

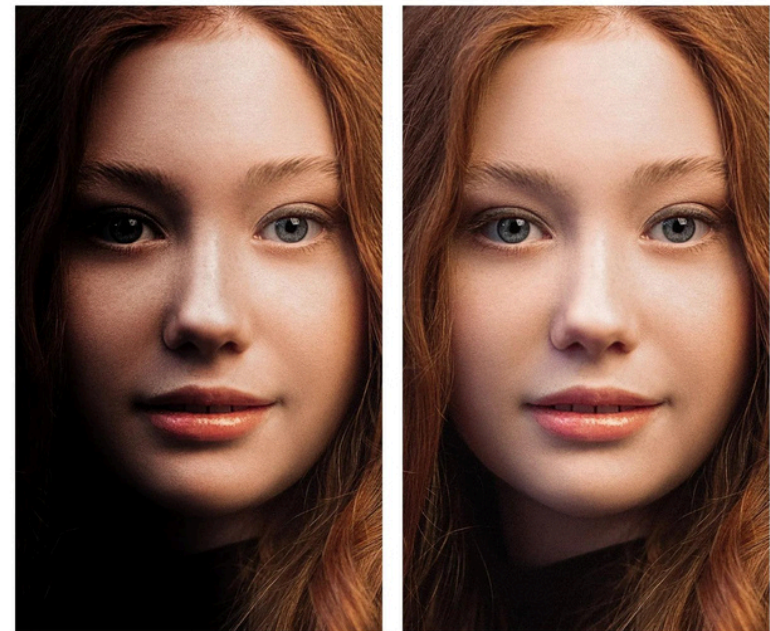
PORTRAIT LIGHTING

	BUTTERFLY	LOOP	REMBRANDT	SPLIT
FRONT				
SEMIPROFILE SHORT				
SEMIPROFILE BROAD				
PROFILE				

Guide:

<https://www.nfi.edu/portrait-lighting/>

Though it's still a Rembrandt setup, the shadows are much less harsh



WITHOUT DIFFUSER

WITH DIFFUSER

The diffuser
“softens” the light
leading to less
contrast

What ISO Should I Use for Headshots? You should shoot headshots at **ISO 400 or lower** ideally. Higher than this begins to look too grainy on most cameras.

Aug 23, 2018

<https://www.cityheadshots.com> > advice > Camera Settings for Headshots Simplified

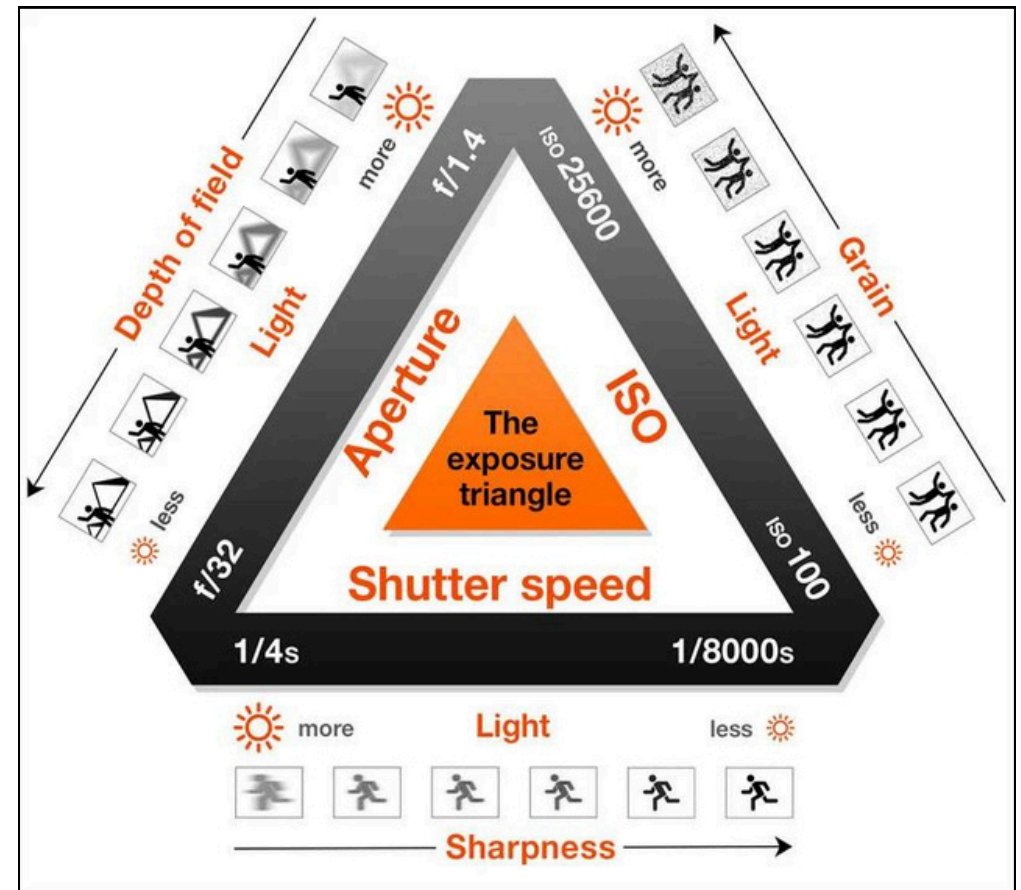
Set **ISO to 100** for the best image quality with shutter speed set to the camera flash sync speed, or a shutter speed close to this: 160/sec – 1/200 sec will ...















