

BLACK & WHITE

Ball

x

OBSIDIAN + BLUSH

SELF PORTRAIT GUIDE



POSING

Tired of not knowing what to do in front of the camera? We have a foolproof plan that tells you exactly what to do.

TIPS

Insider tips from industry professionals on how to look your best in front of the camera.

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STUDY YOURSELF

find your angles

-Go back through old photos of yourself and find ones you like the way you look in them.

Why are they better? What features do they showcase? What angles were they taken at to show off those features?

-Pull out your phone and start playing around with different angles for your face.

You may favor one side of your face than the other (typically it's the left side that people like more), or maybe you like your head tilted back or forward. Everyone will have different angles that work for them, so play around with it and see what works best for you!

-Check out photos of yourself that you don't like. What angles should you avoid?



PRACTICE MAKES PERFECT

Why are Models so good at striking poses? Because they practice! Celebrities too! Get your phone out, or grab a friend, and practice!

SMILE HIGH

Looking up to a camera elongates your neck and torso, while being shot from a lower angle has a tendency to squish and make long lines disappear.

DISTANCE COUNTS

It's a basic rule: Whatever is closer to the camera will appear larger. The most important thing you need to remember is the closer an object is placed in front of the camera, the bigger it will look in the photo.

For example, to accentuate and round the bum, turn to the side and shift your body weight to the leg that is positioned closer to the camera. The other leg should be moved a bit in front of you.

WARDROBE + GLAM

the basics



LIGHTING

If you're shooting outside, early morning, or late afternoon - just after sunrise or right before sunset is best. You don't want to be squinting in photos, it has a tendency to make your jaw appear fuller. If the sun is full and harsh, it's best to have your back to it and leave your face in the shadows.

-Inside, you want to open the blinds, but not be in direct sunlight. You may have to walk around with your camera until you find the right place. Typically standing to the side of the window, facing it, will give the best soft light - perfect for minimizing blemishes.

Now that you've found that place, does it need a little set dressing to clean up the background of the photo. Check out every inch of a practice pic before you send it. It's best not go viral for the wrong reasons ;)

MAKEUP + BODY BRONZER

-Take a selfie of your makeup after it's done, same with any body makeup and see if you need eyeliner, Blush, etc., sometimes the rest of your makeup can be overpowering or distracting. Always check your work.

-If you want your eyes to draw people in and be the focal point in photos, there are tricks for it. Curling your lashes and wearing mascara are musts, check out Pinterest and YouTube for great tips and tutorials. Did you know the reflections on the eye are what actually can bring your eyes out? Try having something reflective (white paper, white couch, etc.) in front of you to make your eyes pop.

-Lips your favorite feature? Use concealer, lip liner, and highlighter in all the right places.

-It's important your foundation is a perfect match. If it's too pale or dark, it becomes very evident in a photo. Use a perfect match concealer to cover up blemishes and dark circles, and opt for using a translucent powder on your t-zone (forehead, nose, cheeks, chin) to keep your skin matte.

-Use fake tanner and/or bronzer. In case you aren't already in the know, a darker complexion can help your body look tighter and more toned, and can also help hide imperfections like cellulite. Of course, applying fake tanner is a job in and of itself and not everyone has the time or funds for regular upkeep, but it's amazing what a little bronzer can do. If you're only showing your face, apply a light dusting of bronzer.



WEAR FLATTERING OUTFITS

We know, we're all tired, and sometimes we don't want to wear the shapewear. We all also know how much of a difference the right bra, shapewear, etc make in an outfit. We're gonna pull a Nike here - Just Do It!

-If you're going to an event or getting photos taken of any kind, from headshots to girlfriends birthday party, do not wait last minute to find an outfit. As soon as you know about, get it. Try it on, take pics in a mirror, and then make sure you try it on with the proper underwear and shoes and take pics.

-These 2 tips alone will eliminate a ton of stress about your appearance. If you know your outfit is bomb and you look fab in it, whew! You're more than halfway there!

HAIR

-Some updos can make your neck look longer and thinner, buns, braids, or ponytails that are too tight can create harsh angles, causing your face and torso to look larger.

-Tame frizz as a camera flash can highlight flyaways, don't use too much hair product to keep your hair from looking wet and crunchy.

-Flip your head over right before the picture to give it some volume (if your hairstyle allows it).

-Pose Your Hair, yes, your hair is totally part of your pose! If you have long hair and wear it down, consider whether you'll have it in front of or behind your shoulders, or if you'll have it all on one side or the other. Check what this looks like in a few selfies, too much hair can hide you in a bad way.

STRIKE A POSE



DO THE "TURTLE"

-Sticking your chin or head out slightly will ensure you don't look like you have a dreaded double chin.

Extending your head away from your neck helps create the look of a longer neck and sharper jawline. The camera flattens your features, so you want to exaggerate a long, slender neck when you're being photographed from the front.

ANGLE YOUR SHOULDERS

-When you pose head on in a photo, you tend to look bigger. Turn your shoulders a touch so you're showing a thinner profile.

-Roll Your Shoulders Back. You want to look as relaxed as possible in photos, and one of the best ways to do that is take a deep breath, relax and roll your shoulders back, keep them away from your ears.

-Try having the shoulder closest to the camera down a little compared to the other, this doesn't work for all poses, but when it does, it's magic!

TURN YOUR BODY

-We've seen the celebrities do it: Turn your body about 45 degrees to the side, swivel your shoulders towards the camera, plant one foot slightly in front of the other, pointing the toe of the front foot to the camera, and put all of your weight on your back leg. It simultaneously slims the waist, lengthens the legs, and makes you look taller.

