

PORTRAIT POSING GUIDE

HOW TO POSE... HEADSHOTS & HANDS

Digital
Camera
World



LOOK DOWN

Ask your model to look down to give the shot a thoughtful mood and focus attention on the hands.
Top tip: Use strong eye makeup and shoot this from above to get a better view of the lashes.



WANDERING HANDS

Ask your model to bring their hands up to their face, with fingers on one hand resting on the palm of the other, and chin lowered down.
Top tip: Whites under each iris give eyes impact.



SIT DOWN

Ask the model to sit side-on, resting the elbows on the knees and with hands underneath the chin.
Top tip: Hands create a nicer shape if side-on rather than flat, with fingers gently curled.



ONE-HANDED

Ask your model to stand side-on, with her chin angled towards the front shoulder, then bring one hand up to delicately brush the cheek.
Top tip: Crop the shot close to the hairline.



SIMPLE BUT STRONG

A straightforward close-up is classic. Ask the model to look directly at the camera, lips slightly parted.
Top tip: Try a very shallow depth of field for this; as they're straight on, both eyes should be sharp.



WINDSWEPT

Ask the model to stand side-on, then use an electric fan to blow the hair across the face.
Top tip: Moving hair makes composing, focusing and expressions tricky, so take plenty of shots.



ENLIGHTENED

Ask your model to look up and to the side, and bring the hands up to the face, to create a reflective mood.
Top tip: Eyes right suggests a more hopeful mood, while eyes left looks more contemplative.



PERFECT SYMMETRY

Bring both hands together at the wrist with fingers on each cheek to create a symmetrical frame.
Top tip: Angle the face towards your light source for good catchlights and flattering light.



FRAME THE FACE

Bring one hand up to the chin, with the other arm resting on top of the head to frame the face.
Top tip: Think about how to pose the hair to create a natural flow for the face.

Portrait Posing Guide

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Table of Contents Portrait Posing Guide

1. Understanding the eBook Portrait Posing Guide
 - The Rise of Digital Reading Portrait Posing Guide
 - Advantages of eBooks Over Traditional Books
2. Identifying Portrait Posing Guide
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Portrait Posing Guide
 - User-Friendly Interface
4. Exploring eBook Recommendations from Portrait Posing Guide
 - Personalized Recommendations
 - Portrait Posing Guide User Reviews and Ratings
 - Portrait Posing Guide and Bestseller Lists
5. Accessing Portrait Posing Guide Free and Paid eBooks
 - Portrait Posing Guide Public Domain eBooks
 - Portrait Posing Guide eBook Subscription Services
 - Portrait Posing Guide Budget-Friendly Options

6. Navigating Portrait Posing Guide eBook Formats
 - ePub, PDF, MOBI, and More
 - Portrait Posing Guide Compatibility with Devices
 - Portrait Posing Guide Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Portrait Posing Guide
 - Highlighting and Note-Taking Portrait Posing Guide
 - Interactive Elements Portrait Posing Guide
8. Staying Engaged with Portrait Posing Guide
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Portrait Posing Guide
9. Balancing eBooks and Physical Books Portrait Posing Guide
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Portrait Posing Guide
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Portrait Posing Guide
 - Setting Reading Goals Portrait Posing Guide
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Portrait Posing Guide
 - Fact-Checking eBook Content of Portrait Posing Guide
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
 - Integration of Multimedia Elements

- Interactive and Gamified eBooks

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