

Portrait Photography



ASOHM Photo Club, April 8, 2020



q Head Shot
vs.
Environmental Portrait



q Choosing a background

q Lighting

q Posing

A headshot is a photographic technique where the focus of the photograph is a person's face.”¹ (and maybe shoulders)

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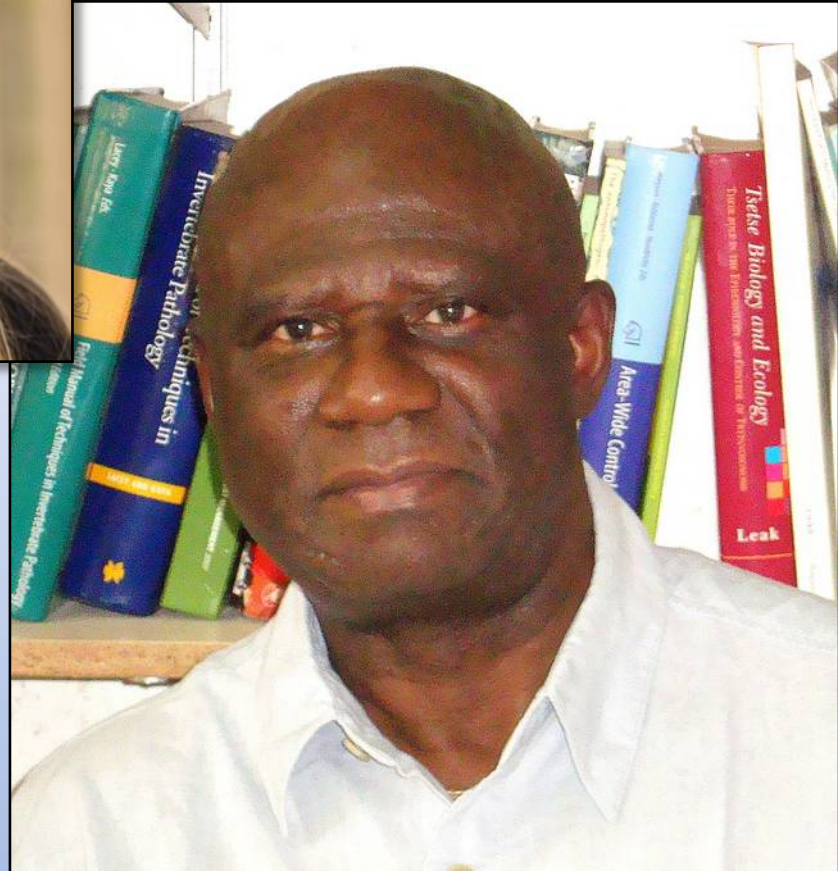
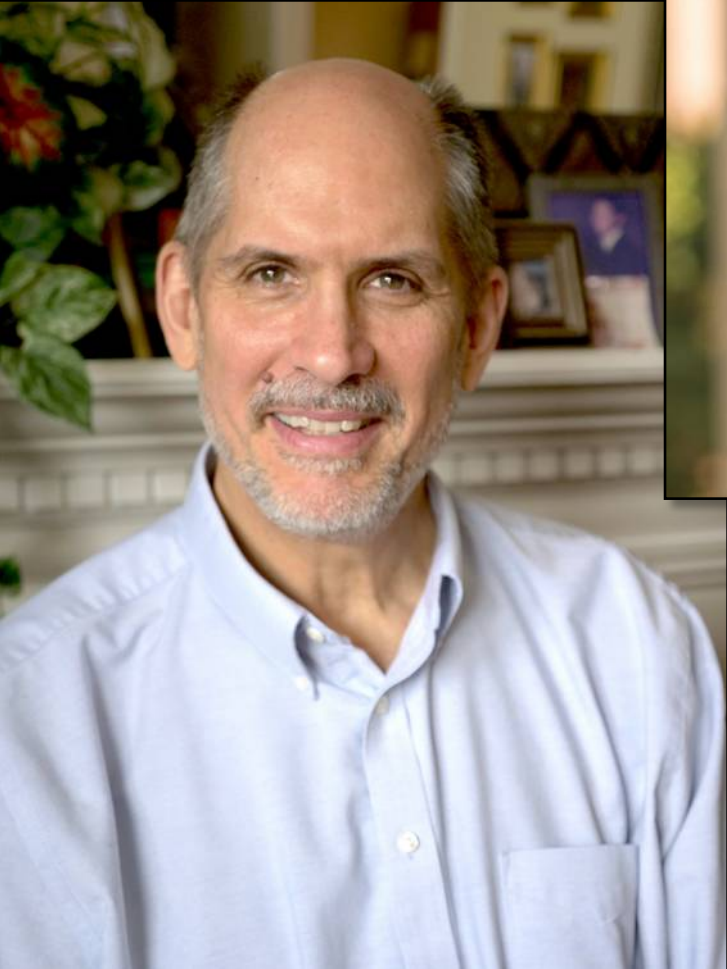
Sources