May 16, 2018

<https://www.techradar.com> > Cameras > Headshot photography: how to take a professional portrait

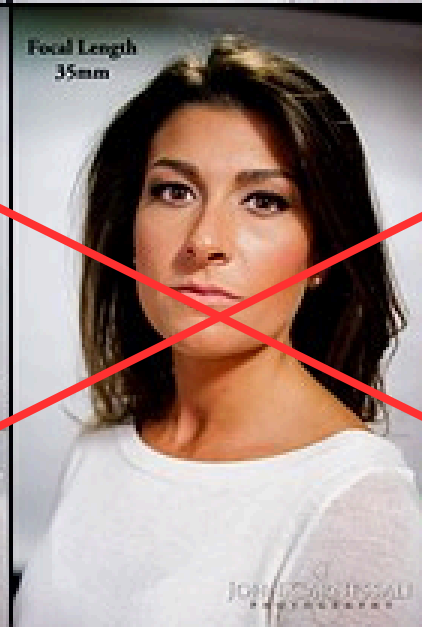
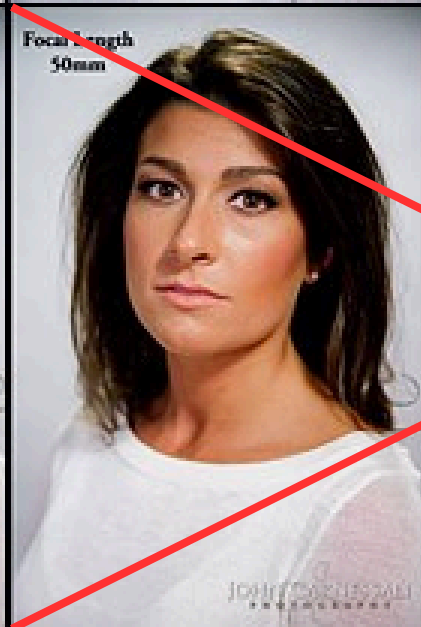
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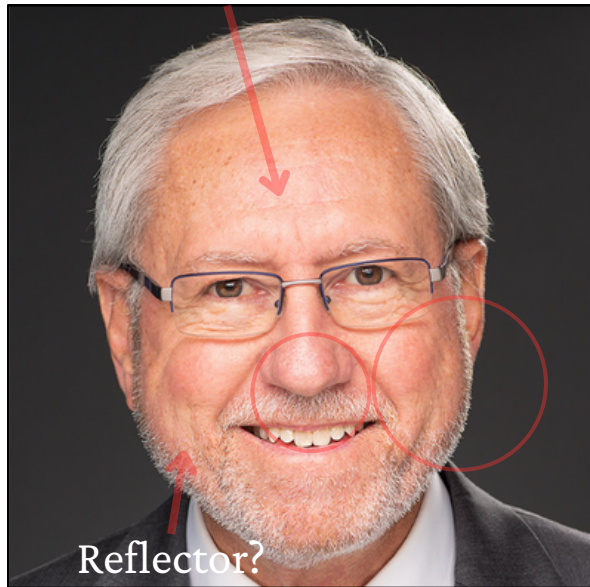
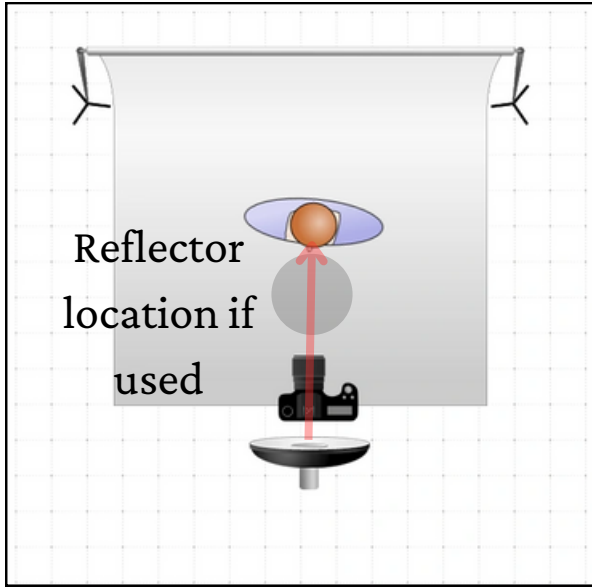
Not specific on iPhone, definitely just guessing without an external app. Same with shutter speed.

