



5 Tips for Better Posing



— By: —

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Do you feel...

...your blood pressure go up a little when somebody suggests taking a picture? Whether you're with a group of girls, standing next to your boo, or all by your lonesome- it's scary! The self-doubt floods in faster than you can fight it off and you start trying to think of how to stand, where to put your hands, and hope you look skinny. Sound familiar?

Girl, we ALL do it!

After years of photographing people of all shapes and sizes, we've learned that every single person has one thing in common: we all just want to look beautiful! Here's the secret- beauty starts with confidence, and confidence starts with knowledge. You deserve to feel confident and beautiful (because you already are!), so we're giving away some of our secrets to fool-proof posing!





1. Pop the knee.



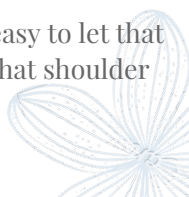
Don't point your feet directly at the person with the camera! Turn your toes and body at a slight angle, then pop the knee closest to the camera. This will make your hips move away from the camera, creating a flattering figure.

2. Tilt Forward

If the lens of the camera is lower than your eye level, tilt forward (towards the camera) slightly. When the camera is lower than us, it makes us look bigger than we really are, and draws attention to our neck and chin. Think about taking selfies- we all know that holding to the phone above us and looking up is more flattering than shooting straight on... it's the same concept!

3. Pull the Shoulder Back

When you're turned at a slight angle and tilting forward, it's easy to let that shoulder (closest to the camera) cave in. Remember to pull that shoulder back a little!



4. Find Good Light

It's all about the light! Facing a window during the daytime (you, not the person taking the picture) is ideal when possible. Standing under fluorescent lights or harsh spotlights will create dark shadows under your eyes, nose, and chin. If that's not an option, just find the brightest, most evenly lit spot you can!

5. Hands, Hands, Hands!

The hardest part of posing is know what to do with your hands! There are way too many variables to get into ALL of them, but here are a couple of things to remember: 1) If you're taking a picture with someone you're really close to (boyfriend, husband, bff) don't be afraid to get handsy! Meaning, put that free hand on his chest (or that general area- wherever it lands comfortably), or wrap it around his arm. You and your bff can go in for the "sister hug," where you turn in toward each other and wrap your arms around each other. 2) If you're not super tight with the people you're posing with, don't be afraid to let that free arm hang! We tend to put our hand on our hip as a security blanket, but in reality it usually can make us appear wider than we are! Just make sure you bend that elbow just a little to keep a bit of free space between your arm and your body so you don't squish it and make it look bigger than it is. You can also put your hand in your pocket, hold on to your jacket, or purse.

YOU ARE BEAUTIFUL, NOW GO OUT AND OWN IT!

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