

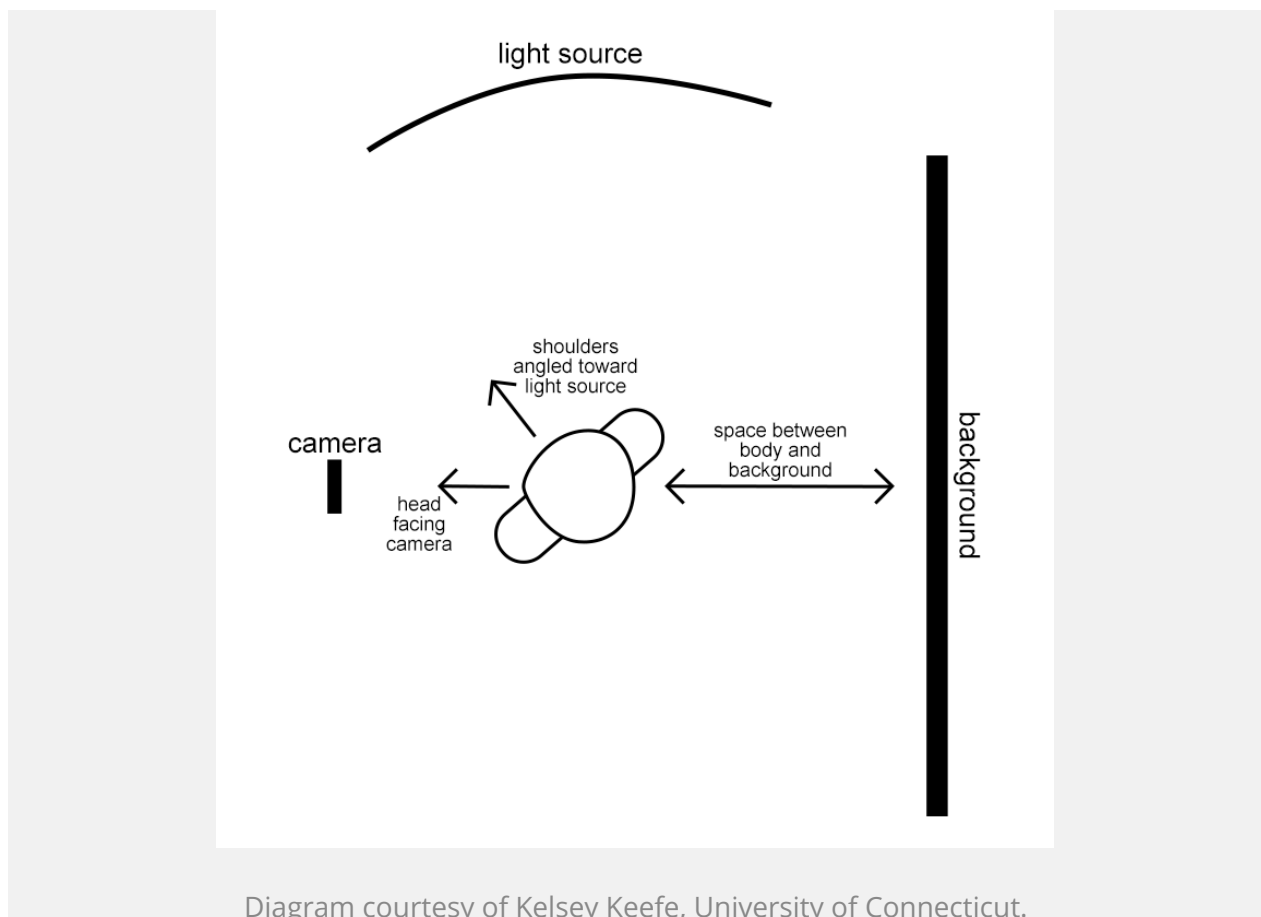
Tips for professional selfies

1. Choose a neutral background with natural lighting

Try to find a location that provides a neutral background near a window with lots of natural light. If your back is to the background and your face is toward the camera, it's best if your light source comes at an angle from the side. If your light source is behind you, you will look silhouetted. If it's too close and directly in front of you, it can create harsh shadows.

2. Pose at an angle with space between you and your background

Step at least a few feet in front of your background. Position your body so that it's facing your light source and at an angle (about 45°) to your background. Then turn your head to face an imaginary camera running parallel to your background (see diagram).



3. Position your camera slightly above your head

Angle your camera to be parallel to your background. Remember, your face should be directly facing the camera, but your body will be at an angle toward your light source. Hold your camera slightly above your head pointed down toward your face.

4. Crop your photo close to your face

For small images used online, it's best if your head takes up about 50-75% of the photo.