

HOW TO TAKE THE BEST PHOTO OF YOUR BODY

- ✓ The photo should feature the whole body (from head to toes).
- ✓ Photo should be taken in a natural standing position. The hands should be hanging naturally along the body. Shoulder blades should be relaxed.
- ✓ 3 photos must be taken:
 - full body front photo
 - full body back photo
 - full body side photo
- ✓ It is important to have the right lighting you can use every time you make photos of your body.
- ✓ Photograph in tight clothes (in swimsuit if possible or comfortable underwear) it also can be leggings and tight t-shirt.
- ✓ During taking the photos the camera should be upfront to the body. It is forbidden taking photos from other perspectives.
- ✓ Photos should be taken by someone else or you can use self - timer feature of your camera.
- ✓ It is not recommended to do photos in front of a mirror as it may be deform your body image.