

# *Pucker up,* **DUCKFACE!**



How to avoid dating profile photos  
that make people *instantly* hit



*You never get a  
second chance to make a*

**FIRST  
IMPRESSION**

Anon

In my online dating forays I have  
seen some truly AWFUL photos.

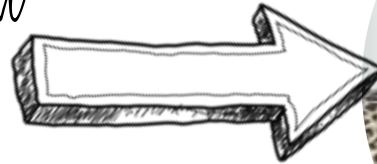
Not of ugly people, just bad poses  
and poor use of the camera that  
makes even pretty and handsome  
people look...

# TERRIBLE!



I've always loved taking photos and was lucky enough to study photography at university, since then I've taken some wonderful images of people who normally "hate themselves in photos" (myself included).

*Not a selfie, it was taken  
by my bestie, Denise.*



This is because I've taken just a few minutes reassure them and follow a few basic guidelines.

In the past few years the Selfie has developed a life of it's own along with some typical selfie poses, by far the worst, in my view is:

**DUCKFACE!**



Well dear, Mother  
did say if the wind  
changes your face  
will stick like that!





Seriously, it's not attractive pulling your face into a pout that resembles a platypus! And those 'glamour mag' shots should stay in those glamour magazines!



# *Profile Picture Rules:*



Ok, so these are my guidelines for really nice photos, not just for your profile but, for any occasion when a camera is thrust at you!



# No 'Selfies'

These are OK (I suppose!) for sharing with your friends and family but not, **NOT** for your dating profile. It gives the impression that you're either:



A 'Billy-No-Mates'  
(for non-UK readers, this means someone without friends!)



Ashamed, you won't ask someone to take your photo because you're embarrassed about being on a dating site...all a bit furtive really!



You are incredibly arrogant and love yourself far more than you could love anyone else!

# *No kids or pets*

Yes, they're important to you but, not only is it reckless in this digital age to let strangers see your kids but, initial dates are with YOU.



People are looking to date YOU not your pet. Again, they're important and any pet lover will KNOW this.

Most profiles let you specify if you have children and pets in the data criteria, that's enough.

# No Old Photographs

I can't stress this enough! Photos should be recent (within the last 6 months) and they **MUST** provide a fairly accurate resemblance of who you are **NOW**.

No photos of you when you were younger, slimmer, hairier, brunette-er/blonder-er/redder-er, fitter... you get my drift.

There is nothing worse than turning up to a meet someone and not recognising them – yep, happened to me a few times...wandered around a venue looking for (and wandering past) my date!

You really don't want to be **THAT** unrecognisable person.



# *No nudity or near nudity*

Right, I've already discussed this in another eBook\*, but here it is again in the proverbial nutshell:

**Pouty pics attract  
predatory people!**

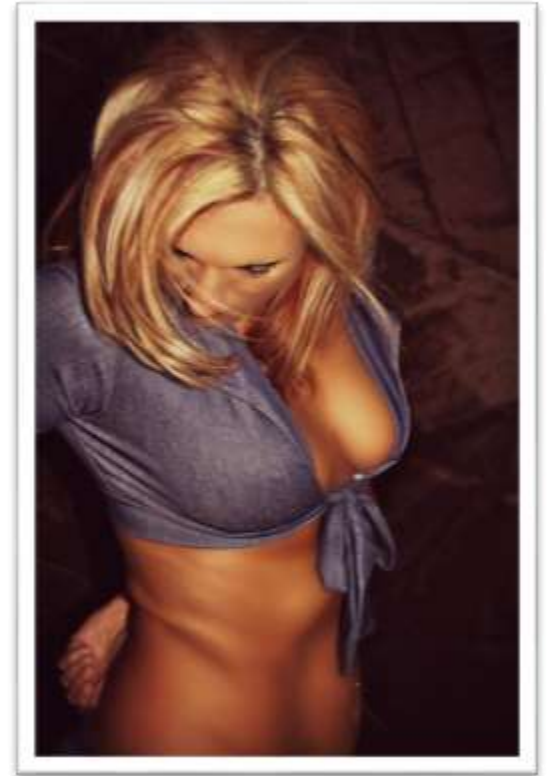


\*[Top Tips to Pimp Your Online Dating Profile!](#)



