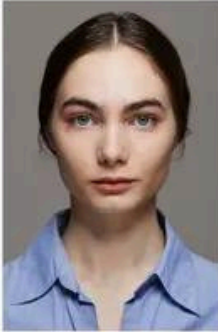
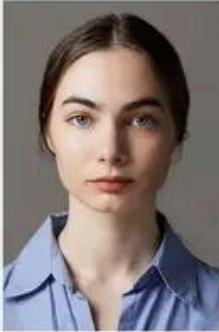


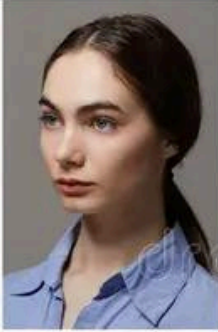

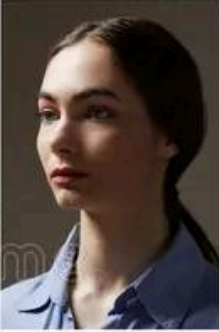

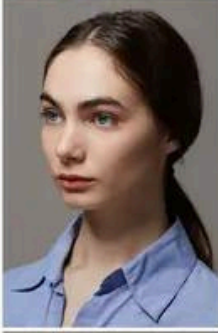
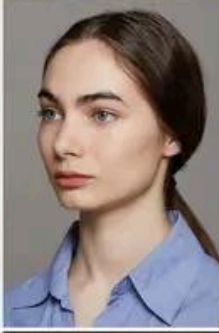
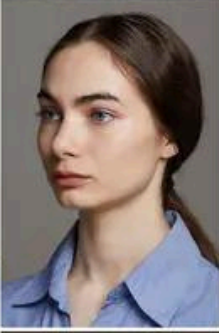

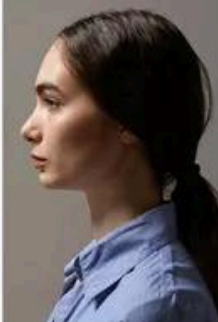
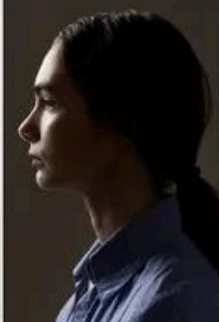




# PORTRAIT LIGHTING

	BUTTERFLY	LOOP	REMBRANDT	SPLIT
FRONT				
SEMIPROFILE SHORT				
SEMIPROFILE BROAD				
PROFILE				

Guide:

<https://www.nfi.edu/portrait-lighting/>

Though it's still a Rembrandt setup, the shadows are much less harsh



WITHOUT DIFFUSER

WITH DIFFUSER

The diffuser  
“softens” the light  
leading to less  
contrast

What ISO Should I Use for Headshots? You should shoot headshots at **ISO 400 or lower** ideally. Higher than this begins to look too grainy on most cameras.

Aug 23, 2018

<https://www.cityheadshots.com> > advice > Camera Settings for Headshots Simplified

