

HOW TO

# TAKE THE BEST PICTURES FOR YOUR ANALYSIS

TIPS FOR GETTING THE VERY BEST PICS

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Get your analysis quicker by  
sending the best pics first time

Understand how lighting makes  
the biggest difference in showing  
your colouring



# BODY SHAPE ANALYSIS

FOR YOUR SHAPE ANALYSIS I NEED TWO OR THREE PICTURES AS A MINIMUM. I NEED A FRONT ON PIC, A SIDE ON PIC AND ONE FROM BEHIND TOO IF POSSIBLE.

YOU SHOULD BE WEARING FORM FITTING CLOTHING, PREFERABLY IN ONE COLOUR - THIS COULD BE LEGGINGS AND A TOP, A SWIMSUIT OR EVEN UNDERWEAR IF YOU ARE COMFORTABLE WITH THIS.

BELOW IS AN EXAMPLE OF WHAT I AM LOOKING FOR...

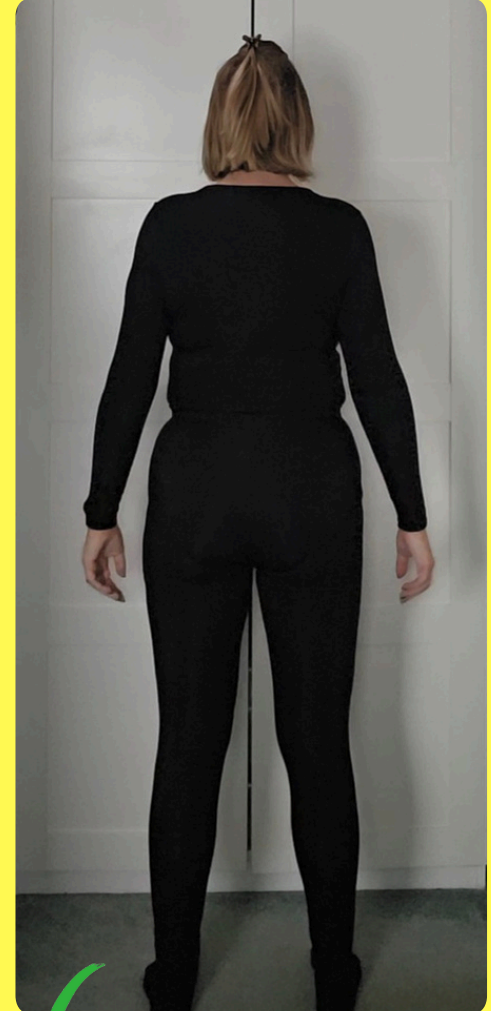
FRONT FACING



SIDE ON



FROM THE BACK



# PLEASE DON'T SEND...



## POSED PHOTOS WHERE YOUR BODY ISNT SHOWN STRAIGHT ON TO THE CAMERA.

THIS WILL DISTORT YOUR BODY SHAPE AND NOT GIVE AN ACCURATE REPRESENTATION OF YOUR SHAPE.

\*\*PLEASE REMEMBER THAT THESE PICTURES ARE THE ONLY TIME I WILL SEE YOU SO I REALLY NEED THEM TO SHOW YOUR SHAPE AS CLEARLY AS POSSIBLE.



## PICTURES TAKEN WITH THE PHONE DOWN TOO LOW OR TOO HIGH

THIS WILL ALSO DISTORT YOUR BODY SHAPE AND NOT GIVE AN ACCURATE REPRESENTATION OF WHAT YOUR BODY LOOKS LIKE. EVERYONE LOOKS LIKE A PEAR SHAPE WHEN THE CAMERA ANGLE IS LOW LIKE THIS.



# PLEASE DON'T SEND...



## PICTURES WEARING 'NORMAL' CLOTHES AS I CANT SEE YOUR SHAPE

PLEASE NO JUMPERS, COATS, HOLIDAY PICTURES OR ANYTHING ELSE WHERE YOU ARE JUST WEARING YOUR NORMAL DAY TO DAY OUTFITS

I KNOW ITS NOT CONVENIENT TO TAKE PHOTOS IN FORM FITTING CLOTHES BUT I PROMISE YOU THAT JUST TAKING 5 MINUTES OUT OF YOUR DAY TO GET THIS RIGHT, WILL MAKE THE BIGGEST DIFFERENCE.

I CAN'T SEE YOUR SHAPE WHEN YOU SEND IN PICS WEARING 'NORMAL' CLOTHES. THIS WILL RESULT IN MYSELF OR THE TEAM CONTACTING YOU AND ASKING FOR MORE PHOTOS TO BE SENT ACROSS. THIS IN TURN WILL PUSH THE DATES OUT ON YOU GETTING YOUR ANALYSIS BACK.

## TOP TIPS...

- WEARING ONE COLOUR OF CLOTHING IN YOUR PICTURES WILL REALLY HELP. PLEASE AVOID AND PRINTS OR PATTERNS.
- IF YOU CAN TAKE YOUR PICTURES AGAINST A PLAIN, LIGHT COLOURED BACKGROUND THEN THIS WILL ALSO HELP.
- MAINTAIN GOOD POSTURE FOR PHOTOS. STAND TALL WITH YOUR HEAD HELD HIGH IN A NEUTRAL POSITION. NO SLOUCHING.

# BODY SHAPE

# ANALYSIS PICTURE

# CHECKLIST...

- ARE YOU WEARING FORM FITTING CLOTHES THAT CLEARLY SHOW YOUR SHAPE?
- ARE YOU STOOD FACING THE CAMERA FRONT ON AND NOT AT AN ANGLE?
- IS THE CAMERA SHOWING YOU AT FULL LENGTH AND AT THE CORRECT HIGHT? NOT TOO HIGH OR TOO LOW.
- HAVE YOU GOT AT LEAST ONE FRONT FACING PHOTO?
- HAVE YOU GOT AT LEAST ONE SIDE ON PHOTO?
- HAVE YOU GOT AT LEAST ONE PHOTO FROM THE BACK?

THANK YOU FOR TAKING THE TIME TO READ THIS. IF YOU FOLLOW THE GUIDANCE HERE, IT WILL ENABLE ME TO PRODUCE THE BEST, MOST ACCURATE ANALYSIS FOR YOU IN THE FASTEST POSSIBLE TIME.

IT COSTS US A LOT OF TIME AND MONEY EVERY MONTH TO CHASE PEOPLE FOR BETTER PHOTOS SO PLEASE HELP US BY ENSURING THAT WHAT YOU HAVE SENT, IS WHAT WE NEED.

IF YOU HAVE ANY QUESTIONS ON ANYTHING IN THIS GUIDE, PLEASE CONTACT US ON [ADMIN@STYLEMEHAPPY.CO.UK](mailto:ADMIN@STYLEMEHAPPY.CO.UK) AND WE WILL BE HAPPY TO DISCUSS ANY OF IT FURTHER WITH YOU.

*Emily and the team at SMH*

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