1 Wikipedia

2 Me







Things to remember

q Focus on the eyes

q The angle matters

- Shooting up
- Shooting down

q Use diffused light

q Consider a hair light
or back light

q Use a long lens

q Get the right
expression (posing)

CAMERA HEIGHT | Flattering angles

It's not just your subject who needs to know where to stand



01 High

Positioning your camera slightly higher than the subject's eyes can often produce a more flattering image. It generally creates a slimming effect. Notice how the neck recedes and the jaw looks more defined. But don't go over the top – go too high and your subject will look like they're in some strange yoga position.



02 Eye level

With the right lighting eye level should be fine in most situations. Be aware that your camera height will affect how the portrait looks. Your LCD screen will be vital in helping you assess this. If you're shorter than your subject, consider using a box or step ladder to reach the right height.

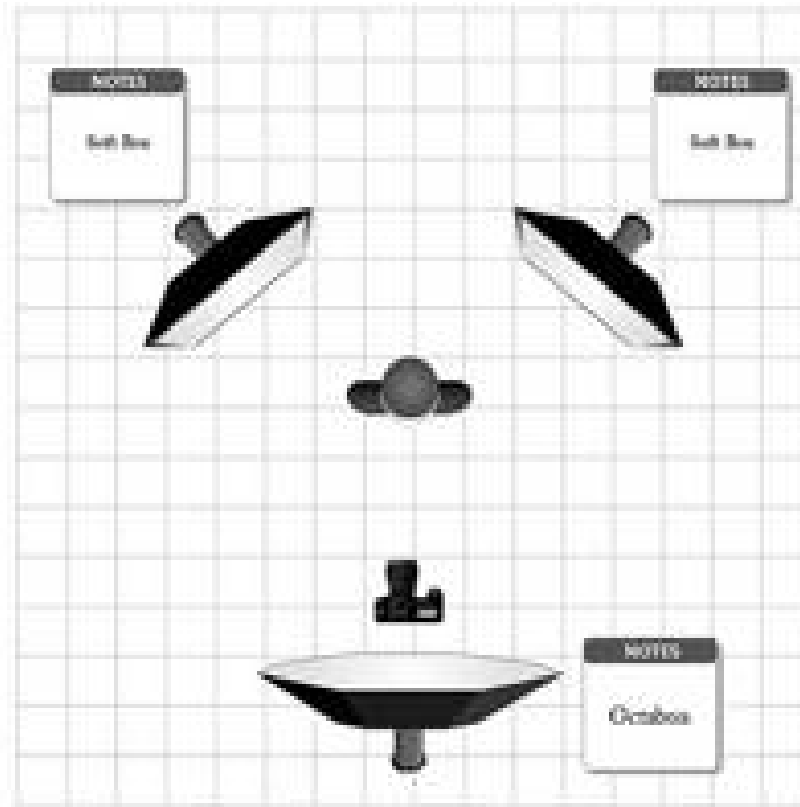


03 Lying down

Generally, the lower you go with your camera angle, the less flattering the photo. It certainly won't make large folk look any slimmer. It does, however, create a striking effect and your subject will seem important. Corporate shots of business leaders are often shot from a low angle to create precisely this illusion.