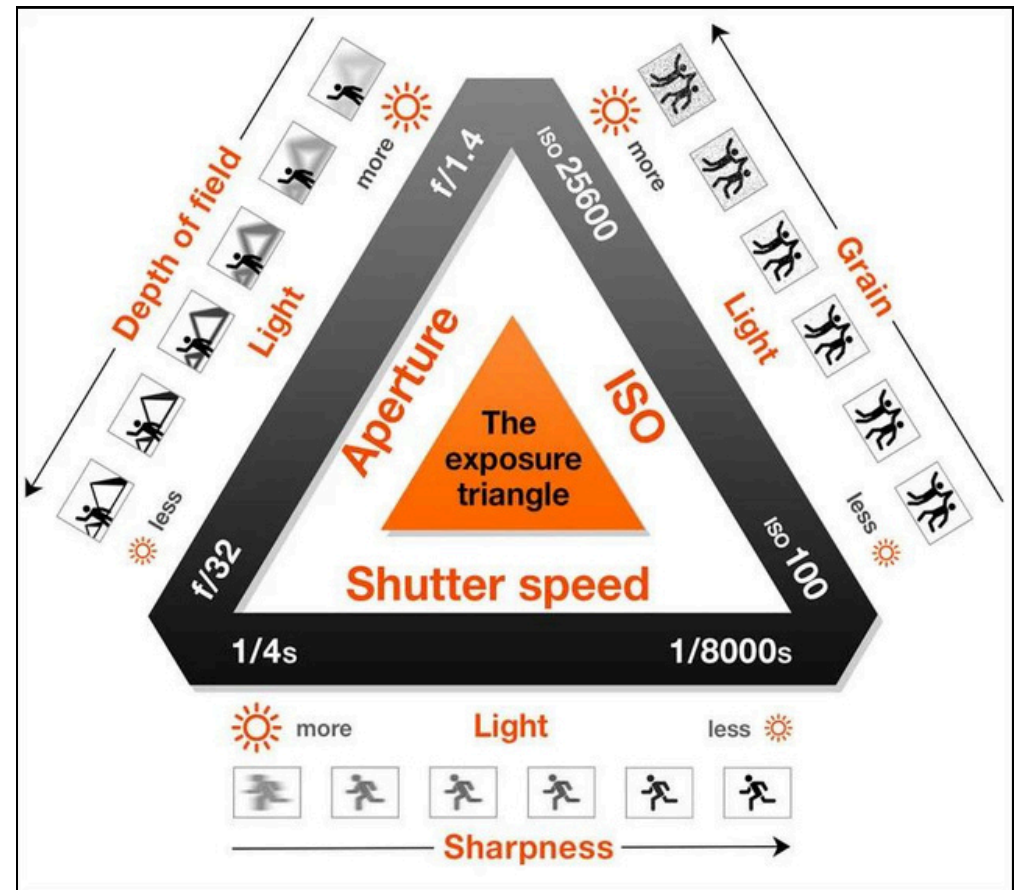
Set **ISO to 100** for the best image quality with shutter speed set to the camera flash sync speed, or a shutter speed close to this: 160/sec – 1/200 sec will ...















May 16, 2018

<https://www.techradar.com> > Cameras > Headshot photography: how to take a professional portrait

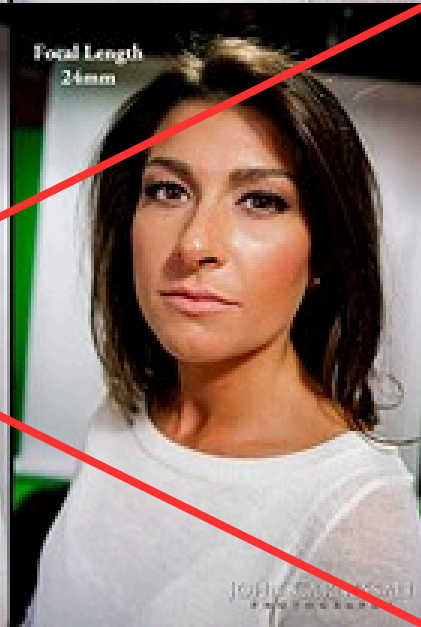
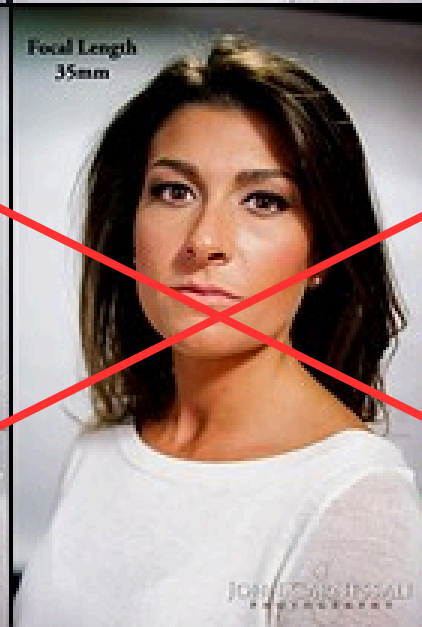
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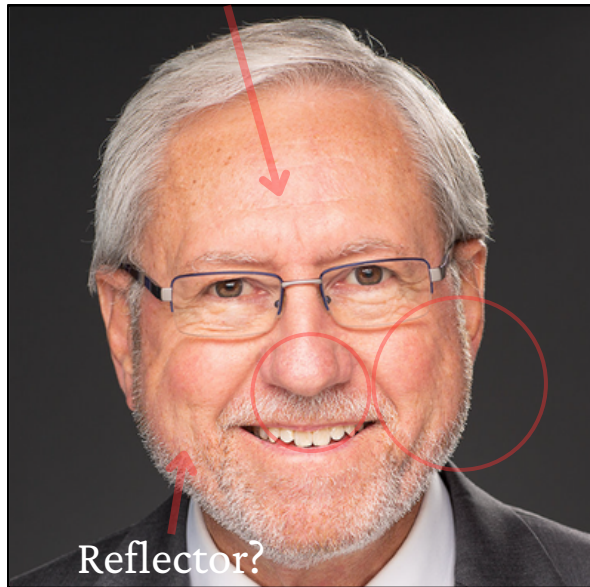
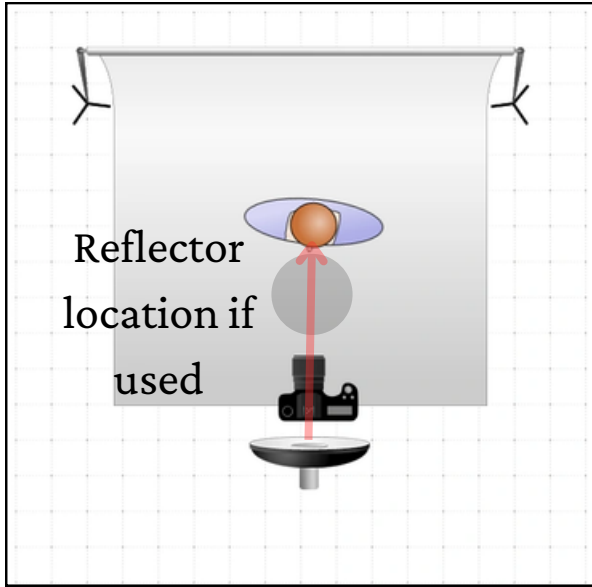
Not specific on iPhone, definitely just guessing without an external app. Same with shutter speed. Easy to tell with the R100.

