

# 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 nice shadow 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 forwards, 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

# Guide To Posing For Models Photographers

**Zhe Xu**



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web bei der traditionellen chinesischen medizine tcm wird krankheit als verloren gegangenes energetisches gleichgewicht verstanden ursache sind äussere und innere störfaktoren wie unausgewogene ernährung Überanstrengung übermässige emotionen wie zorn wut angst die diagnose und therapie in der chinesischen medizine beruht auf