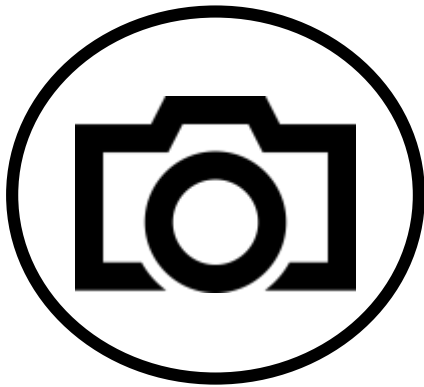
Don't get me wrong, the ladies in these photos are beautiful but, these kind of poses attract a particular kind of attention.

Which, let me state for the record, is totally fine, just be very clear in your own objectives for seeking a mate!

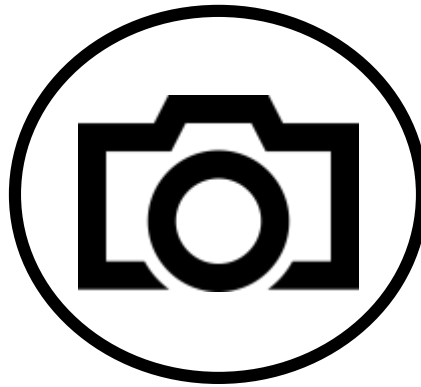


# *The Photos*

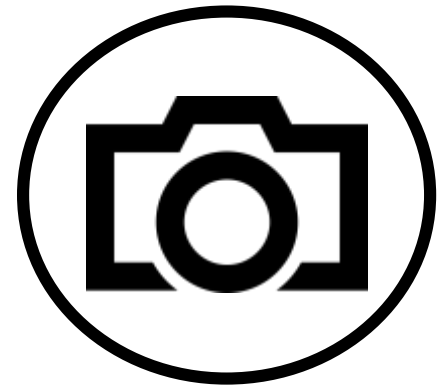
For your online profile I recommend a minimum of 3 shots to a maximum of 5.



A full face, smiley, happy image – *The Head Shot*



A full length image – *The Body Shot*



Hobby, interest or event - *Activity Shots*

A woman with long blonde hair, wearing dark sunglasses and a pink top, is holding a black smartphone in her right hand. She is looking down at the phone. The background is blurred, suggesting an outdoor setting. Overlaid on the bottom right of the image is a block of text in a bold, black, sans-serif font.

**Don't go mad with the photos and upload  
10 different angles of you with your phone in  
the mirror (no Selfies remember) or of  
landscapes. People want to see YOU.  
So, let's get to it...**

# The Head Shot

Remember to SMILE. I can't say this enough, so I'll say it some more... **SMILE, SMILE, SMILE.**







96%

of viewers

would rather see a  
**big, happy grin**  
in a profile photo than a  
sexy pout!



# *The 'Body' Shot*



We like to see the whole person, not just a cropped head shot.  
It's about being honest and respecting yourself and others.

Remember, use positive, open body language, arms open not crossed and shoulders straight.

A full-length photo of you and ONLY YOU but, not a photo of you lashed up, face-down on a bar room floor...well, obviously!

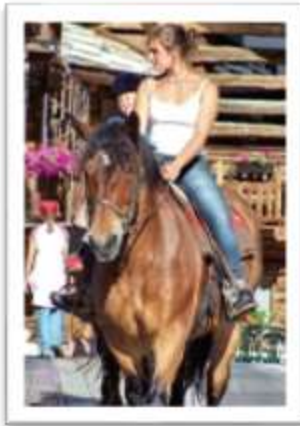


**Not cool!**

And maybe one showing you at a special event like a wedding etc. I love to see people dressed up a bit...

# Activity/Hobby Photos

Self explanatory really.

