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nature's power in every scoop



**10 SECRETS** Models and  
Celebrities Use to Look  
**GREAT IN ANY PHOTO**

# 10 Secrets Models and Celebrities Use to Look Great in Any Photo

by



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# INTRODUCTION

Have you ever wondered **why models and celebrities tend to look great in photos?** Although they might be “pretty people”, it doesn’t mean that they are naturally photogenic. A lot of them have just as many issues with photos as you think you have. However, what they have that you don’t are **some secrets to taking better photos and looking great.**

Fortunately, you will find that these tend to be easy to replicate, so you can start using them in your own photos. Whether they are some casual pictures with friends or pictures you will put on social media, **these “little things” can make a big difference.**

## Why Do We Look Different in the Mirror?

Have you ever noticed that you might look great in the mirror, but when there is a photo of you, **it’s like looking at a different person?** You aren’t alone. The reflection in the mirror is flipped and reverses the way you look. Essentially, it means that in photos, **you won’t always look like you do in the mirror.** You see yourself in the mirror all the time. It’s what you expect, and you are used to it. Seeing yourself in a photo lets you look at yourself in a new way. People don’t always like what they see, especially at first. **This is called the mirror exposure effect**, which has a range of psychological and psychosocial effects<sup>1</sup>.





# PHOTOMANIPULATION ISN'T A TRICK; IT'S A CHEAT

Of course, one of the “tricks” that we won’t be covering here will be photo manipulation through apps, Photoshop, etc. While this type of software is often used to help people look different in photos, **it’s not always feasible**. You aren’t going to be editing every photo of you that goes up online or that gets saved to your computer. **It also doesn’t represent the real you.**

Photoshop used in advertising can have a detrimental effect on the way people view themselves. They try to chase an ideal that is possible only with graphic manipulation. **Around 78% of girls are unhappy with their bodies** by the time they are 17 according to a blog on Penn State University’s site<sup>2</sup>.

The tricks that we’ve included in this report are things that most people can replicate **at the moment when a photo is being taken**. These can provide you with the instant improvements that you want to see. **Let’s get a closer look at some of the things you can do to start looking better in photos.**



## EASY WAYS TO LOOK GREAT IN PHOTOS

With each of the 10 tips that are included below, you'll be happy to know that **they are easy to start using**. You don't need to have any special equipment, and you don't have to suddenly run out and get BOTOX or another procedure. **These are things that just about anyone can do**. Commit these to memory and then start putting them into practice. **You will start to notice a change in how you look in photos.**



# 1: PHOTOS FROM THE LEFT

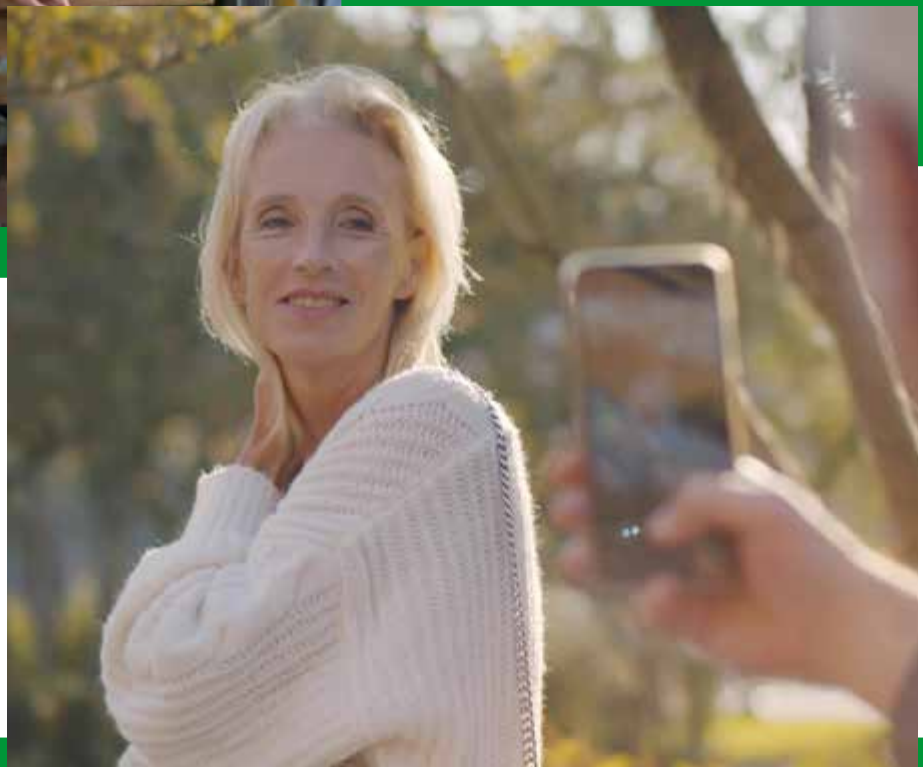
When you are looking at the camera, rather than looking straight into the lens, you may want to **turn your face slightly so that more of the left side of your face is captured**.

