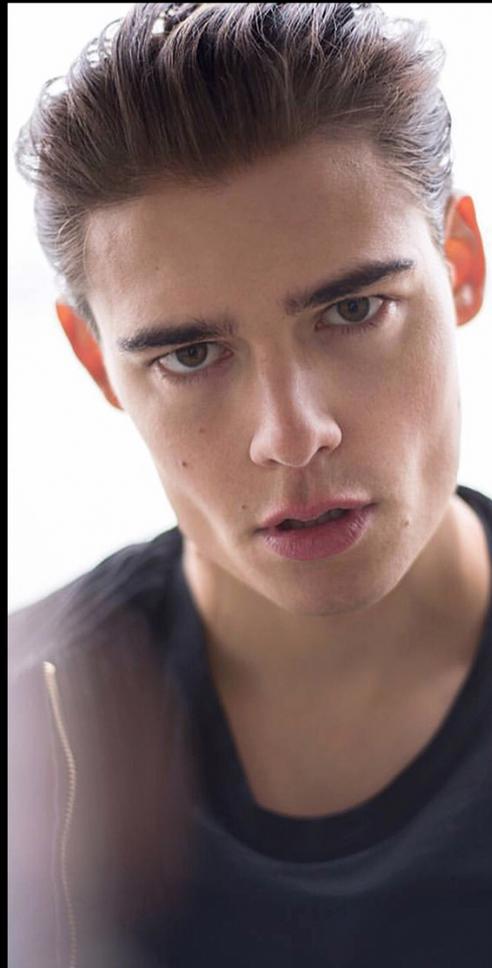


# Selfie Secrets

**18** Tips  
to look  
**great**  
in every  
**Picture.**



by **Mario Adrion**

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18 Tips to look great in every Picture

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# Introduction

## Why bother?!

Nowadays taking good pictures is not only the job of professional Models anymore!

**"Over 150 million selfies are taken every single day by different people all over the world!"**

Most people don't know that these pictures can actually have a huge impact on our lives!

No matter if you are applying for a job or trying to find a date online: **Pictures will make the first impression!** Your future employer will look at your application and subconsciously base his decision on your cover picture. The woman or man of your dreams will obviously not swipe right on their dating app if you look awkward and insecure in your profile picture.

Even on Facebook and Instagram we never know who is going to look at our pictures and what opportunities might come from a good first impression. So looking great in a photograph can really make a huge **difference in your career and your life in general!**

## The Problem

But we all know the awkward feeling of standing in front of the camera. You don't really know how to position your body or where to look and the smile you're supposed to do just feels forced. In the pictures you end up looking a lot shorter than you actually are and you don't like any of the 37 selfies you took for Instagram.

My name is Mario and I have been a professional Model and Actor for about two years now-working with many photographers on hundreds of photoshoots all over the world. I remember exactly how uncomfortable I was when I had my first professional photoshoot when I was 17. But over time I developed some tricks that I now apply on every photoshoot both for Instagram, Family pictures at home and for paid modeling jobs.

I now understand that looking good in a photo is not some god given talent but **a skill that can be learned and improved.** Over the years with a lot of experience both as a Model and Actor I collected some secrets that everybody can apply. In this Book I will share with you what has helped me the most to look great in pictures!

# 1) Find your confidence!

The number one thing I have learned over the years: **If you feel good, you look good!** Feeling comfortable and confident in your body is a quality that will shine both in real life and also in pictures! My best pictures were taken when I was on set and didn't worry about anything and just had fun. The more you shoot the more confident you will automatically become but this takes a long time and most of us don't have the time to learn over the course of many photoshoots. Here are some things you can do in preparation for a photoshoot to find your confidence and effortlessness.

