

# PHOTOGRAPHING WOMEN



Perfect to print A5 size  
14cm x 21cm / 5.83" x 8.27"

There are a number of important factors to consider when creating portraits of women. A key consideration is posing. You may have perfect light and a perfect exposure, however, if the pose is awkward, you'll have an unhappy subject.



## CURVES

Have your subject angled away from the camera to create more visual curves. No part of her body should appear as a straight line. People are usually bending all parts of their body, if the model is standing too straight- she'll look stiff & uncomfortable.

## ARMS

Arms and hands should be relaxed and away from the body. This creates a natural pose. Don't extend the hands forward, this can make them appear large.



## NECK

Ask your subject to stretch her neck up slightly, bring her head forward, and her chin down slightly. This helps to avoid skin wrinkles around the neck that can cause unpleasant shadows.

## LEGS

The subject should not be standing with her legs straight. Ask her to place more weight on one leg and the bend and relax the other. Crossing the legs also creates a pleasant visual line.



## FRAMING WITH HANDS

Ask the model to place one, or both, of her hands around her face, either caressing it, or slightly resting her face onto them. This pose works best in close-ups, since it frames the face.



## OVER THE SHOULDER LOOK

Creates a natural, enigmatic portrait. Ask the subject to look to different directions to create a natural look.



## LYING DOWN

Having the model lie down adds a sense of intimacy to a female portrait. Positioning them so that the body extends away from the camera adds a slimming effect.

## SITTING

When sitting, make sure the subject is bending her back slightly, and always keep one leg completely bent.