According to research, people prefer left-side portraits rather than right-side portraits. A study conducted by two researchers from North Carolina in 2012 found that **people rated left-side portraits they were looking at of other people as being preferable**<sup>3</sup>. Other research has backed this up.

Of course, if you aren't happy with the left side of your face for one reason or another, **check out your other facial angles to find one that you like**. Use that for your photos.







## 2: PRACTICE POSES

In addition to taking photos of your face to determine which facial angle you prefer, you should also make it a point to **practice different poses both sitting and standing**. If you really want to figure out which poses work well for you, it will take some time and research on your part. **You can learn different poses that can help you to look slimmer, taller, etc.**



### 3: CROSS YOUR LEGS

Here is a very simple trick that can work well when you have a photo that's being taken from straight on when you are sitting or standing. **Turn sideways slightly and simply cross your legs at the ankles.** Doing this will help you to create a longer-looking vertical line for your body. **This will make you look a bit taller and slimmer.** This can work for both women and men equally well.

Additionally, you will want to make sure that you are **sitting up or standing with a straight back in the photo.** If you don't, you might appear hunched, and you could look heavier.



## 4: PURSE THE LIPS

This is a trick that can work well for the ladies. **By slightly pursing your lips, you will find that it helps to create a look of having plumper, more defined cheeks.** If you aren't giving a toothy smile to the camera, pursing your lips can help you to become more photogenic in an instant. When combined with some of the other tricks that are on this list, it can make a **big difference in just how attractive you look in photos.**







## 5: TUCK TONGUE BEHIND THE TEETH

This is a trick celebrities have been using for years, and it works well. By placing your tongue behind your teeth, **you will have more control over your smile, so it doesn't look too exaggerated.** Another one of the benefits of this trick is that it can help to slim down the look of your neck. **Practice this so it becomes second nature and take some selfies to see how well it works.**

## 6: ANGLE THE HIPS

When you tilt one of your hips toward the camera, **it can provide you with something of an optical illusion**. It will make it appear as if you have a smaller waist and even make you look thinner overall. This is a common trick, and it really works. Look at some of the pictures you see of models and celebrities online and you will notice **just how often the hips have a slight angle toward the camera**.





## 7: ELONGATE THE NECK

Are your pictures plagued by double chins even though you work out and try to stay in good shape? **You aren't alone.** One of the simple things you can do to banish the double chins in pictures is to elongate your neck during the photo. **Elongate your neck and point your chin down slightly for the best results.** Practice this until it becomes a natural reaction when you are taking photos. Not only will it help eliminate the double-chin problem, **but it could also help you to look a bit taller.**



## 8: LEARN TO SMILE WITH YOUR EYES

Smiling isn't something that you only do with your mouth. You will find that when you **learn to smile with your eyes**, it can make a big difference in how you look in pictures. It's easy to do. **Simply squint slightly, which helps to give the skin around the eyes some added texture.** It makes it appear as though you are smiling with your entire face, and it can make you **instantly more photogenic.**



## 9: LOOK TO THE LIGHT



Although you won't always have control over the lighting in your photos, **it can make a difference**. If you are taking photos at home or on vacation, and you have control over the lighting, put it to good use. **Have the light in front of you, so you don't get shadows on your face**. Looking toward a light can also help to reduce instances of red-eye showing up in the photo.





## 10: SHOOT FROM ABOVE

When you are having your picture taken, such as with selfies, always try to have it taken either from **slightly above or from straight on if above is not possible**. Never have the photos taken from below with the camera looking up at you. When you do, you will start to see **double chins, bad lighting, and a host of other issues that you won't like**. Of course, as with the previous trick, you won't always have control over the exact position from which you are being photographed.

These are some of the best tricks and secrets that you can use to improve the way you look in photos with relative ease. **Start using them today**, and you will notice a difference in how you look and how you feel about the photos that are taken of you.

