

# Photoshop Headshots

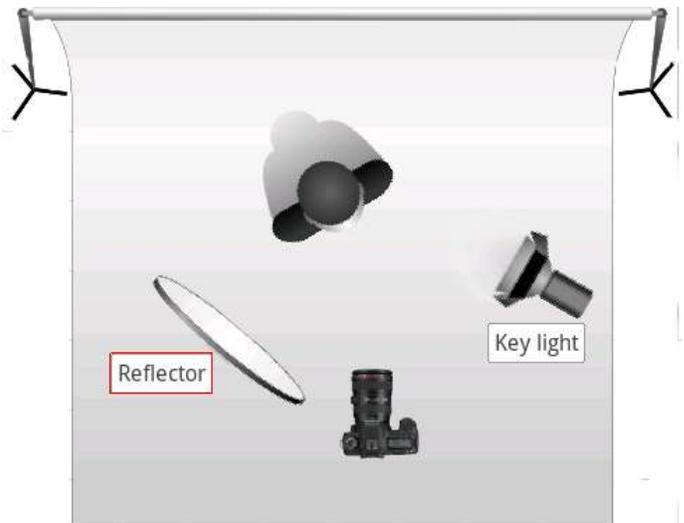
## Setting Up

### 1. Lighting

Lighting is one of the most important factors in headshot photography. There are many different ways to set up lighting, such as one-point, two-point, and three-point lighting, but it all depends on the environment, the subject, the camera, and the message you are trying to convey with the photo. Here are some examples of lighting set-ups:



Source: picturecorrect.com



Source: lighting-essentials.com

### TIPS:

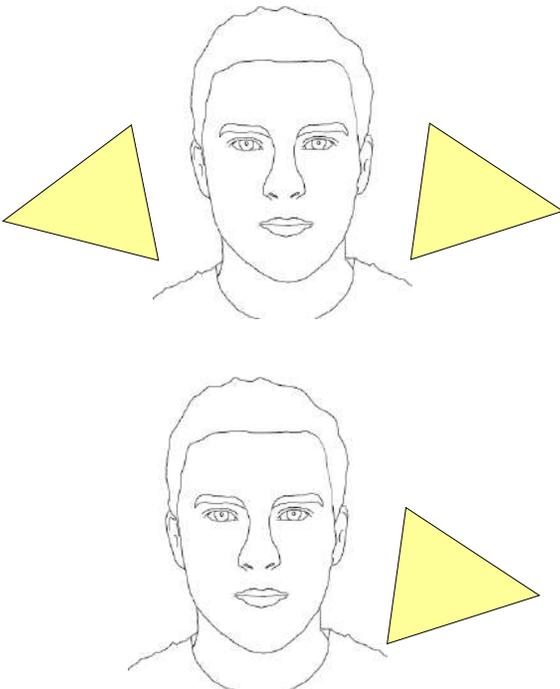
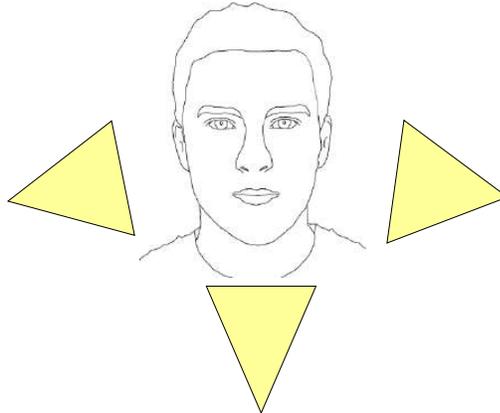
- Light should be diffused through a diffuser disk/reflector, or even through a bedsheet or shower curtain.
- Reflector disks are a great way to achieve soft lighting for under the subject's chin, making wrinkles and frown lines soften considerably.
- A good rule of thumb, the more "intense" you want the photo to look, the fewer light points you should have.

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## Lighting Cont'd

Lighting should also be changed based on the occupation of the subject, or in how they want to be perceived.

- ◇ For instance, if the subject's occupation is one that exudes compassion or empathy, two soft, diffused lights on either side of their face with a reflector or third light below the chin will soften the features of their face.