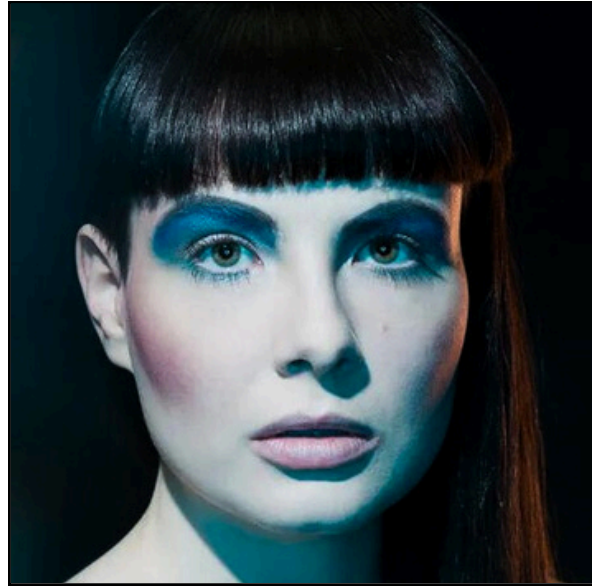
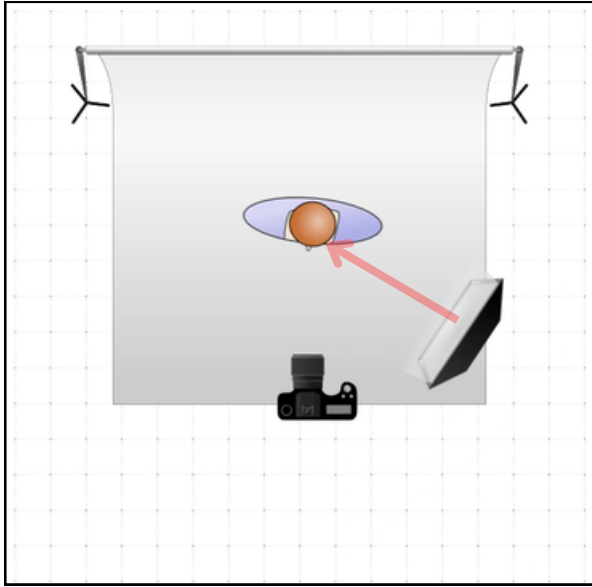