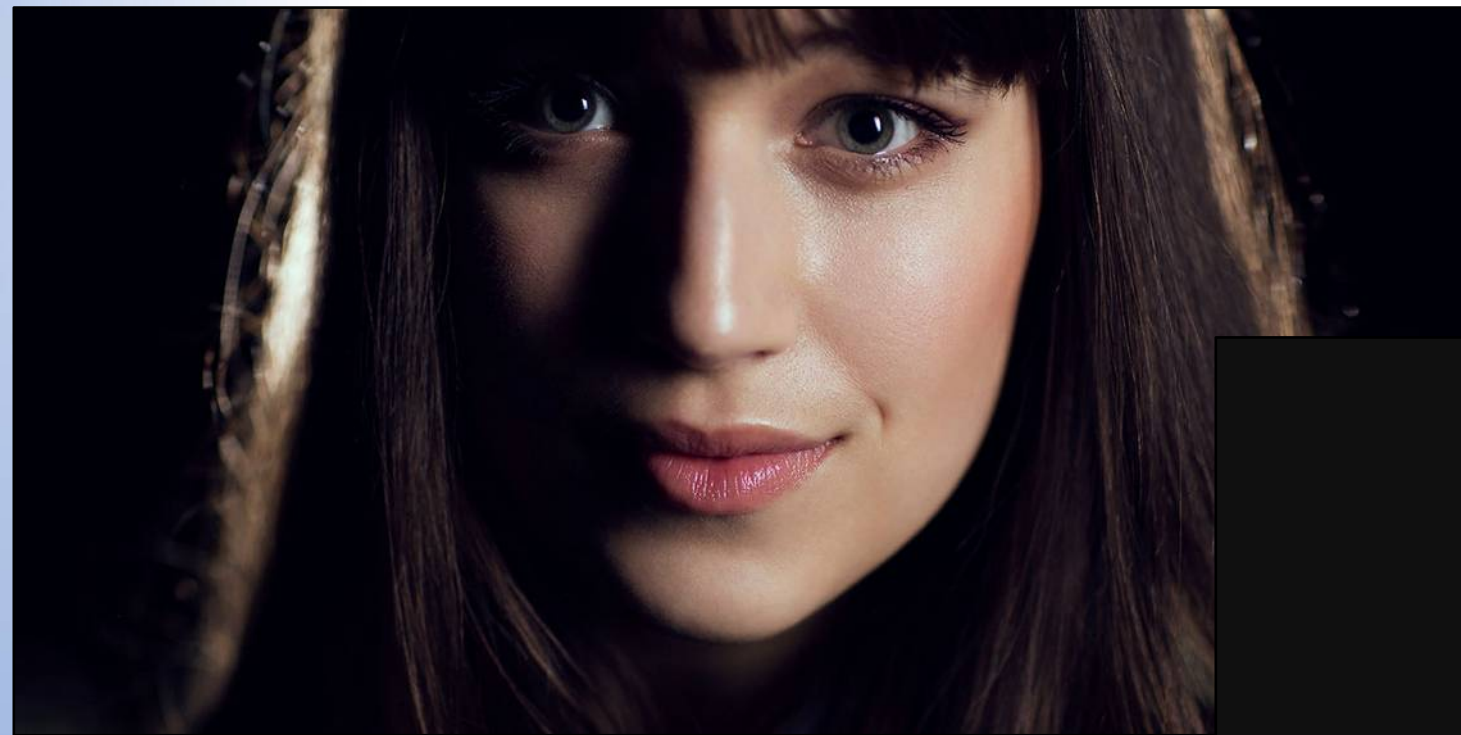
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Shutter Speed: $1/160$
ISO: 200