- ◇ Or if the subject wants to be perceived as strong and powerful, you may want to have two-point or even one point lighting for a more dramatic effect, with no reflector or third point light below them. This creates a higher contrast between the shadows and lighting and exudes a serious and more powerful message.

### TIPS:

- If you do not have lighting equipment, don't fret! Shooting outside can be a great alternative. Be sure to have a backup day in case weather is not ideal.
- Overcast is the best time to shoot outdoors, bring a diffuser/reflector disk otherwise.
- Blur the background or erase distracting objects with the Clone Stamp tool if you are outside or shooting against a busy back drop. You want the focus to be on the subject and not in the background.

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## 2. The Subject

- Get to know the subject, find out what look would suit them best. Ask them questions, make them laugh, take a few different shots of their facial expressions
- Have the subject change the angle and tilt of their head and shoulders to accentuate (or hide) certain features of their face. The angle of the chin will have a significant effect on how the subject is perceived



Source: neilvn.com



- Focus on the eyes, ensure light is reflecting in them
- Ensure that you and your subject wear neutral-colored clothing and are not wearing any flashy/distracting accessories. Extreme colors like orange, yellow, etc. will reflect onto the subject's face.



### TIPS:

- Experiment with cropping the photo in post-production, cutting off the top portion of their head can give the photo a close-up/intimate feel.
- Ensure that your subject (and you) are well-fed, hydrated, and well-rested. Take plenty of breaks during the shoot to refresh. A grumpy or tired subject /photographer will yield less than ideal results.

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## 3. Gear and You

Finding the best camera, lens, and accessory combo is a matter of budgetary restrictions, personal taste, and also skill.

A basic headshot checklist can include:

- ◇ DSLR Camera
  - Memory Cards
  - Batteries
- ◇ Lenses
- ◇ Lighting
- ◇ Backdrop
- ◇ Reflector Disk
- ◇ Tripod



Source: amazon.com

However, past a certain point, it doesn't matter how much gear you have or how fancy it is, it all depends on your own skills and how you use the equipment.

### TIPS:

- Keep your camera and gear safe by using padded camera bags
- Ensure the location you will be shooting at is secure
- Using a tripod with a built-in level is useful in ensuring the portrait isn't crooked
- Having an assistant present to hold disks, adjust lighting, etc can be very helpful

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## Basic Camera Instructions

### 1. RAW vs JPEG

- Shoot in RAW instead of JPEG on your DSLR. RAW images are not compressed, meaning that they contain more information and have more capabilities for being edited.
- If your computer at home does not have the capability to view RAW files, shoot in both RAW and JPEG so you can preview the files before editing.



Source: photographylife.com

### 2. Manual vs Auto Focus

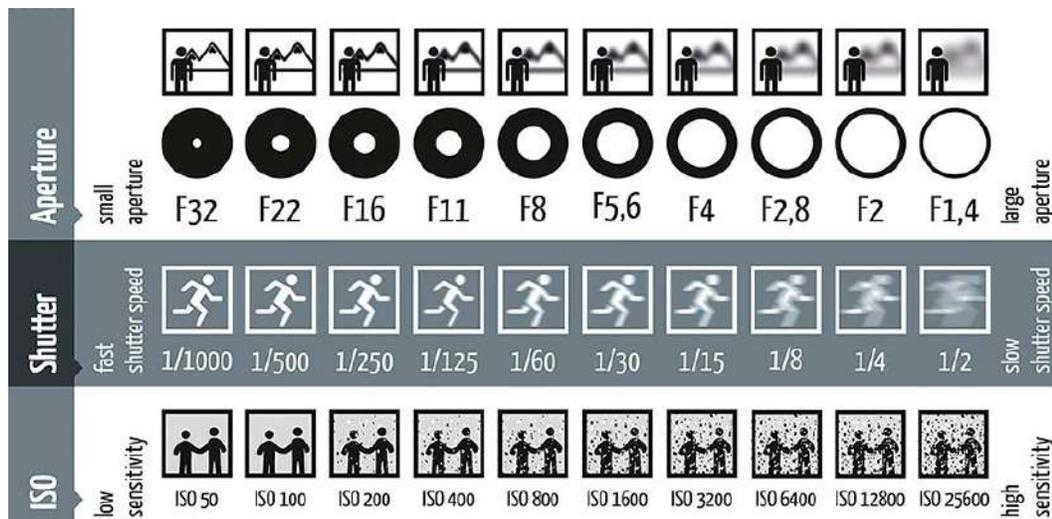
- If you are just starting out, use Auto-Focus. You will lightly press the shutter button and the camera will do its best to auto-focus for you.
- Manual Focus is the preferred method because it offers you more control of where you want the exact focus to be (preferably the eyes).  
You can choose the type of focus by adjusting the switch on the camera lens.