	Temp	Typical Sources	WB Setting
	1000K	Candles, oil lamps	
	2000K	Very early sunrise, low effect tungsten lamps	
	2500K	Household light bulbs	
	3000K	Studio lights (continuous), photo floods	
	4000K	Clear flashbulbs (now obsolete)	
	5000K	Typical average daylight, electronic flash	
	5500K	The sun at noon	
	6000K	Bright sunshine with clear sky	
	7000K	Slightly overcast sky	
	8000K	Hazy sky	
	9000K	Open shade on clear day	
	10,000K	Heavily overcast sky	
	11,000K	Sunless blue skies	
	20,000+K	Open shade in mountains on a really clear day	

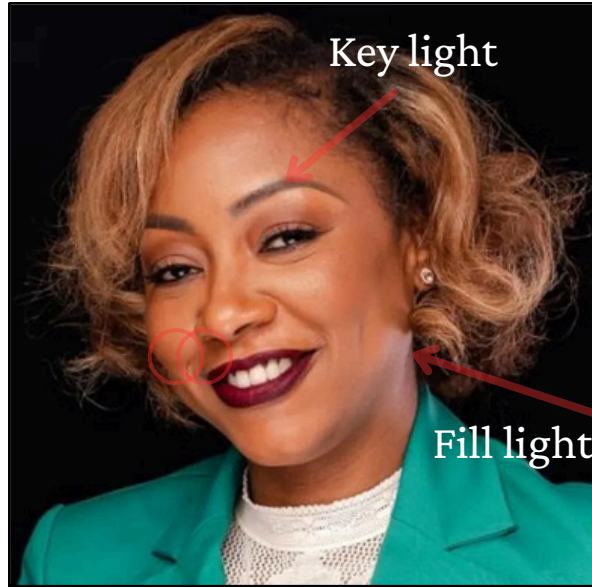
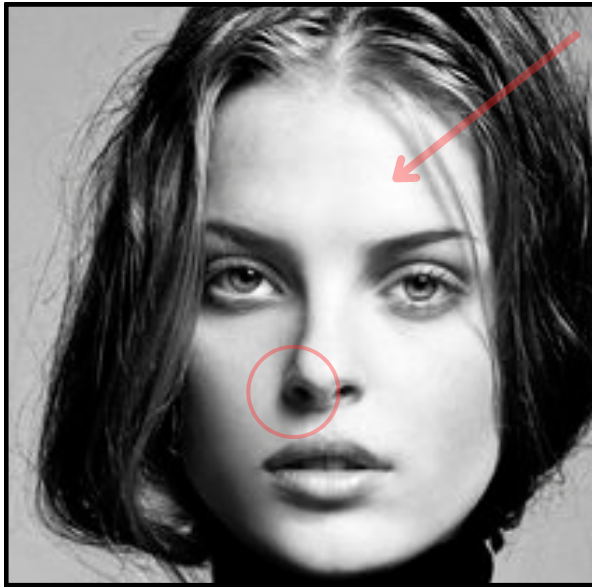
It seems like 3000k through 6500k are used for headshots which makes sense, somewhere in the middle