## Be Healthy!

Working out and eating clean and healthy will obviously make you look better: Your skin will glow and your body and face will look young and fit. But having a good body will also improve that feeling of being comfortable in your own body. You will sit more upright and physical strength will subconsciously translate into a more powerful presence even when your body is not in the picture. When somebody is feeling comfortable in their body it shows even in their eyes. Being in good shape is the best and **longest lasting measure** you can take to look amazing in pictures!

## Power Pose!

A more short-term confidence boost that I recommend before taking any picture is simply to lift up and extend your arms as far as you can for two minutes. Imagine that you are reaching for the stars and try to make yourself as tall as possible! Psychologists found out that standing upright and extending your arms will trigger a feeling of confidence in your body! I do it before every shoot and every audition! So before a shoot don't sit down with your smartphone. Walk around and lift up your arms to a power pose! It takes 2 minutes and makes a huge difference!

## Play music!

Another thing that really gets me ready for a picture is the right music! Music has been proven to have an immediate effect on our emotional lives and playing some heroic or uplifting music will boost your confidence before a shoot. If you are actually planning a longer shoot, play your favorite music during the session. It will get you out of your head and you will feel more relaxed. Sometimes you can even follow the rhythm of the music to move into different poses. Music can also help you to create different moods and expressions. Pictures with relaxing Piano Music in the Background will definitely look different than the ones taken with a Hardcore Metal Song playing. **Let the music guide you!**

## 2) Find your Light!

Feeling confident is extremely important. But even if you are feeling like a Power-posing half-god with epic Music playing in the background you still need the right lighting to catch that moment of glory! **Lighting can completely change the way your face looks.** I had a shoot for an online catalogue last week with bright studio light where I looked like a 12 year old kid. Two days later I shot for a fashion magazine in New York at night which really brought out my jawline and made me look like a tough Nightlife Cowboy! Here are some ways to make you shine in the best light.

### Natural Light

When you plan a shoot or even when you take a selfie I would highly recommend natural light as opposed to electrical lights. Indoor lighting often has a yellow-red tone which brings out a lot of the little imperfections on your skin. Natural light looks a lot more clear and has a colder look. Direct sunlight can be very harsh so I recommend a natural Overcast. It's the most even lighting you will find. If you live in a place with perfectly clear and sunny skies every day, please know that I really envy you ;-). If that is the case use a bright wall of a building where the sunlight can bounce off and provide even lighting for your pictures. Another option are white, transparent curtains that you can just close and use the even light from the windows.

### Jawline tricks!

What is considered most attractive both in men and women is a really strong and pronounced jawline! A lot of it is genetics and exercise which I talk more about on my [Youtube-channel](#) but lighting can make a huge difference here! Your jawline tends to vanish almost completely when there are no shadows. An easy trick is to simply **wear dark clothes!** Bright colors reflect the light from the front and make your jawline disappear. A simple black shirt or even a dark scarf in winter will make sure there is a shadow around your jaw which makes it look a lot stronger! Another trick is to turn so there is a little bit of backlight on your head which brings out the features and edges of your face and gives you an overall stronger look!

### Indoor light

If you don't have access to natural light there are many alternatives. Unfortunately the standard light in your living room will look very inexpensive and has a weird red color tone to it. Try to find cold LED lamps or invest in a ring light. If you mainly take selfies you could get a selfie case with a built-in adjustable ring light which makes the world of a difference. I have tried it and it just made my skin look flawless in every shot!

When I have other people take photos of me inside I usually ask them to activate flash on my phone. For selfies I use one of my small cold LED lights. It is worth it!

### 3) Find your Angle!

A photo will always look different than reality. It is almost an optical illusion and it allows us to capture a moment from a specific perspective. This gives us a lot of chances to **trick reality to our advantage!** Many people are concerned that they look too short or that their face looks a little chubby in pictures. Different angles allow us to highlight our strong features or hide what we do not feel comfortable about. Here is how you find your perfect Angle!