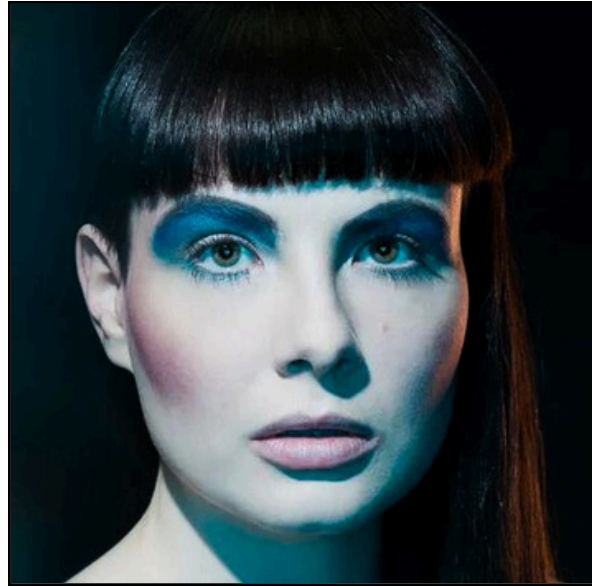
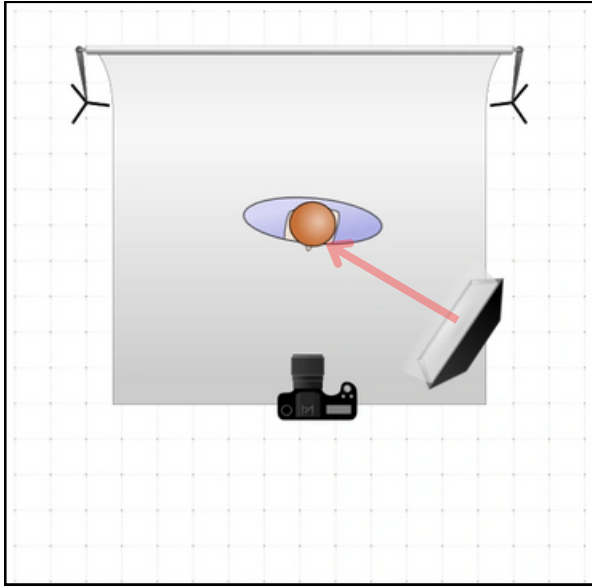


	Temp	Typical Sources	WB Setting
	1000K	Candles, oil lamps	
	2000K	Very early sunrise, low effect tungsten lamps	
	2500K	Household light bulbs	
	3000K	Studio lights (continuous), photo floods	
	4000K	Clear flashbulbs (now obsolete)	
	5000K	Typical average daylight, electronic flash	
	5500K	The sun at noon	
	6000K	Bright sunshine with clear sky	
	7000K	Slightly overcast sky	
	8000K	Hazy sky	
	9000K	Open shade on clear day	
	10,000K	Heavily overcast sky	
	11,000K	Sunless blue skies	
	20,000+K	Open shade in mountains on a really clear day	

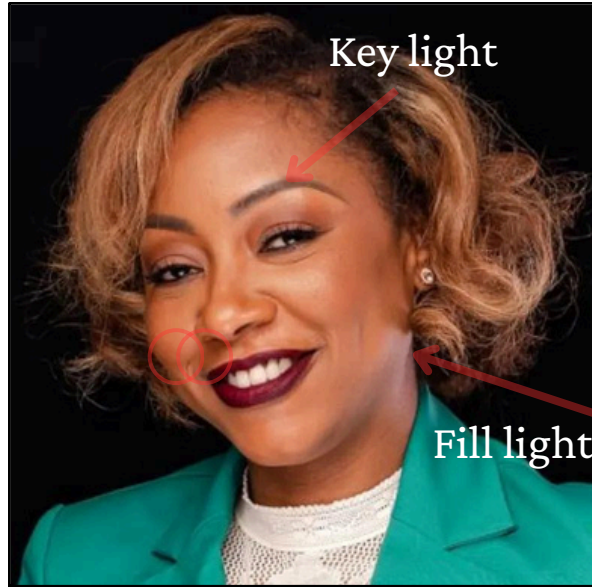
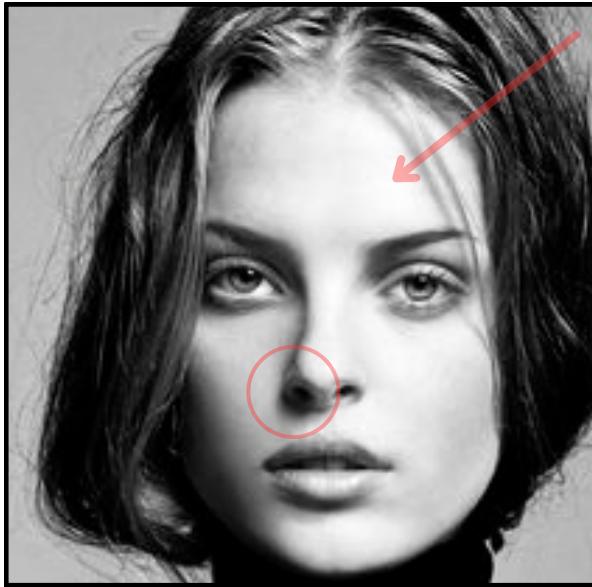
It seems like 3000k through 6500k are used for headshots which makes sense, somewhere in the middle