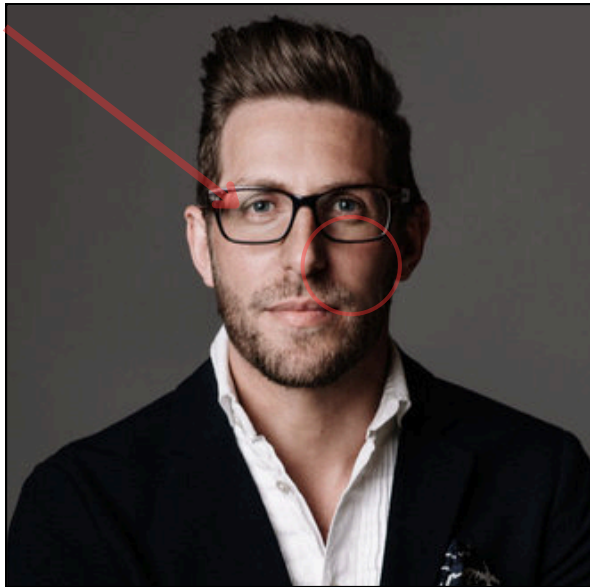
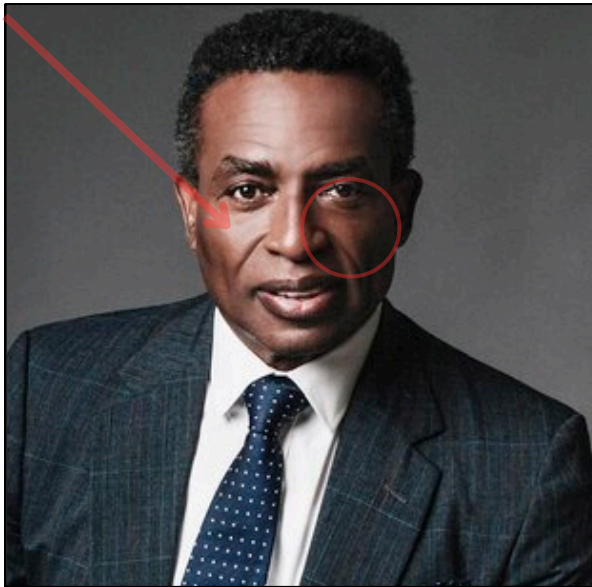
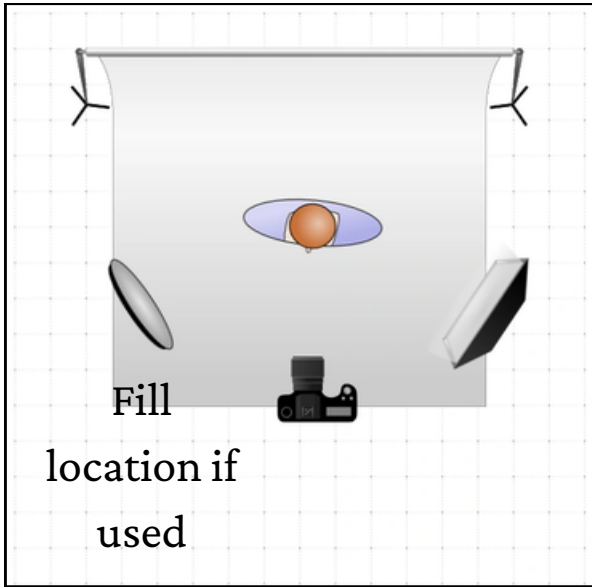






Focal Length way too low, 24mm







Strobe or flash is either using the light on the camera or an external flash, continuous is lighting that is one and doesn't change during the photo. I like continuous much more, but, in this photo they did better with strobe. They could benefit from a reflector in the first photo.



Final iPhone Result

Stats for this photo (The best I can get out of this setup thus far)

- ISO: 320 (Within range but high)
- Focal length: 77mm (Within range but low)
- f-stop: 2.8 (Edited in post)
- 12 MP (Had to reduce with zoom to get to 77mm FL)
- Shutter speed: 1/60s (Within range but on the lower end. but not sure how this affected the photo because it can't be changed on iPhone.)
- Backlighting may have helped with the shadows
- Butterfly setup, one light



## Analysis/How to Improve

- ISO: Lower to be less grainy?
- Increase focal length: Not possible really on iPhone without losing significant quality)
- Adding a reflector underneath would help those shadows under the chin
- Move a few more feet from the wall to get rid of shadows
- Use a softer light to reduce highlights

