

A person is shown from the side, adjusting a camera lens. The camera is mounted on a stand. In the background, there is a window with a grid pattern, a wall-mounted device, and a wooden fence. The scene is lit with soft, natural light.

At Home Maternity
Photoshoot Tutorial
backlit look



ITEMS NEEDED:

- CAMERA OR SMART PHONE
- WHITE SHEET OR CURTAIN
- WHITE BOARD OR REFLECTOR
- BIG WINDOW OR LIGHT SOURCE
- FAN IF DESIRED TO BLOW HAIR

A woman with long, wavy blonde hair is shown from the chest up, looking out of a large, arched window. She is wearing a white, long-sleeved, lace-trimmed dress. The background is bright and out of focus. The image is framed by a large, dark, arched shape.

SCREENSHOT LAST
SCREEN FOR STEP BY
STEP INSTRUCTIONS -

Share with a someone who is pregnant!



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HOW TO TAKE YOUR OWN MATERNITY PHOTOS

backlit look



1. FIND A BIG WINDOW

For this look, you need a big light source. We will use a sheer curtain or shower curtain to diffuse the light. I am using a scrim, but sheer curtains, a white sheet, or a shower curtain will work also.

2. GET A REFLECTOR

You can use a real reflector, or just use white paper or foam board to reflect light back onto the subjects face. If you don't have any of that, setup or have someone hold up a white sheet.



3. PLACE SUBJECT

Set your subject in front of the scrim (the white curtains or shower curtain). Make sure the reflector is wrapped in front of the subject, bouncing light back on them. Take this photo during the brightest part of the day.



4. OVEREXPOSE

Whether you are shooting on an iphone, or on a DSLR, you are going to want to overexpose your shot by a few stops to make subject brighter. If you don't know how to do this, look it up on youtube!



5. RETOUCHING

If you want to retouch it yourself, you can, or you can use apps to brighten overall exposure and turn down the highlights, and smooth skin. They also have retouching services such as fixthephoto.com you can pay for. & VOILA! MAGIC!



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