-Lean slightly forward. This helps your body look more relaxed and even disguise your mid-section a bit. If that's your problem area then you'll find this very helpful. Sometimes when we stand up very tall and straight, or stick our booty out, we give ourselves bigger bellies. Stick your booty out for side and back shots, front and half turn shots, tuck it in.

-If you're wearing something that's tight, bulky, or detailed around the middle, it could look expanded in photos (even if it looks fab in person.) Hold your bag directly in front of the area to mask it in pictures.

SMILE, POUT, LOOK UP, LOOK DOWN, LOOK TO THE SIDE....

-If you're still trying to figure out your best angles and looks, give your photos plenty of options! Smile in some, be serious in some. Look to the side past the camera or look down dramatically or look down smiling.

-Don't yell cheese, say "happy" instead. Saying "happy" allows you to smile with more control and also separates your top and bottom teeth, where cheese will give you a thicker jaw line and chipmunk cheeks. Say it now and feel what happens in those areas!

-Put your tongue on the roof of your mouth while smiling, it will help tighten the area underneath your chin, giving you a more defined and chiseled look.

-Think happy thoughts. If you're forcing a smile in your photos, it's not going to look good. Make sure your smile is as natural as possible. Relax your face and jaw muscles, engage your eyes, think about something or someone that makes you happy. And remember, practice makes perfect. Practice smiling in the mirror before getting in front of the lens.

-You might have heard the phrase "smize" from Tyra Banks, but more than smiling with your eyes. Think thoughts that make you express true joy and happiness, and it will shine through your eyes, as well as your entire body.

-Practice Smiling with Teeth and Without Teeth. Some people look better when they smile with teeth, while it's more flattering for others to smile without teeth. Practice both in the mirror to see what works best for you. If you choose to smile without teeth, it may not turn out to look like a smile at all, so practice is key

-If you're having trouble smiling naturally, ask the photographer to tell a joke or try to make you laugh. This will loosen you up and help you smile or laugh naturally to get the perfect shot.



ACCENTUATE YOUR HIPS + BOOTY



- Shift your body weight to one side and move your hip there too. Your whole silhouette will look more elegant with the right emphasis on your beautiful curves.
- Posing with your back to the camera has its nuances. Lean a bit forward and curve your lower back, put your hands up in the air, your waist will look smaller.
- At a 45 degree angle, shift your body weight to the leg that is positioned closer to the camera. The other leg should be moved back so that both cheeks look round.
- Here's some special advice about the choice of clothes when it comes to jeans, shorts, and bikini bottoms: it's better to pull them a bit higher than you usually wear them. This little trick will create the visual effect of a fit body.
- When posing in profile, don't put your hand on the hip and don't cover it with your fingers. This way, you end up hiding your own curves. It's best to put your hand a bit above the hip where your waist is the smallest.

POSITIONING



POSITION YOUR ARMS

-Ever wonder why every celeb poses with their camera

-facing arm on her hip? It's because it ensures that her upper arm isn't smooshed against their body making it look flattened. If you find the hand-on-hip pose to be a bit forced, try holding your arms out from your sides ever so slightly.

-If you're placing your hand on someone's stomach or chest during a photo, push your arm away from your body a few inches so it doesn't smash against your torso.

LENGTHEN YOUR LEGS

-Put one foot in front of the other. This creates the illusion that your legs are shaped better.

-A super slow yet natural walk is a good too.-If you slightly stand on your tiptoes, it naturally makes your legs appear longer and more toned.

-shift your body weight to the back leg and stand on the toes of the other leg.

SIT PRETTY

-Be sure to cross your legs at your ankles —your thighs and calves will look slimmer.

-Imagine someone tugging you up by a string attached to the crown of your head, so your spine and neck are elongated, then pull your stomach in and point your chin down slightly.-If you're only being photographed from the waist up, pull your legs apart under the table, press down on your knees with your palms, and arch your back, it automatically lengthens the neck and brings your shoulders back, so you look tall and poised.

-When sitting with your legs visible, crossing your legs directly in front of you in a photo cuts your body and legs in half. Instead, swing your legs to the side, cross your camera-facing leg over the other, and point both feet downward to highlight your calf muscles and elongate the legs.

-If you're worried about your thighs looking squashed when they're crossed, push off your tippy-toes to raise your bottom thigh ever so slightly off of the chair, then lift your top leg so the knee of the upper leg is a bit higher.



"WHAT DO I DO WITH MY HANDS?"

-Whether it's putting your arm around someone, tucking your hair slightly behind your ears, or grasping a coffee cup; giving your hands something to do prevents them from looking awkward as if you have two claws or always putting one hand on your hip like you're at prom.

-Put one or both of your hands in your hair. If it feels awkward to just have your arms hanging to your side, by all means, naturally brushing or playing with your hair in photos works! -Put an arm bent at the elbow, slightly hugging the waist, the other is almost perpendicular to the first. Wrists and hands should be relaxed, placed closer to the chin or to where the hair ends.

-If you're wearing a flowy dress or skirt, maybe lift up the garment a little to show off the movement of the fabric.

-Jeans, put your fingers in the pockets, leaving the thumb out.

SHAKE IT UP

- Don't stand still for longer than a second

-Constantly moving your body is what keeps you from looking like a statue.

-Even if it's simply tilting your head left to right slightly or shifting your weight from one leg to another, always moving keeps you looking fresh and authentic

STANDING OUT IN A GROUP SHOT

-Put one foot in front of the other. This creates the the perfect body lines.

-A super slow yet natural walk is a good too.-If you slightly stand on your tiptoes, it naturally makes your legs appear longer and more toned.

-shift your body weight to the back leg and stand on the toes of the other leg.