BENDING THE KNEE

ASK YOUR MODEL TO...

- Stand with her legs slightly apart, then ask her to thrust the hips and put her weight to one side.

THINGS TO WATCH OUT FOR...

- Getting your model to put her hands in her hair or in pockets – or both - helps to give the pose a relaxed, natural feel.
- A 'popped' knee pointing inwards like this gives the pose more of a modern look, but it is also a useful pose if you want draw attention to the footwear.



This is a great pose for fidgety subjects: it gives them something to do with their hands!

PORTRAIT POSING GUIDE

HOW TO POSE... THREE-QUARTER VIEW



HOW TO POSE... THREE-QUARTER VIEW

Digital
Camera

CUDDLE

ASK YOUR MODEL TO...

- Wrap one arm around the waist and bring the other up to the cheek.

THINGS TO WATCH OUT FOR...

- Presenting a side-on view of the hand is often more visually pleasing than the full face of it, as it makes the hand smaller in the frame.
- Pressing a forearm into the body can squash it and make it look larger, so hold it loosely against the frame instead.



A simple rule that usually works for posing is this:
if it bends, bend it!

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HOW TO POSE... FULL-LENGTH FEMALES



HOW TO LIGHT... FULL-LENGTH FEMALES

Digital
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SIDE TURN

ASK YOUR MODEL TO...

- Turn away from the camera. Give her visual clues by acting out the pose yourself or showing example images.

THINGS TO WATCH OUT FOR...

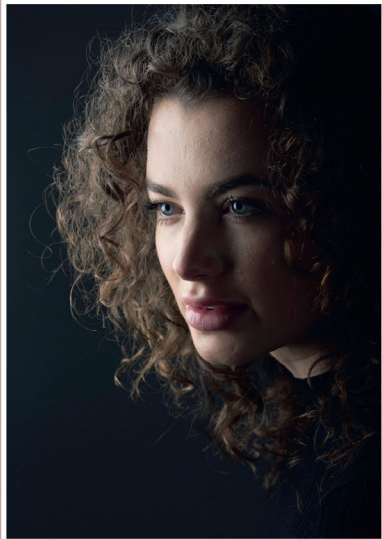
- Use the arms to convey body language and expressions: relaxed and calm, neutral or strong and powerful.
- The wardrobe choice should be an item that the model feels confident wearing, to bring out her best side.



Looking back over the shoulder is a classic pose. Ask your model to tilt the chin up, down or forward

PORTRAIT LIGHTING GUIDE

ONE LIGHT... BACK LEFT



HOW TO LIGHT... ONE LIGHT

Digital
Camera

BACK LEFT



THE KIT WE USED...

- Studio flash head with a 60cm softbox

THINGS TO WATCH OUT FOR...

- Place the single light behind the subject and to one side, angled back towards the camera. Ask her to stand side-on. Use a softbox or umbrella to diffuse and soften the flash for soft, moody side-lighting.

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HOW TO POSE... FULL-LENGTH FEMALES



HOW TO LIGHT... FULL-LENGTH FEMALES

Digital
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SEATED LEG CROSS

ASK YOUR MODEL TO...

- Sit comfortably on the floor. Try out different positions for the arms and legs, and the direction of knees and feet.

THINGS TO WATCH OUT FOR...

- Get down to the same level as your model while shooting her on the floor.
- Be careful not to make the shot too crotch-centric. A hand or leg thrown casually in the foreground avoids this.



If you've been shooting standing poses, bring the lights down to meet the new seated pose

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HOW TO POSE... FULL-LENGTH FEMALES



HOW TO POSE... FULL-LENGTH FEMALES

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SITTING PRETTY

ASK YOUR MODEL TO...

- Sit on the floor with her leg to one side, with one arm held straight to support her weight, the other arm rested neatly on her legs.

THINGS TO WATCH OUT FOR...

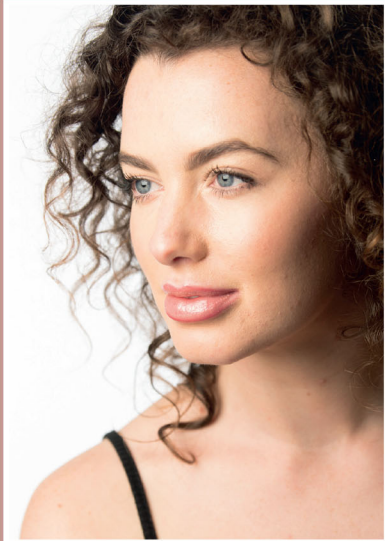
- Note the slightly curved fingers on the model's left hand. With hands, it's usually best to show them side-on: it's a shape that flows better with the arm, especially with gently curved fingers.
- Ask the subject to raise one shoulder to create a slant to the body. Diagonal lines in a pose look better than horizontals.



If you're using lighting, be sure to lower it down if you ask your subject to sit on the floor

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HOW TO POSE... EYES



HOW TO POSE... EYES

Digital
Camera

EYES SIDE-ON

ASK YOUR MODEL TO...

- Look at a point to one side of the camera.

THINGS TO WATCH OUT FOR...

- Don't push the angle so far that the line of the far cheek is broken by the shape of the nose, and ensure you focus precisely on the nearer eye.
- The expression will usually be more animated if you ask them to look at a person rather than into space.



Ask the subject to angle her face towards your light source for flattering illumination