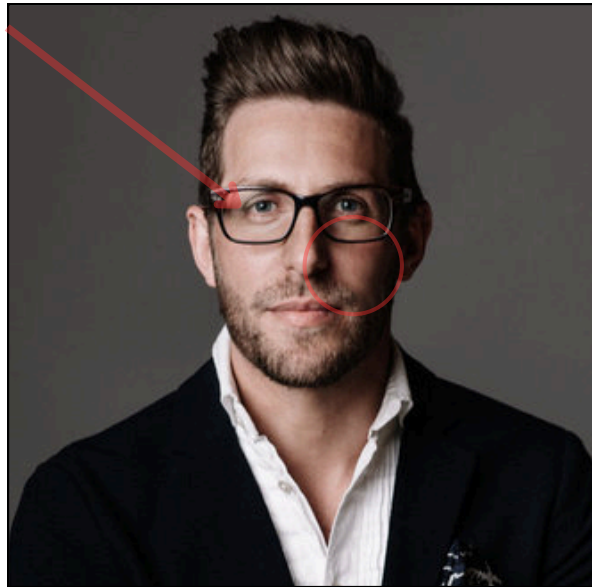
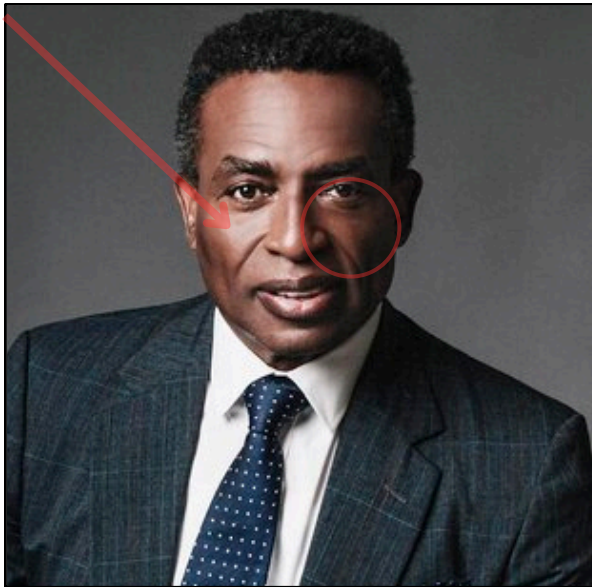
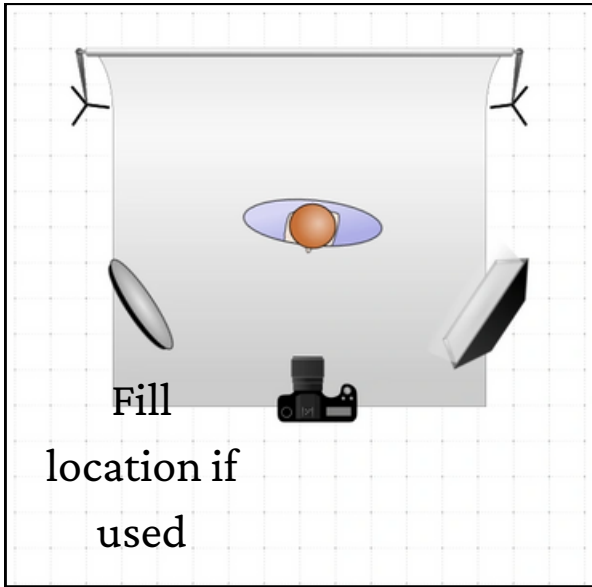






Focal Length way too low, 24mm







Final Result