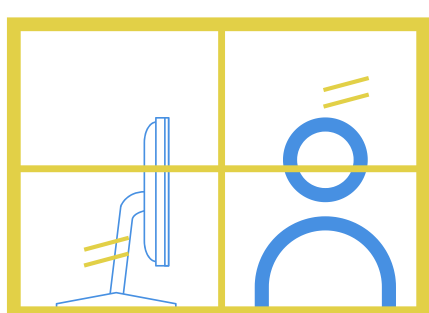


Lighting Do's & Don'ts

The secret of good lighting is that when it's done right, the people watching don't notice it at all. These tips will help you avoid common mistakes and look more professional.

Do:

Use a light source facing the same direction as the camera

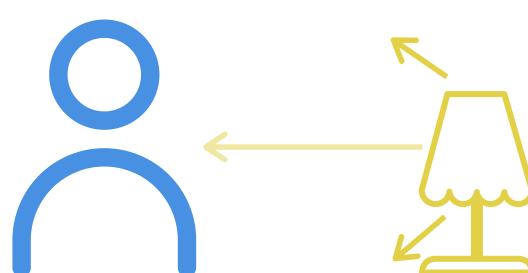


Windows

As long as there isn't direct sunlight coming through, the lighting from your window is very effective. Sit either in front of the window or with it to your side.

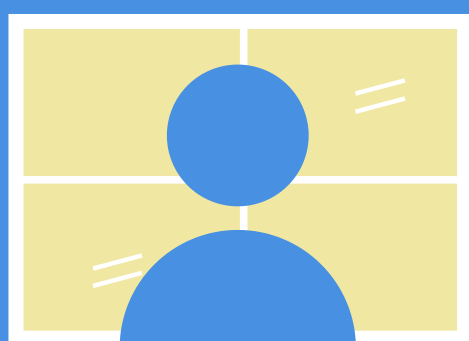
Lamps

Use soft, indirect lighting from table lamps. It should shine from the front or side through a shade to reduce the contrast created..



Don't:

Use direct lighting or angles that create dark shadows

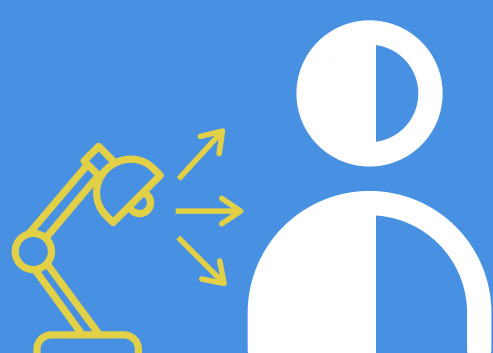


Light From Behind

When you sit with a window or light source behind you it makes you dark and hard to see.

Light From Above

Lighting above you can cast bad shadows on your face and body.



Hard, Direct Light

If the sun is shining directly on you or you have a light bulb facing you, it can create strong shadows that cover your features.