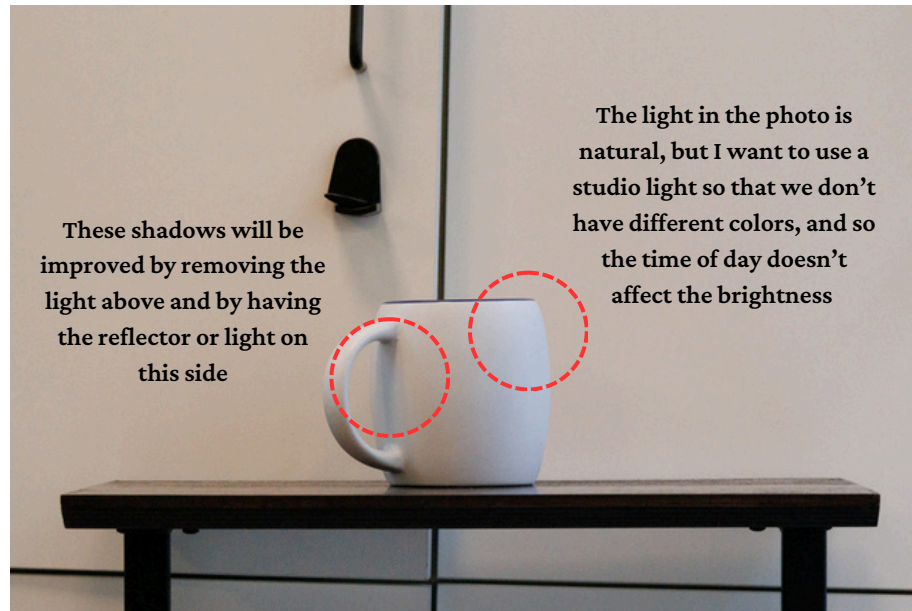


# Lighting Practice

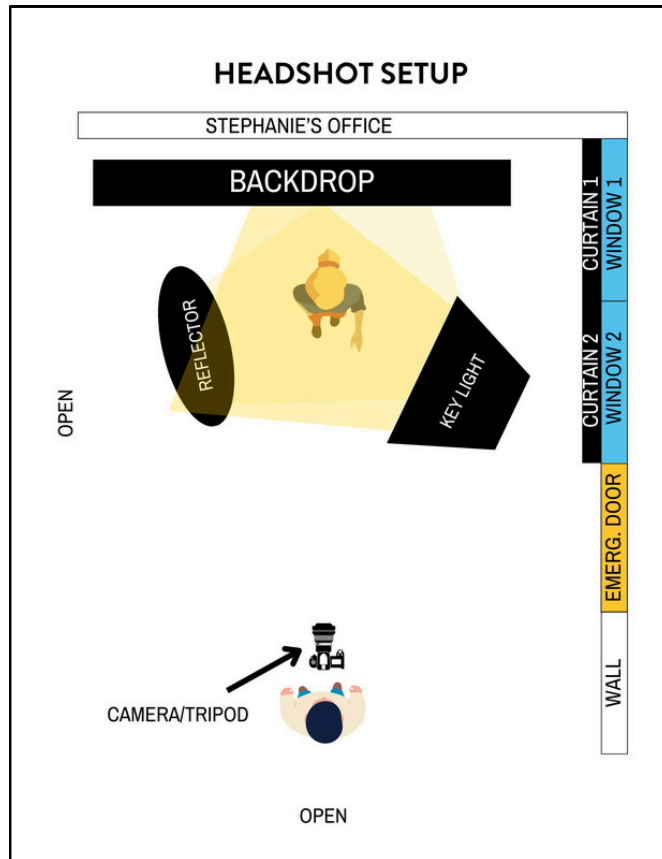
A headshot I got with a one-light and reflector setup in the library using a green screen. My setup should get rid of the shadows, especially now that we're looking at two lights.



How the in-office lighting looks and how I plan to address it.



## Student Headshots



(Update: We deviated from the document plan slightly and chose to order two lights and move the location)

After the above work, I brainstormed extensively about location and scheduling. Once I had completed this plan, I requested lighting, curtains, and a reflector. I also bought a Canon EOS R100 with an RF-S55-210mm lens. I have completed over 30 student headshot sessions and 1 staff headshot session.

## Current Headshot Examples

 **Sama Elzambily** · 1st  
Pre-med Student at Saint Louis University| International Baccala...  
9mo · 🌐

Huge thanks to the amazing **Noah Jones** for taking my new headshots! Not only is he incredibly talented, but he was also super patient and cooperative—especially with my (very!) picky taste in photos. Appreciate you, Noah, for making the process fun and easy. Highly recommend him to anyone looking for professional, high-quality shots!

#Photography #Headshots #Gratitude #CreativeCollaborations



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