

Total time:  
1-3 hours



Difficulty Level: Normal

#### Skill Points:

- Portrait lighting
- Proper framing
- Capturing expression
- Skin retouching

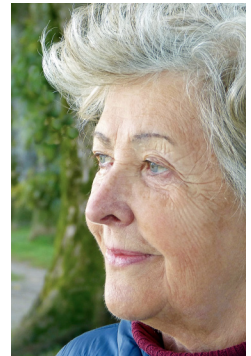
# CREATING PORTRAITS OF WOMEN



Portrait photography of women requires an attention to detail. Equipment & lighting knowledge is as important as being constantly aware of small details such as hair, hands, makeup, and the pose.

**KEY LESSON:** Concentrate on one of two types of female portraits: either a simple headshot or a half-body shot. Use broad even lighting across the face. Keep any shadowing on the face to a minimum. Don't over-sexualize the shot. Don't remove all of the skin texture in post-processing.

SAMPLE PHOTOGRAPHS



## EQUIPMENT



### Camera

Any DSLR, mirrorless, hybrid, compact or smartphone



### Lens + Hood

Headshot -> 85<sub>mm</sub> - 200<sub>mm</sub>  
½ Body -> 35<sub>mm</sub> - 100<sub>mm</sub>



### Lighting

Window light, outdoor natural light, electronic flash, large bounce cards.



### Makeup & clothing

That meet current trends and represent the model.



## ACTION ASSIGNMENT!

- 1- Select a model. Set up a portrait session indoor and another portrait session outdoors. Select clean backgrounds with a neutral or solitary color. Study sample photographs.
- 2- **Indoor:** use a window for lighting. **Outdoors:** shoot during the Golden Hour. Experiment with lighting from different directions.
- 3- Keep the model's hair out of her face. Keep the hands close to her body. Watch for wrinkles or sagging skin around the neck, arms, and legs. Keep the chin slightly elevated.
- 4- Setup your camera with these general tips: **ISO:** 400 (then adjust as needed) / **Format:** RAW (preferable) / **Focus Points:** Center grouping / **Drive Mode:** Single shot / **Metering:** Center-weighted / **Shutter Speed:** 1/250th telephoto / 1/125th wider lenses / **Shooting Mode:** Manual or Aperture priority / **Aperture:** From wide open to f/5.6 -Make sure the depth of field covers the eyes / **White balance:** Auto
- 5- Use bounce cards to lighten shadows under the eyes.

## HOW DID YOU DO?

- Did you properly place the focus on the eyes? Is your image sharp and free of camera shake?
- Did you capture an interesting and pleasant expression? Did you frame the shot tight enough?
- Did you bounce light up into the face to eliminate shadows under the eyes and create broad even lighting?

READY! SET! GO! **ACTION CARDS** - **GENRE:** PORTRAITS OF WOMEN



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# Hey there!

Let's get real for a minute... Learning photography can be super challenging! But we're here to help you every step of the way!

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**Always remember:** Momentum is the key to exploring and developing your creative talents...

So get out there and take some more pictures!



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