

*Posing Secrets
of the Red Carpet*

(Look great no matter who is taking the picture!)

*Some people have a signature pose.
You know -- picture perfect.*

Do you wish this was you?

*We all feel not photogenic but that's
only because we don't know how to pose
to show off our best self.*

Get ready for some model ready tips.

Make-up & Hair

Quick tip:

The most important part of a photograph is the eyes. We make decisions about you within seconds and biologically we seek out the eyes in all our interactions.

Let's focus a little on makeup.

Hair & Make-up

Emphasize your eyes

- *Lightly cover dark circles with concealer*
- *Extra (light) coat of mascara*

Lips

Gloss in the middle 3rd of top and bottom lips makes them look full

Cheeks

Light blush on apples only this is so easy to over-do.

Hair

A little volume is good



Clothing

*Clothing, especially the fit, can affect
how you look in photos....*

*And clothing that looks wonderful when we
are moving around can be unflattering in a
photo when we are standing still.*

Let's focus a little on flattering clothing.

Tops

We dress to hide our flaws. But do we really?



Tops should be slightly fitted, so you look thinner.



Neckline

A high neck makes your head look like it is cut off.



Look for flattering “V”, scoop or rouched necklines.



Posing

*Posing can make a huge difference
in how you look in photos!*

Quick tips:

- *Turning on a slight angle to the camera will make you look 30% thinner.*
- *Whatever is closest to the camera looks the biggest (hips, knees, chest).*
- *When you flatten a body part it doubles in size (arms, thighs, chin).*

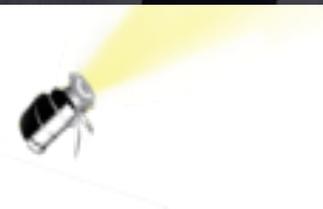
Let's focus more on posing.

Arms

Hate your arms?



Lift them slightly away from your body.



Arms

*Or cover them up...
Still keeping them
away from the body.*



Posing

The dreaded double chin...



*Practice the turtle.
Push your chin out and tip it slightly down.*



Sitting

Don't sit all the way back, especially on a sofa.



Sitting forward brings your body more in alignment.



Putting it all together!

- *Pose your feet by turning 45 degrees towards the camera*
- *Kick your hip back - a lot*
- *Bring your face toward the camera*
- *Leave some space between your arms and your body- it will show off your waist*



Remember, most of all.....

*It's about shining
from the inside...*

For more tips and be 1st to know about specials:

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