Source: amazon.com

### 3. ISO, Shutter Speed, and Aperture

- Shooting in Auto, the camera will try to adjust every setting as best it can. But if shooting in manual, refer to this guide:



Source: reddit.com

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## Commonly used tools for this course:



### Name

### Purpose

Marquee Tools (Elliptical and Rectangular) - M

Lasso Tool - L

Healing Tools (Patch, Spot, and Healing Brush) - J

Clone Stamp Tool - S

Hand Tool - H

Zoom Tool - Z

To select areas to be cut, edited, or have specific attributes applied.

Used to touch up facial features such as wrinkles, dark spots, stray hairs, or blemishes, or completely erase unwanted features.

Used to zoom in/out on the photo and navigate while zoomed in.

## Common keyboard Shortcuts:

- Ctrl+Shift+N - New Layer
- Alt+Ctrl+Z - Step Backwards/Undo
- Shift+Ctrl+Z - Step Forwards/Redo
- Ctrl + S - Save
- M - Marquee Tool
- L - Lasso Tool
- J - Healing Tool
- S - Clone Stamp Tool
- Z - Zoom Tool
- H - Hand Tool

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## Color Correcting the Face

- Select and move the photos you would like to edit to a location you can access later.

- Right click the CR2 RAW format photo, select “Open With” and then select Photoshop.



- Adjust Temperature, Tint, Exposure, etc. to your liking, then select Open Object

- Right click the Background Layer and select **Duplicate Layer...**  
This is the layer we will use to make any direct changes to the background while still having the original as a backup.

- Ctrl+Shift+N to create a new layer

- Press L to select the Lasso tool. Click, hold, and drag the mouse around the face and shoulders, doing your best to get it as close as possible to the subject. Complete the selection by dragging the cursor all the way to the original starting point.

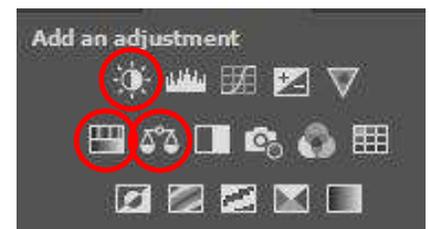


-Holding Alt while using the lasso tool will take away whatever you select.

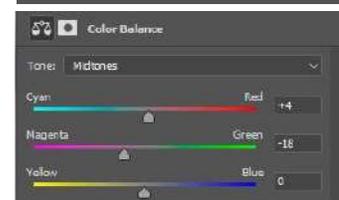
- Holding Shift will add whatever you have selected to your previous lasso selection

- Once you have your area selected, right-click and select **Feather...**  
-Fill in the value to be around 10-15 pixels. The higher number you choose, the softer the edge of your selection will be.

Feather...



- Select the either the Brightness, Color, or Hue tool in the upper right panel and adjust accordingly by sliding the bars to the left and right.



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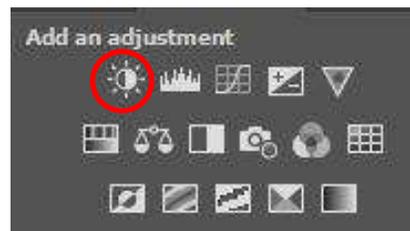
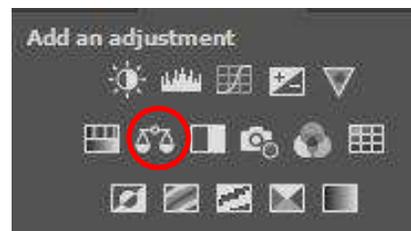
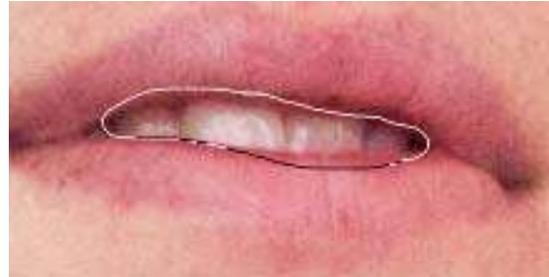
## Clearing Blemishes

- Select the duplicate Background Layer
- Right-click the band-aid icon and select Healing Brush Tool.
- Press Alt and Left-Click to “sample” an area of the face close to the blemish that is not flawed.
- Press the “[“ or “]” keys to resize the pointer to better cover the blemish
- Click and drag with the Left Mouse to treat the affected area.



