

A Few Points on Posing

👍 The closest part of the body to the camera will always look bigger. Try to have the head the most forward part of the body in the photograph.

👍 Turn the shoulders enough to give some depth to the photograph, but not so much as to shoot into the shoulder.

👍 Try to shoot hands to the face on edge, avoiding showing the flat back of the hand or the palm of the hand.

👍 Try not to have wrists bend at 90-degree angle; try to have a gentler bend. Try not to lock the elbow as it makes for an odd looking bent to the arm. When leaning on the arm have the subject take the weight off the hand so the shoulders won't seem to slump.

👍 Be careful not to turn the head so that as you look through the camera the tip of the nose goes beyond the cheek line.

👍 Avoid showing arm pits, the bottom of feet, and palms of the hand.

👍 Try to avoid cutting off the composition at joints such as ankles, elbows, wrists and the neck.

👍 Try not to pull the eyes to extremes.

👍 Think about your point of view. A high point of view makes the subject look weaker; a low point of view makes the subject look stronger.

👍 A tilt of the head towards the shoulder is a weak tilt and a tilt of the head away from the shoulder is a stronger tilt.

👍 As you tilt or turn the head look for wrinkles in the neck or the pulling of the throat tendon.