

Jeffrey House

photography



5 Insider Secrets To Look Amazing In Photos!

You might be overwhelmed or too nervous to realize it right now, but your **engagement session** is one of the most exciting parts of your wedding experience. You might even think I'm crazy for saying that. Truth be told, most people don't like having their picture taken. But that's only because they don't know what to do when they are in front of the camera. How should you stand? What should you do with your hands? Should your chin be up or down?

I don't want you to worry about any of this. "Posing" in photos is much easier than you would imagine. I'm going to share **5 Insider Secrets to ensure you look amazing in your photos.**

1) Ignore Your Photographer

Ok, so you can't *completely* ignore your photographer. Unless you're a professional model, constantly interacting with the camera, you will tend to look stiff and unnatural. When I say ignore your photographer, I want you to **relax and be in the moment!** Don't worry about the camera, have fun with your partner. Have fun with your photographer. Laugh, get in

on the fun and be lost in the moment. Your photographer is there to help guide you, so do your best to just let all your stresses fade away.



2) Strut Your Stuff

We all want to highlight our best features and look amazing in photos. The best way to do this is to bring any part of your body you love closer to the camera.

Love your eyes? Push your head slightly towards the camera and slightly tilt your chin down which will cause your eyes to open more.

Love your hair? Make sure it's blown-out or nicely styled, and it stays more in front of your shoulders than behind.

Love your shoulders? Don't be afraid to throw a little sass at the camera and do some cute over-the-shoulder poses!

Want to show off your waistline? Make sure your hands aren't flat by your sides. Bring your arms and elbows ever so slightly away from your waistline so the camera can clearly see your curves.



3) Be Your Own Photoshop

Want slimmer arms? Be sure to have a slight bend in your elbows and slightly push your elbows behind you, rather than to the side.

Not a fan of your hips? Just stand slightly sideways instead of face-on to the camera, and put the majority of your weight on your back foot. This will naturally create a soft and beautiful bend in your front leg. Not only will this make your hips appear smaller, but you will love the shape it gives your entire body.



4) Chin Out, Not Up or Down

When people are uncomfortable in front of the camera, it's common to raise their chins up. Generally, they want to avoid showing any extra neck skin. This often looks very awkward in photos and everyone can see up your nostrils.

In some cases, it's okay to have your chin **slightly down**, but this can cause that dreaded "**double chin**" we all hate! If your neck area is a source of stress, remember to **push your chin slightly towards the camera**. It will likely *feel* a little weird to you, but it will look great in photos.

PRO TIP: Have your partner or a friend take some photos of you using a cell phone and practice this technique. Once you get used to the feeling, you will quickly see the benefits of the chin going out, not up or down.

5) The Eyes & Mouth Say It All

Your **expression** can literally make or break a photo. Slight changes in your expression can take a photo from "ehhh," to "wow!!"

Most people, when having their photo taken, open their eyes wider than normal and have no expression through the mouth. It's the classic "**deer in headlights.**" While I am far from being a model, I'm going to use self-portraits - and gladly make a complete fool of myself - to demonstrate my point.

Here's the first photo. The dreaded deer in headlights that we want to avoid at all costs.



We can all relate to this type of photo. As you can see, I look scared to death. There's nothing about this photo that makes me look approachable. Just looking at the image probably makes you feel anxious because that's the energy being communicated.

What happens when I don't open my eyes so wide and add just a little smile?



It's still not perfect, but it got a *whole* lot better, right? I look a lot more comfortable being in front of the camera; however, it's still not communicating confidence.

Now let's to move to the last photo.



Now we got it. Can you see the difference? In this last photo, we no longer look hesitant or fearful. We are communicating confidence.

What's the secret?

It's called the "**squinch**." It was made famous by the greatest headshot photographer – Peter Hurley. The "squinch" is a small movement you do with the eyes.

I want to stress something – the "squinch" is **NOT** a **squint**. When we squint, the eyes close to the point we can barely see them. When you **squinch**, your top eyelid will move down *slightly* and your bottom lid will move up a good amount.

This one little move with your eyes will **dramatically** change how you look in pictures forever! Stand in front of a mirror and practice it for 3-5 minutes. You won't believe how much better you look in photos!

One Final Thought

You may not have thought about this before, but your photographer will be the vendor you spend the most time with before, during and after the wedding. Not only do you want to trust them with your precious memories, but you also **want to trust they know these secrets** I've shared with you in this guide.

Imagine going out for a drink or a coffee with your photographer. Do you think you would like hanging out with them? Do they seem like a person that handles stressful situations with ease and grace? If so, then you have struck gold!



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