## Whitening Teeth

1. Select the Lasso Tool (press L)
2. Carefully Left-Click, hold and drag around the teeth, completing the loop at the starting point.
3. Right-Click the selection and select Feather, this time keeping the number low, somewhere around 5 pixels.
4. Select the Color Correction icon
5. Click and drag the sliders to the left or right to help get rid of any yellow tints
6. Repeat steps 1-3 again, this time selecting the Brightness icon
7. Drag the Brightness Slider to the right to make that pearly white smile shine!



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## Removing/Painting over Unwanted Background Features

1. Select the Background Copy layer
2. Select the Clone Stamp Tool (press S)
3. Press Alt on the background to Sample a section that does not have the unwanted object.
4. Press the “[“ or “]” to resize the pointer to better cover the unwanted feature
5. Right-Click and drag multiple times to smoothly paint over the unwanted area



Before:

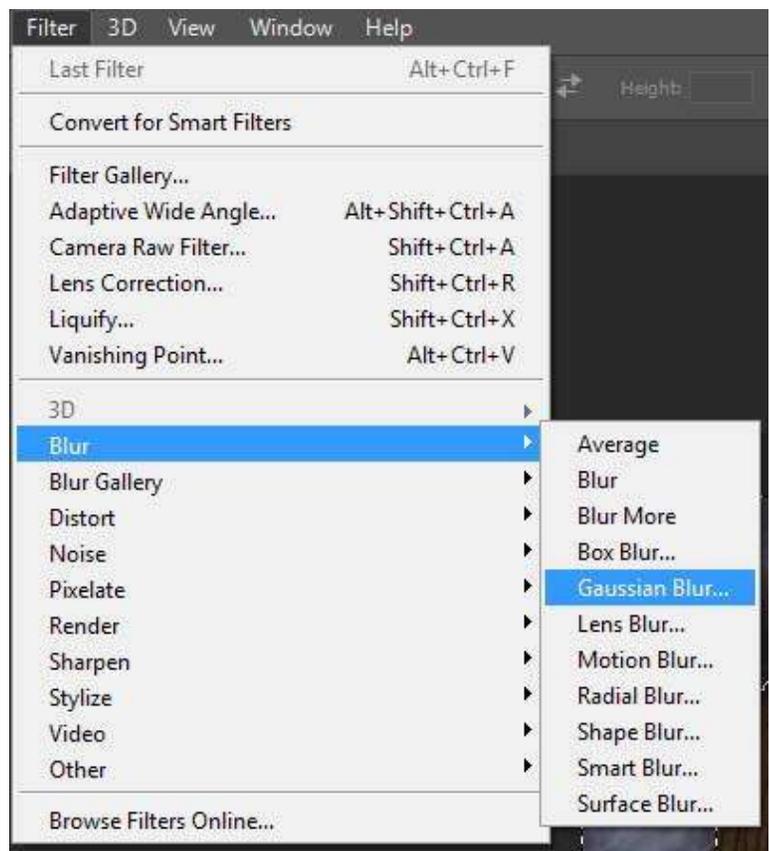


After:



## Blurring the Background

1. Select the Lasso Tool (press L) and carefully draw around the face and shoulders again, using Alt and Shift to take away and add sections.
2. Right-Click the selection and select “Select Inverse”
3. Feather the selection, this time with a much higher number, such as 20-30.
4. Go up to Filter on the top bar and select Blur, then Gaussian Blur.
5. Click and drag the slider to make the Blur more or less intense.
6. Select Apply.



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## Crop the image

1. Select the Rectangular Marquee Tool
2. Left-Click on the image and click and drag until you are happy with the selection
3. Go up to Image in the top menu bar, and select Crop.



