



More Attractive Man

Guidance for taking quality pictures

Taking quality pictures is very important! Because for example, taking a picture with your face too close to the focal lengths can distort your face A LOT.

1. Distance from (phone) camera to face.

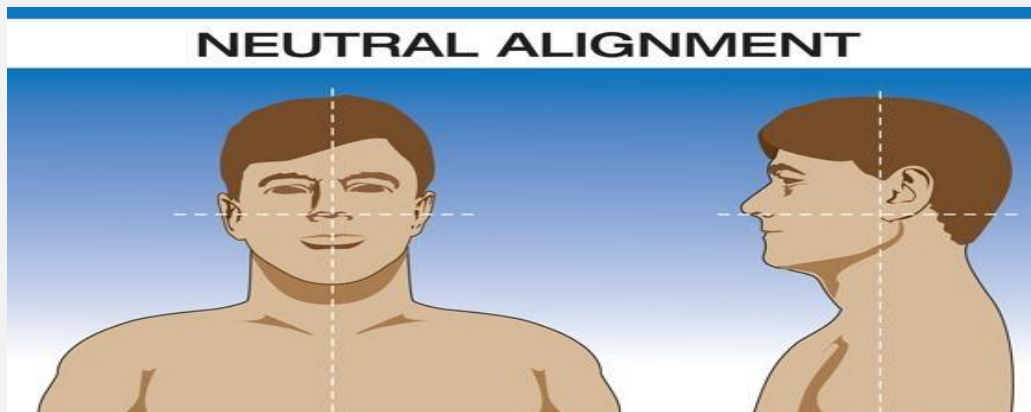
The **ideal** distance, for no morphing to happen, is about **150 cm / 5 feet** (*1). That's more than 2 times the arm length one uses, when taking a selfie with just using 1 arm. (arm length is about 60 cm). **Aim for at least 1 meter/ 3'3 (3 feet**



and 3 inches), if your phone can't make quality pictures from 1.5 meters. It should be noted that this phenomenon is the reason many people use a selfie stick, particularly Instagram models

2. NEUTRAL position face and expression

The Face should be neutral in expression and positioning! Illustrated in the picture below:



3. Include front profile and Side profile

Front profile
example



Side profile
example



4. Mirror selfie

This is also a completely valid option for a frontal shot of your face , make sure the room is well lit, usually during day time and take a picture with your phone's back camera. Avoid taking the picture in room light as some facial features can appear worse than real life. Pictures can in no way fully represent how a person looks in real life but all of the above methods can give a pretty accurate result to help us work with.