

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 frame for the face