**Before:**

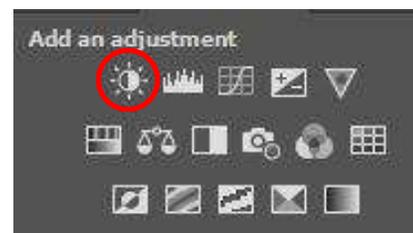
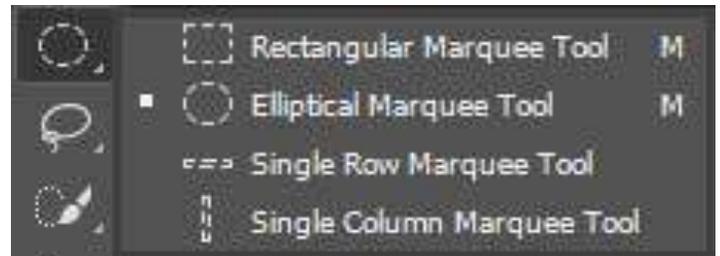


**After:**



## Adding a Vignette for Emphasis

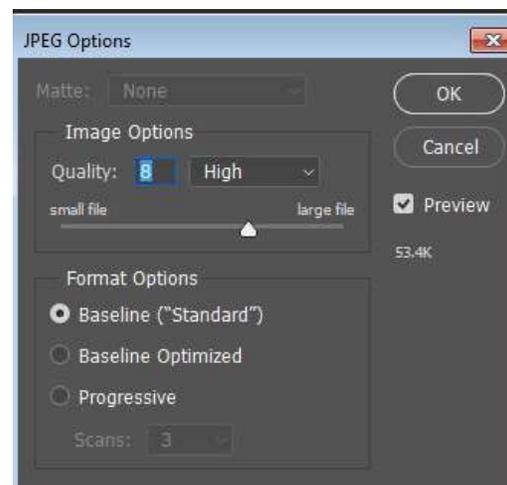
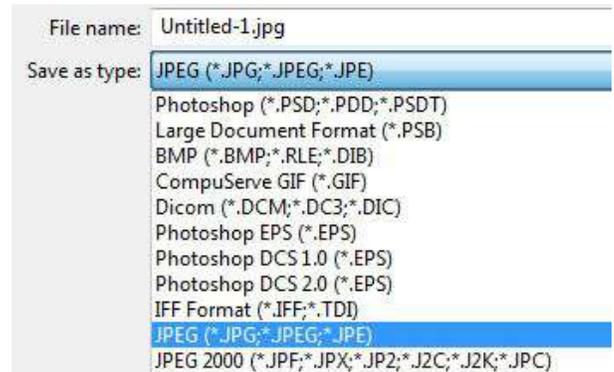
1. Right-Click the Marquee Tool
2. Select the Elliptical Marquee Tool
3. Left Click on the image and create an oval shape surrounding the face
4. Right-Click the selection and select "Select-Inverse"
5. Feather this selection with a very high number, such as 75.
6. Select the Brightness icon and drag the slider gradually to the left, darkening the selected area.



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## Exporting the Image

1. Go up to File in the top menu, select Save As
2. Select the drop down menu next to Save as type and select JPEG
3. Title the picture and select Save.
4. Select the quality you would like the image to be, either High or Maximum.
5. Select OK



## Additional Resources:

- **[Lynda.com](https://www.lynda.com)**  
-Use your library card to log in for free!
- **[Phlearn Youtube Channel](https://www.youtube.com/user/PhlearnLLC)**  
-<https://www.youtube.com/user/PhlearnLLC>
- **[Digital Photography School](https://digital-photography-school.com/24-portrait-lighting-setups/)**  
<https://digital-photography-school.com/24-portrait-lighting-setups/>
- **[Oxpal](http://www.oxpal.com/lighting-guides-portraits.html)**  
<http://www.oxpal.com/lighting-guides-portraits.html>
- **[Tech Radar](http://www.techradar.com/how-to/photography-video-capture/cameras/the-exposure-triangle-aperture-shutter-speed-and-iso-explained-1320830)**  
<http://www.techradar.com/how-to/photography-video-capture/cameras/the-exposure-triangle-aperture-shutter-speed-and-iso-explained-1320830>