

5 Tips
to Look
Better in
Photos...
Instantly



Use these simple tricks and pro tips to look and feel better in your photos...even if you think you're not "photogenic".



It's good to be a **poser.**

You don't have to be a master poser to look better in pictures. If you're working with a professional photographer, then they will direct you. But if you're on your own, remember to adjust your posture so you're not slumping. It may feel awkward since most of us don't have the best posture, but standing or sitting up straight will make you look slimmer and more confident. Also, use the angles of your body. This takes practice. One simple pose to start with is turning your lower body about two-thirds away from the camera, and just turning your face and torso toward the camera. This pose gives the appearance of a leaner silhouette and makes the photo more interesting. Practice in the mirror, and remember to have fun and relax. Posing is a skill, and you don't have to be perfect at it to take better photos.

***Pro tip:** To make your jawline appear sharper and to minimize the double chin look, stretch your neck up and out, and then tilt your head slightly downwards. It will feel strange but practice it a few times and you'll notice the difference.*



It's a **numbers** game.

Whether you're using a selfie stick or doing a high-end photo shoot with a top photographer, chances are you're going to take a lot of photos before you find a few you like. Don't be discouraged. Even pros take lots more photos than they'll ever need. The more you take, the more you have to choose from. *Pro tip:* Once you find a flattering angle you like, take a few more with the same or similar angle smiling, not smiling, etc. Remember, you're only sharing the photos you love, so have fun with it!

Location. **Location.** Location.

Although your face is the star, your background and surroundings matter. They can evoke mood, effect perspective, control your level of comfort, or be an enhancement or even a distraction. Therefore, you should take photos in places where you feel most comfortable. Play with different backgrounds and pay attention to backgrounds that may wash you out in photos.



Lighting is Your Best Friend.

Lighting can be an intimidating subject, as there are entire classes dedicated to it in film and photography schools around the world. But there are some basic things to remember, even if you're taking a selfie. Whether you're using a basic lamp or a window with natural light, make sure you're facing the light. We've all seen pictures where someone's face is covered in one big shadow. That's because their light source was behind them. Pros use lights and position them in various ways to get the effect they want. But when you're on your own, remember if the light is behind you, it will cast shadows on your face.

Pro tip: If you're taking pictures outside, try to do so either when the sun is rising, going down, or there's an overcast. If you can't pick the time of day, then find a spot with shade, like under a tree or near a building that's blocking some of the light. If you're squinting, then you're not in a shaded enough area.



Makeup— Less is More... *well, sometimes.*

Unless you're having your makeup professionally done, or are quite skilled yourself, it's best to keep your makeup minimal and soft. Even if you don't typically wear makeup, having well-groomed eyebrows, wearing a tinted moisturizer and a bit of color on your lips and cheeks can go a long way. For men, using an eyebrow tint and a light powder (to combat shine for oily skin) can also go a long way. If doing this on your own is intimidating, then making sure any facial hair is well-groomed and your face is moisturized is a still a great start.

Moment of TRUTH: Many talented artists use tons of make-up on their models—yes, even for “natural” looks. So with

anything take aesthetic advice with a grain of salt. That means if you want to have a bold look (or a "bare face"), go for it...it's your face after all.

At the end of the day, you can have the best lighting, makeup and take a gazillion photos, but if you don't feel good then chances are your photo will reflect that. It may sound cliché, but the most gorgeous thing you bring to any shoot is who you TRULY are. Be it sassy, sultry, or a goofball...who you are and what you want to convey should shine through. If you're not feeling like yourself, take a moment to adjust by taking some deep breaths and focusing on something that makes you smile. Listening to your favorite song can also be a great way to shift your mood and spark your confidence.

Until next time...yours in TRUTH,

AJANI

P.S. One final TRUTH (I just can't help it)--It may feel silly at first, but affirmations are great. So next time you're feeling unsure before a shoot, try an affirmation like...

ajanitruth.com

***"I'm beautiful inside and out and
I'm going to ROCK this photo!"***