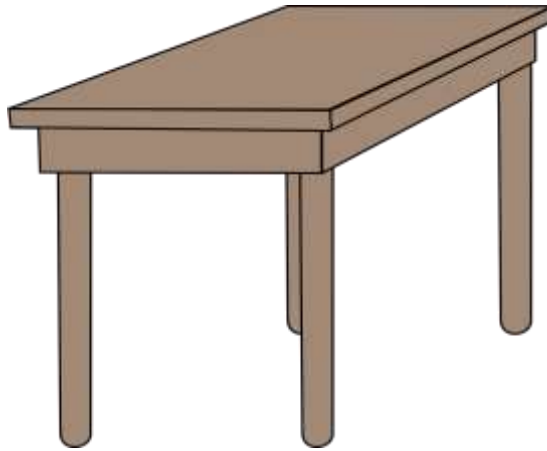




# *The Lighting*



Avoid using the flash.  
Use natural lighting  
wherever possible -  
**flash flattens your  
features.**



Use a tripod if  
possible or any stable  
surface.

This avoids camera  
shake (blurry shots) in  
low-light conditions



If you're shooting  
indoors, diffuse  
strong sunlight with  
a light fabric or  
curtains.

You don't want to  
squint on the shots!

# *The Lighting*

Flash photography is great for reducing shadows when shooting with bright sunlight **behind** the subject – try it, it really works well.

Sunlight behind the subject puts shadows on the face



Flash used to light up the subjects face

# *The Subject (you!): Your Smile*

Ok I've taken photos of people who 'hate their teeth' and who have ended up looking like they're clenching their butt!

**DO NOT CLAMP YOUR LIPS TOGETHER! NO, NO, NO.**



Tight-lipped looks **tense**.

If you don't like your teeth, get them fixed if you can or try this...

# Smile loosely:

With your lips gently closed, smile until you **FEEL** the smile in your cheeks and your eyes.

Let your lips spread gently across your teeth. This way your teeth are covered but you are smiling warmly and genuinely.



Even if a little, teeny bit of your teeth show through it'll be ok, I promise. Practice in front of a mirror, let the smile reach your EYES. Whatever you do

**AVOID THE CLAMP!**



# The Shoot

**NEVER** lean away from the camera.

It's unflattering, flattening and makes you look awkward making the viewer feel UNCOMFORTABLE without knowing why.



Face the camera straight on leaning towards it slightly but, never lean away from the camera.

Eyes level with the lens.

Leaning on something can help find a more relaxed position  
– a chair, table, your knees, a wall...



Keep the camera at eye level when you can. The use of camera angles is very important in photography and film-making:



Looking DOWN on the subject gives the viewer an impression of superiority over the subject. It's often used to denote imprisonment or to emphasise when filming a child. It's a more submissive pose.



Looking UP to a subject has the opposite effect, it diminishes the position of the viewer, oh and this is a REALLY bad angle with Selfies.

**Plus we can see right up her nose!**

# *Up Close and Personal*



It's nice to see locations but it makes it harder to see the person.

Get in closer or you can crop the image later. Better to take a close shot to capture more detail.





# *And away you go.*

The wonderful thing about digital cameras is that you can keep taking photos until you get one you like. The more relaxed you are (like this cutie), the more it will show in your images.







Take tons of shots, play around, **have fun** and enjoy yourself.

You'll have great photos, feel good and, when you go on those dates you'll know that you've been true to yourself.

*Now, go rock that profile!*

*This was created for you with love and a burning passion to live in a nicer world.  
I hope you enjoyed it and helps you get comfortable with cameras.*

I'd love to hear from you, drop me line here [Stephanie@looseknickers.com](mailto:Stephanie@looseknickers.com) .

And for more inspiration to help you find the love of your LIFE and to help you live happy, date wisely and love better, have a browse around:

[www.looseknickers.com](http://www.looseknickers.com)



Stephanie Priest

Stock images courtesy of:

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Images of Stephanie by:

Denise (Stephanie's long-suffering BFF)  
and Stephanie's very patient son!

