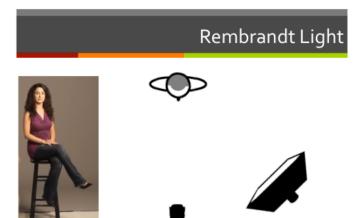
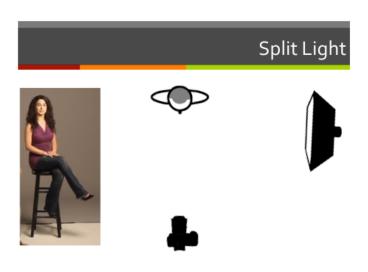


5 Portrait Lighting Cheat Sheet for Stills & Video



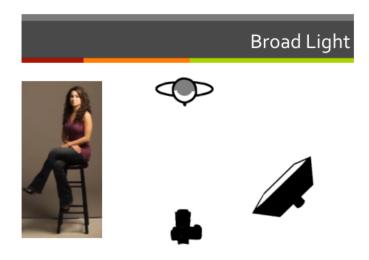


There should be a triangle of light on the cheek opposite the source.





There should be a strong highlight side and a strong shadow side on the face.





There should be be a small triangle of light on the cheek opposite the light, which is angled away from the source.

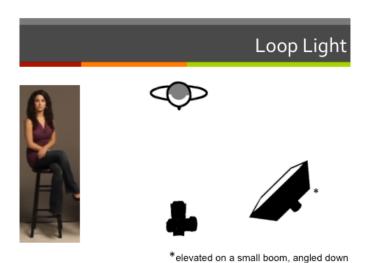


5 Portrait Lighting Cheat Sheet for Stills & Video

Butterfly Light *elevated on a small boom, angled down



There should be a shadow underneath the nose, with slight shadows on the cheeks and chin.





Compared to Rembrandt, the light is elevated and angled down. There's a small loop shadow on the cheeks and under the nose.

Notes:

I used a large Photoflex softbox.

Her shoulders were always turned slightly.

I never shoot a woman sitting straight to the camera. It is a very unflattering look.

Additional Resource:

Portrait Lighting for Photography & Video www.theSlantedLens.com/5portrait/