

GUIDE TO LOOKING  
*gorgeous*  
IN PHOTOS

5 SIMPLE STEPS

---

TO HELP YOU FEEL MORE CONFIDENT &  
BEAUTIFUL WHENEVER YOU SEE A CAMERA

by Ever After Portraits



# INTRODUCTION - BECOMING PHOTOGENIC



## ANY TIME - ANY PLACE

This guide has been designed to help you feel more beautiful in every photo from now on - no matter where you are, how made up you are, or who's taking your photo. Use these tips whenever you see a camera pointed your way.

## PRACTICE IN A MIRROR

A lot of the suggestions found in this guide are not going to feel natural. In fact, you will most likely feel down right ridiculous. If you're not doing them quite right, you might look not only ridiculous, but embarrassed as well. Practice in the mirror enough to know how fabulous you look following each tip.

## YOU ARE BEAUTIFUL

We've all had someone sneak a photo when we had a weird expression, or were caught at a unflattering angle. That's not what you look like in real life, so remember to be gentle to yourself.

## STEP 1: HAIR & MAKEUP TOUCH UP

### IF YOU HAVE 3 MINUTES

Find a mirror to fix your hair and makeup.

- ❑ Check Your Teeth
- ❑ Dab away excess shine with a tissue
- ❑ Apply Lipstick or Gloss
- ❑ Give Your Hair a Volume Boost

*(keep in mind: hair looks flatter in photos)*

### IF YOU HAVE 1 MINUTE

No time to consult a mirror? Ask a friend to check your teeth. Apply lip balm/gloss (at least a dab in the center of your lower lip), and zhooosh your hair.

### 30 SECONDS OR LESS

Staring down the barrel of a camera? While fluffing up your hair, mash your lips together and chew on them a couple times (this will give a bee-stung effect). Run your tongue over your front teeth (pray they're clean), then lick your lips for a little shine and hope none of that was caught on camera.



## STEP 2: FIND YOUR BEST LIGHT



### THE POWER OF LIGHT

Lighting can make you look 10 years older or 10 years younger. Harsh lighting ages you, casts creepy shadows, and makes you look exhausted. The opposite of harsh light is even light, which is what you want illuminating your features.

### HELP PICK THE BEST SPOT

Assuming your picture isn't being taken by a pro photographer, your friends will probably thank you for suggesting a location that makes them (and yourself) look fabulous.

### FACE THE BIGGEST WINDOW

The trick is to face into the light, with your photographer positioned directly between you and the window, (or just slightly off to the side).

If you don't have quite as much control over where you're all standing, at least point your nose towards the brightest light source.

## STEP 3: TAKE A STEP BACK

### CAMERAS CREATE DISTORTION

Have you ever taken a selfie and thought your nose looked over-large? Well, if you're holding your camera at arms length, there will be tons of distortion.

For selfies, flip the camera around and take the shot into a mirror so you can back up a bit, or hand the camera to a friend.

### CLOSE TO CAMERA = LARGER

Anything close to the camera will appear larger, so try taking a step back from the photographer, especially if you're within five feet from the camera.

### FAR FROM CAMERA = SMALLER

If you're self-conscious of your derriere, you never want your bottom half to be closer to the camera than your face. My trick is to always lean forward slightly when a camera appears. This works well whether you're standing or sitting.



## STEP 4: STRIKE A POSE



### PLANT YOUR FEET

Turn away from the camera slightly, without being directly side-on. The best way to do this is to take one half step back, then shift your weight onto that back foot. Raise the front foot to tip-toe, crossing the knee in.

### ARMS PULLED BACK & OUT

Let your back arm pull to the outside of your body and rest on your hip. Your front arm can slightly pull away from your body, or even rest your hand on your hip.

### PERFECT POSTURE

Make yourself as tall as possible by lengthening your spine. Make sure you're not holding your breath, which can make you look a bit puffed up.

### THINK "TURTLE"

Push your face towards the camera like a turtle, then tip your forehead even closer.

## STEP 5: LAUGH OUT LOUD

### FAKE SMILES LOOK EVIL

The only thing worse than being the only non-smiler in a photo is having a fake smile. Whether yours is a wide-eyed grimace or a tight-lipped version that doesn't even reach your eyes, fake smiles are easy to spot.

### LAUGH OUT LOUD

My very best trick to help a fake smiler is to have her literally laugh out loud. Even the fakest, most ridiculous laugh will be helpful, because those tend to get the best real laughs in the end. Another benefit to this trick is that not only will you look amazing, but your friends will be smiling for real, too.

### PICTURE ROBERT DOWNEY JR

To get a more come-hither expression without looking angry, I like to imagine the sexy Robert Downey Jr behind the camera. Since it's silly, this always makes me start to smile, taking the harshness out of my smolder.





Ever After Portraits  
[www.EverAfterPortraits.com](http://www.EverAfterPortraits.com)  
571.434.0009