#### Long neck

No matter if the camera is shooting from up high or down below: You want to make sure to always have your neck elongated. Just imagine that you are curiously trying to look over a fence lifting up your chin and slightly pushing it forward. Standing upright with your head up high conveys more **confidence and elegance**. That way you will avoid a double chin that can easily appear- no matter how lean you are! Besides from that it will bring out your features even more and make you look a lot taller and slimmer.

#### Self-Tape

We all have a Chocolate side! After watching myself on camera a lot- I realized that my face is not 100% symmetrical and looks a lot better from the left side. That specific angle brings out the strongest features of my face and knowing that has helped me a lot to look the best I can in pictures. To find your perfect angle I would recommend you really study your own face and get to know it better! Mirrors can be deceiving so set up a camera and record yourself moving from a full-profile to a full-frontal glance into the camera and slowly to the other side. Watch the video and stop at the angle you like the best! That's how you find your Chocolate Side!

#### Low vs. High

You feel like you always look too short in pictures? No worries, just set up the camera or ask the photographer to shoot from a lower angle. This illusion will stretch your body and makes you look a lot taller and slimmer! Even for selfies you can look a lot thinner by lifting your chin and slightly looking down at the camera while holding it. This will also put more attention on your jawline which can be powerful especially for men. The downside is the fact that it takes attention away from your eyes. So if your body type and height don't really matter, looking up at the camera really brings out your eyes. Know your qualities and play around with these angles to get the golden shot!

## 4) Full Body Poses!

We have covered the basics about how to prepare for a shoot, set the light and find your angle. But **what do you do when the camera is on you?** This is one of the most important aspects of Modeling and took me a long time to completely get comfortable with. You don't want to look stiff and awkward but what exactly can you do with all your body parts in a full-body picture? You can't really hide anything. Here are some simple tricks for Full-Body Posing!

### Move!

The most important thing is to be in constant movement! Cameras nowadays shoot very fast so why would you want to take 5 identical pictures of your body if you can move and have 5 different options that you can choose from?! Movement also **helps you to be more natural** so instead of just standing in front of the Eiffel Tower for a picture, make one step towards the camera. You will see how this little dynamic element will bring the picture to life and make you feel a lot more authentic! You don't actually have to walk out of frame but just subtle moves and steps back and forth will make the world of a difference!

### Shifting weight!

In some situations you obviously cannot move around. When you have to stand in one spot it is extremely important that you do not just stand straight like a soldier. This will make you look extremely stiff in a picture and is unnatural anyways. In reality we would always shift our weight to one leg. So your best bet is to shift your weight to your back leg and slightly bring the other leg forward. This way you create the **illusion of an extra long leg** which makes you look a lot taller and thinner. If you want to create even more of an illusion you can point your front foot a little. This might look a little too feminine for guys but definitely creates infinitely long legs.

### Create Angles!

So you have the long legs and you are slightly moving in every shot but what do you do with your arms?! Great question! When you start off you just want to have them relaxed by your side. But same here: Always keep moving! Simply hold on to your jacket or pretend to be fixing your sleeve. **This will give you a purpose!** It also creates angles which is extremely important to break up the stiffness and make the whole picture more interesting. Don't be afraid of big movements- the best pictures are often taken in the process of doing something! It could be as simple as putting your hand to your waist or more complex movements like a Yoga Pose: Feel free to experiment!

## 5) The Golden Smile

I think we have all been there. We feel uncomfortable because we are taking a picture of ourselves or somebody is pointing a camera at us and now we are supposed to smile on queue. Unfortunately a smile is very hard to be faked. Our mouth is forming a smile but our eyes still show how uncomfortable we really feel. To really get that authentic smile there is no other way than to **actually feel it!** I will be honest with you: There is no way or simple trick to immediately feel super happy and joyful but there are some methods you can use to find your Golden Smile!