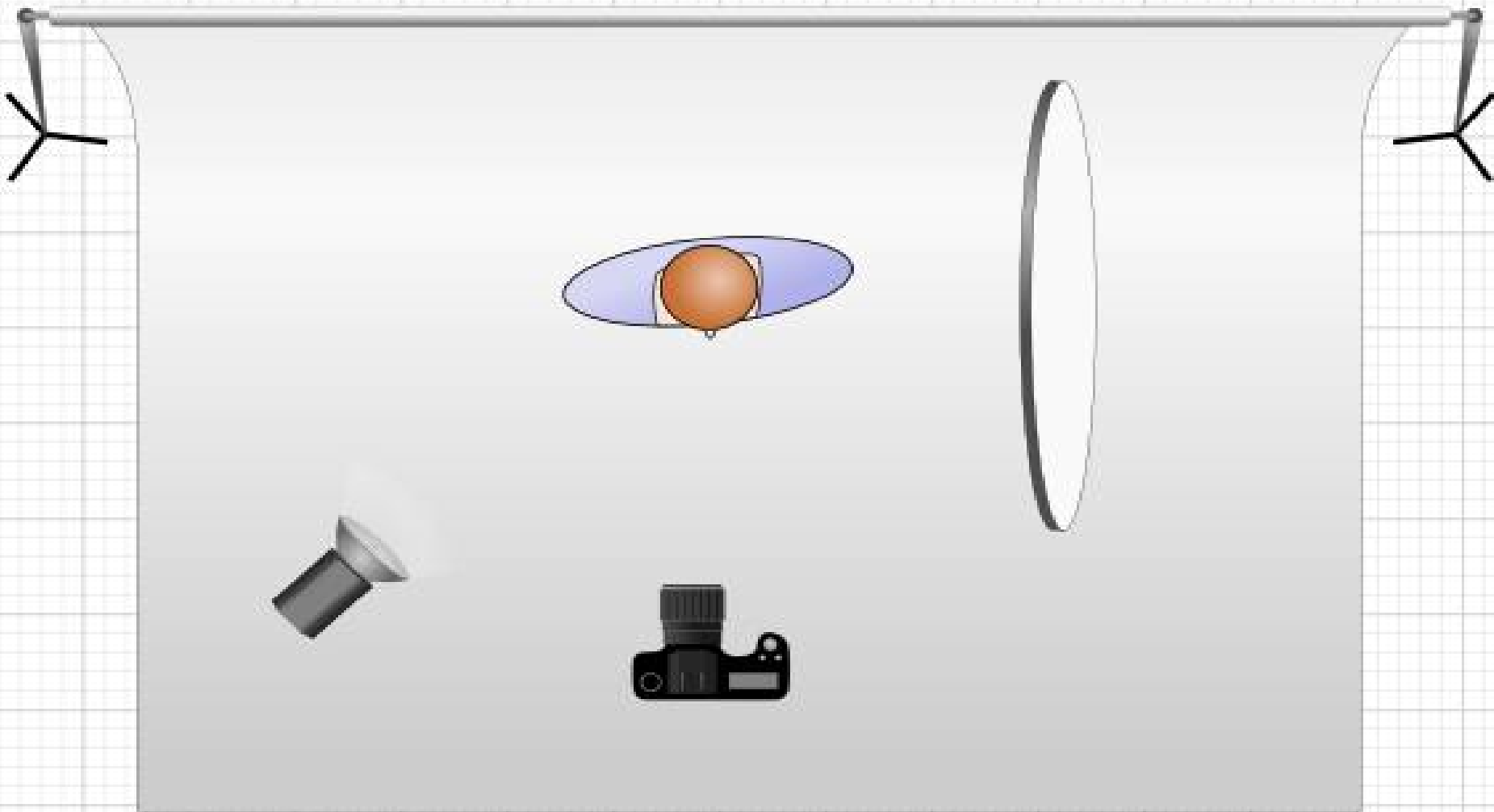


Rembrandt Lighting

A studio portrait-lighting technique where a small inverted triangle of light is visible under the subject's eye.







What is an Environmental Portrait?

An environmental portrait is a portrait taken of a person or people in a situation that they live in and a place that says something about who they are. It is often a place of work, rest or play.







Lighting



Hard Light vs. Soft Light



Hard light makes distinct, hard-edged shadows. Soft light makes shadows that are barely visible. A sunny day is hard light. A cloudy day is soft light.

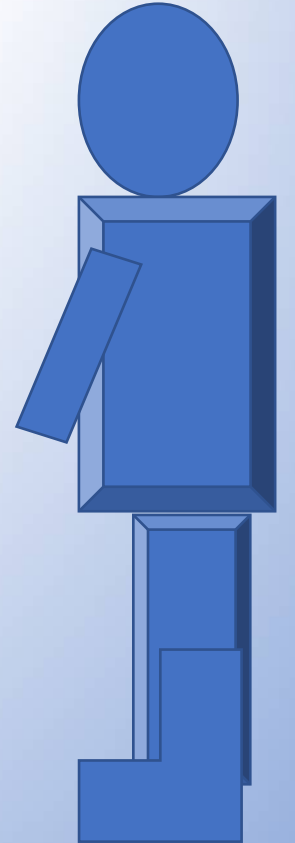
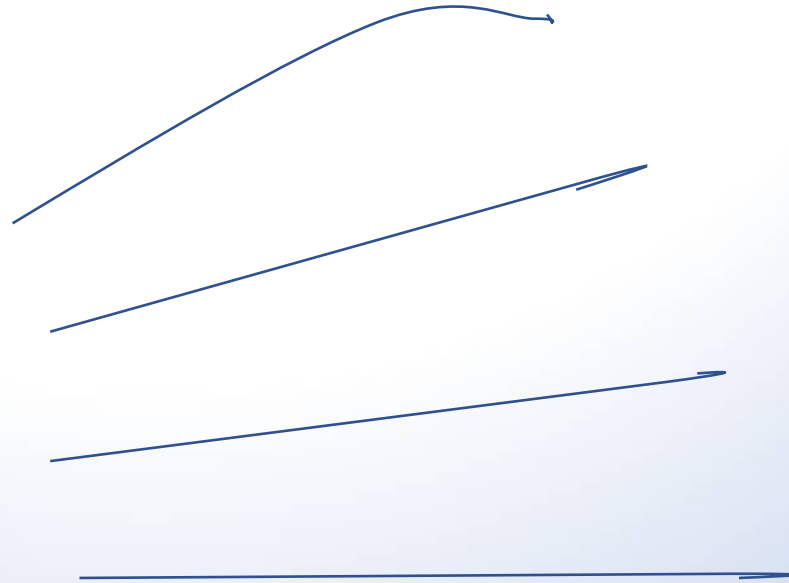
Soft light is more flattering than hard light. It's more natural-looking and makes your subject appear warm, welcoming, and friendly.

Harsh Light



Soft Light





Hard and Soft Light



Hard Light

vs.



Soft Light



How to Make Hard Light Soft





<https://lensvid.com/technique/using-soft-light-v-s-hard-light-diffusers-and-reflectors-for-photography/>

Posing

- q What is your goal? To show tenderness? Toughness? A leader? A creative person?
- q Be prepared to give direction to your subject. Be specific about what you want.
- q Try different poses: move arms, hands, shift positions, turn to different angles, but try to find the subject's best side.



