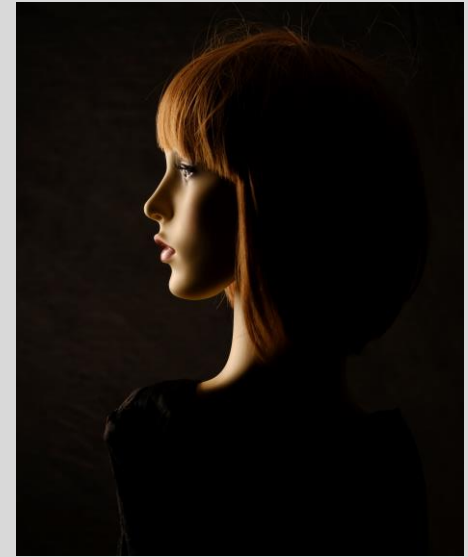


# Basic ideas with Constant Lights 60watt



Area approx. 3 x 3 metres – ceiling height 2metres 30cm

# Portrait



Popup backdrop & stand (my own), 2 softboxes plus white reflector & stand (my own)  
This is the final setup – variations shown on next page.

# Portrait placement of model & soft box



‘Model’ stands towards the **back** 1/3<sup>rd</sup> of the softbox.

This means from the front of the softbox helps fill shadows slightly

# Portrait options



1. Back light very low



2. Back light brighter



Back light increased & angled slightly to backdrop



Adding white reflector fills in shadows



# Beauty / “clam shell” – head & shoulders image



White reflector at the side helps fill any shadows due to off-centre light

White reflector from below fills shadows due to downward casting light

Front lighting is often called ‘clam shell’ or beauty lighting

The main light high and at 45 degrees.

Any shadows under chin etc. can be filled in with a white reflector from below  
Without a very substantial C-stand the main light has to be slightly to one side so the white reflector on the right helps to fill in any shadows.

# Beauty / “clam shell” options



Reflectors subtly remove shadows caused by light direction.  
This appears to add a ‘glow’ to the face.

This is a good way to reduce the wrinkles in older faces if required.

However, it does show the facial flaws that many of us have e.g. uneven sides of the mouth, eyes that are not even, mouth that turns down on one side.  
Look carefully before using this set up.

# Profiles – front and back



Front and back profiles offer variety in light & shadow – the names simply refer to which side of the body is facing the photographer.

The model's placement relative to the front edge of the softbox is critical to the level of shadow & highlight in the image - see above for an idea.

Very small movements back or forward create subtle changes.

## Profiles front and back



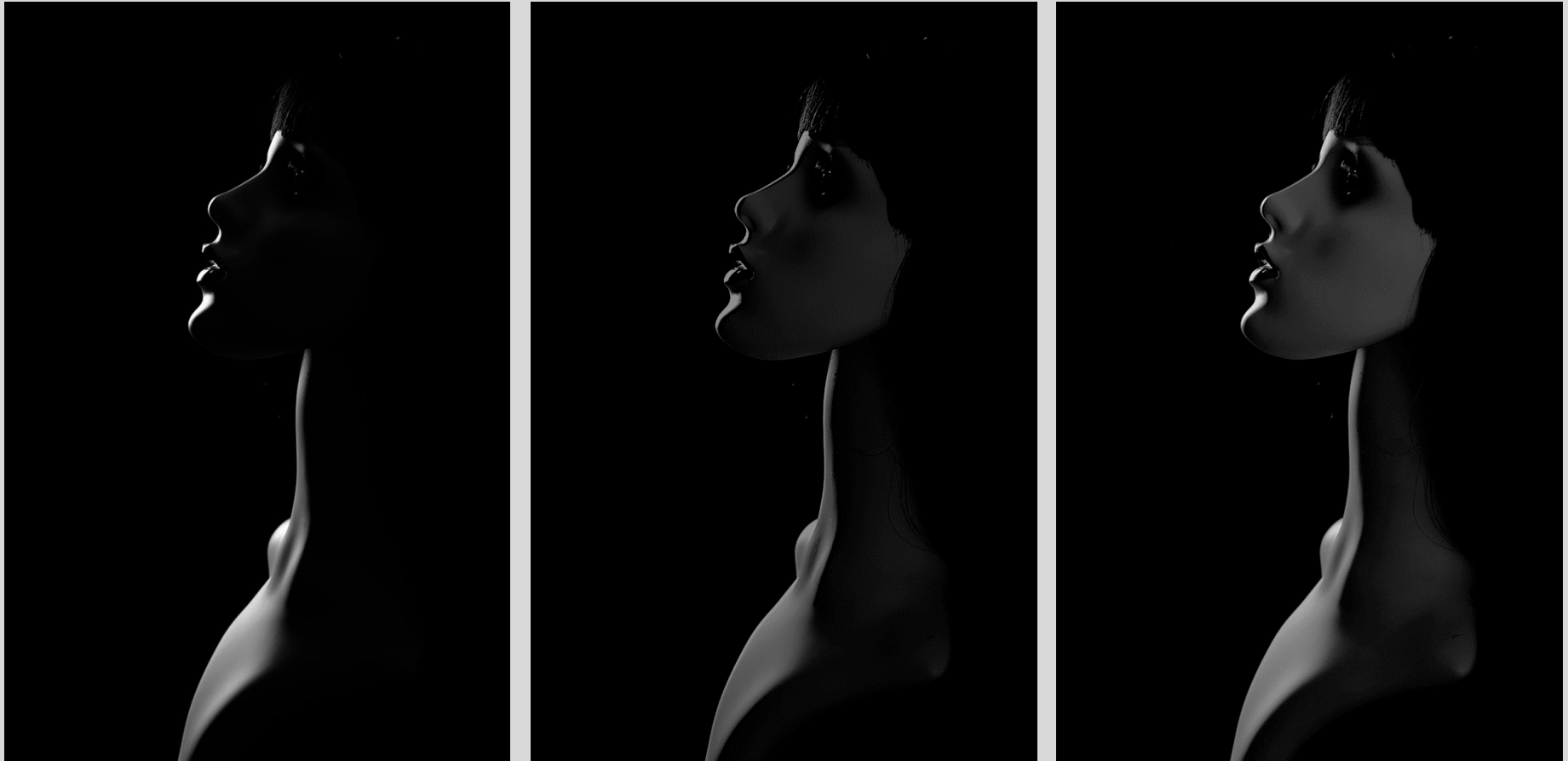
Front profiles, where the model faces the photographer and turns their head to face the light, offer the highlights caused by the throat



Back profiles, where the model places their back to the photographer, may give a cleaner line.



## Profiles variation



Slight movements relative to the soft box show more or less, detail on the shadow side of the face – the choice is yours.

# Profiles variation



Light on low stand with filter and barn doors to control spread.

To add a coloured background you need a few things:

- A floor level or low stand to support the light
- The reflector plus coloured filters & barndoors (to control the spread)
- A grey backdrop or sheet that in your other lighting setup appears black or dark grey in your image.
- The darker you can get the backdrop to look, the more vivid the colours will be.

# Profiles front and back with colour



Using a blue filter on the back light



Using a green filter on the back light

# Starting ideas Reflex Constant Lights

With the limitations of ceiling height in the home it may be helpful to get the model to sit on an **adjustable posing stool** - even a bar stool or chair may help.

This is often useful for the “Beauty/Clamshell” lighting.

The fact that there is no back helps models to keep their back straight.

Sitting can often help nervous people to relax – **keep in mind basic posing rules**

