

THE ULTIMATE SELFIE GUIDE

Step-by-step instructions to help you take effective full length photos for virtual styling services.

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for life



Photo by Nugroho Wahyu from Pexels

The key to a great full length selfie is Lighting, Position & Posing.



Once you get the hang of taking full length mirror selfies, it's a breeze!



Follow these instructions and check out the photos at the end to see 3 examples.



Lighting: You do NOT want the strongest light source in the room to be *behind you*, or you will appear shaded and slightly silhouetted. It is hard to see outfit details when there is more *back light* than *front light*.



Position: Stand in a location facing a full length mirror with a light source very close to the mirror that is shining *towards you*. This could be a lamp or light placed next to the mirror, or natural light from a window.



If you don't currently have a mirror hanging in a location where you have or can bring a light source to face you, check out the next page for a work around...

**Make sure
you are
facing the
strongest
light source
in the room.**



Place a moveable full length mirror next to, or right up against a window. Or place it next to a door that can be opened to good natural light, so when you stand at the mirror to take photos you will be facing that light.



Ideally the mirror will be a few feet up from ground, so that when you stand back about 3-5 large steps, you're whole body from head to feet can be seen in the mirror. If you can't hang the mirror, a temporary solution is to prop it up on a box or short stool as straight as possible without falling forward when you let go.



Take your outfit pictures on a day when your makeup is done and your hair is styled. Add accessories and shoes to complete a polished look. If any of this is lacking...you'll be less likely to feel good about the outfit when reviewing the image later.



Once you're all set up and ready, it's time to take the pictures...

Smile and strike a flattering pose for the best results!



Posing: Try out and find a flattering pose for your body position. Hold your phone to one side so most of the outfit ...and especially details around neck and face can be seen.



With most smart phones, you can activate the photo click with the side volume button –Just wrap your hand around the phone and click it with index finger–rather than struggling to press the photo click button on the home screen with thumb.



SMILE! If you're wearing a frown or severe expression, you're less likely to feel pleased about the result when reviewing the outfit photos later. If there's another facial expression you prefer other than a smile, that's fine, but choose a flattering expression for the best results.



Now you're ready to snap the pics! Take a handful of each look with a few different poses so that you can select and use the best ones.



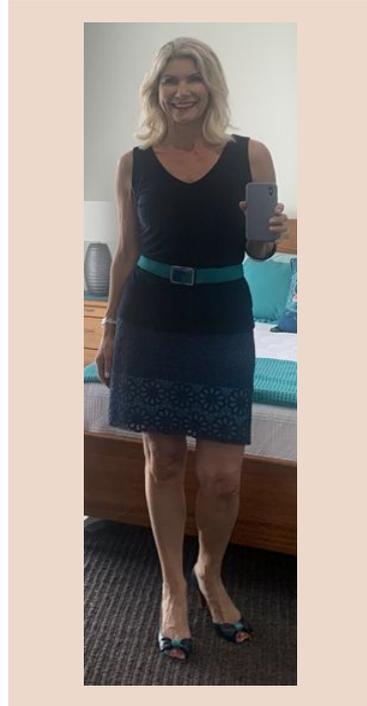
Later, you'll choose the favorites and save your outfit selfies into a photo album on your phone into a seasonal "Look Book" to have a convenient catalogue of outfits to review when choosing what to wear daily.

Now you can share these outfit photos with your Personal Stylist for review, feedback and solutions!

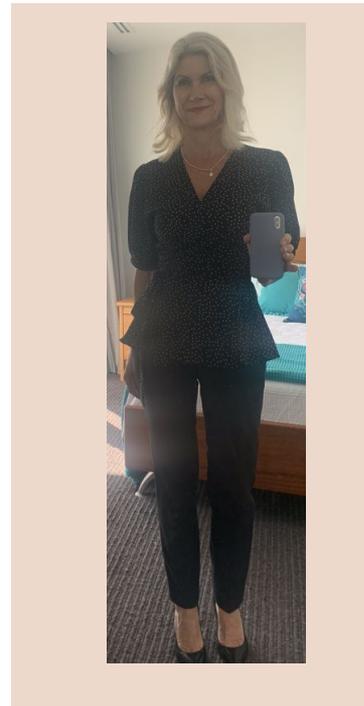
Posing & Positioning Examples for the
FULL LENGTH OUTFIT SELFIE



If you need a body shape selfie



Ensure you get the whole outfit in



If lighting isn't good the colours
will not show up well



Self standing full length mirror
May be good to use this to get good lighting in front
of you - ensure mirror is straight up and down