**Use your phone or camera to start practicing some of these things, so when it comes time to take a photo, you are ready to go.**

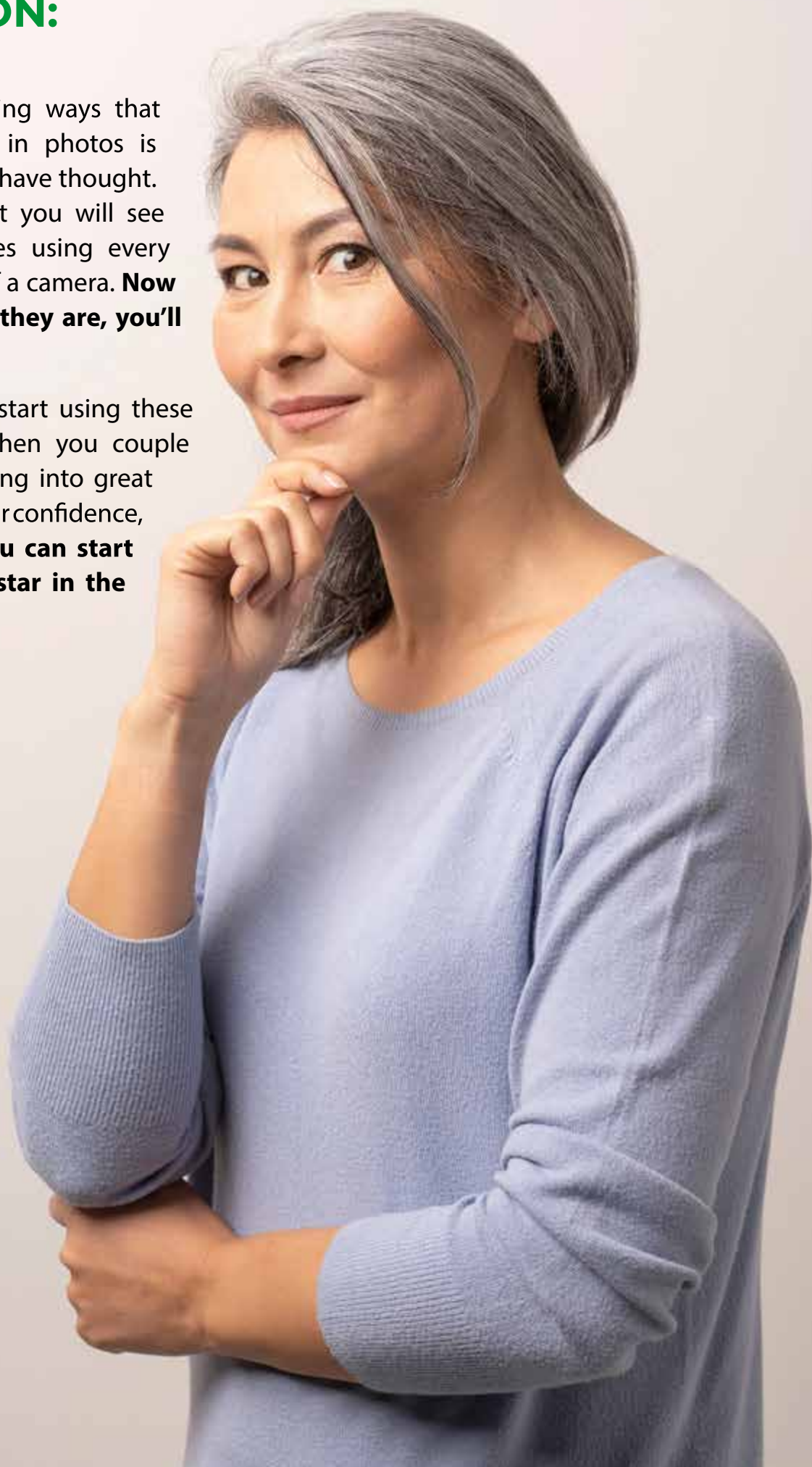




## CONCLUSION:

As you can see, finding ways that you can look better in photos is easier than you might have thought. These are secrets that you will see models and celebrities using every time they're in front of a camera. **Now that you know what they are, you'll notice them.**

Even better, you can start using these same tricks today. When you couple these tricks with getting into great shape and building your confidence, **you will find that you can start looking like a superstar in the photos taken of you.**



# Citations

- 1 – [Social Psychology Online](#), “The Mere Exposure Effect”, website
- 2 – [Penn State University](#), Blog Post, “Photoshop in Advertising”, website
- 3 – [Blackburn, Kelsey, and Schirillo, James](#), “Emotive Hemispheric Differences Measured in Real-Life Portraits Using Pupil Diameter and Subjective Aesthetic Preferences”, Exp. Brain Res., 2012

# Resources:

<https://brightside.me/creativity-photography/10-sneaky-hacks-celebs-use-to-make-themselves-look-better-in-photos-726060/>

[http://psychology.wfu.edu/wp-content/uploads/Blackburn\\_Schirillo2012.pdf](http://psychology.wfu.edu/wp-content/uploads/Blackburn_Schirillo2012.pdf)

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