### Tongue Trick!

The Secret to a Smile is having the smiling face, maybe even showing some teeth but all that without any tension in the rest of your face. If you see the tension around your eyes and forehead you will always know: that smile is fake! There is one very technical trick to lose the tension in your face: **Press your tongue against your front teeth!** I know it sounds weird but if you do that, the tension in your face will go away and your smile looks a lot more natural! So if you have trouble feeling the smile, focus on your tongue. Nobody will see your tongue but they will notice a much more relaxed face!

### Imagination!

A more challenging way that almost goes over into acting is using imagination to trigger real feelings of joy. So when you have to smile for the camera just imagine you are on your favorite beach or think about a beautiful event in your life or a fun crazy moment with your friends. I always think back at a family wedding in Florence which immediately makes me smile because real emotions of happiness are attached to that memory. If you have one person you really love you can just imagine seeing their face in the camera lens. Whenever I see my mother after a long time I have to smile. **Truthfully and real, without any tension.** So think about an event or a joke that really cracks you up or makes you happy and use it to relive that moment and smile!

### Exaggerate!

Sometimes a full smile is way too much and you just want a little smirk. Even then it helps me a lot to go through the full smile! The best smile pictures are taken in the transition to a full laugh. This moment is absolutely organic and more real than any static smile. So when you feel the joy coming up after you think about that crazy night out with your best friend don't stop there and don't hold back. **Go into a full laugh!** That release will make you a lot more relaxed and maybe you will catch that perfect smile on your way back to neutral. Be free to experiment!

## 6) Close-Up Expressions

Now you know what to do when you are taking full body shots or when somebody is asking you to smile. But what if the focus is just on your face and you don't know what to do. This is probably the most common challenge nowadays with over 1 million selfies taken every single day for social media! It can be scary to have the focus just on your face. But there are some ways to also master that challenge and post your #perfectcloseup.

### Relax your Face!

Both for the body and for the face, **any kind of tension immediately shows up in the picture.** If you are tense you can not strike your intense 'Blue-Steel' pose or your seductive cute look. So before you take a selfie there are two things you should do. First to loosen up your lips you can simply put your lips together and try to make the famous motorboat sound. This way your lips will be more relaxed and ready to radiate that sensual energy. Secondly you can rise up your eyebrows in an over exaggerated way as if you had just seen a ghost. Really contort your face in the weirdest ways and you will feel a lot more natural when you take the picture.

### Closing Eyes Trick!

Just staring into a lens can be very intimidating and as soon as you feel the presence of the camera we will see it in the picture. Especially for close ups it is important to look 100% confident. What really helps me is to look away for 5 seconds with my eyes closed and to **come back to the lens on the count of three.** By looking away and closing your eyes you are in your own world and that first look into the camera is usually a lot more intense and natural! So if you feel uncomfortable: look away, take 3 seconds and come back to the camera. It works!

### Play!

We often have a very fixed idea of what we think looks good in pictures and stick to one expression. Some are always serious some always have a similar smile. But the best pictures are taken **when you get out of this comfort zone**, create variety and try new things. So don't think of modeling like a static job. Think of it as going through different emotions. Think about someone who makes you really angry and imagine that person being inside the lens of the camera. Play with it. Think about the way you would look at somebody you want to seduce. Or imagine your wife just left you and you see her walking away in the distance. This is how you bring a picture to life and have fun in the process!

# Conclusion

I know it takes time to apply all these things at once! But every time you take a picture you can play with some new aspects and find something that works for you! Consider it a tool belt you are developing. Every trick is a tool that you can take out when you are at a photoshoot or when you take a selfie of yourself to seduce a girl you have been talking to.

Photos are an essential part of our life, no matter what profession you are in. Don't consider it something that puts pressure on you. **See it as an opportunity to express, move and have fun!**

***"Feeling good and having fun is the first step to a great photo!"***

I hope this book will help you with your next pictures! If you have any more questions follow me on [Youtube](#), [Instagram](#) and on my [Website](#). I will be more than happy to help you out!