

Model posing guide

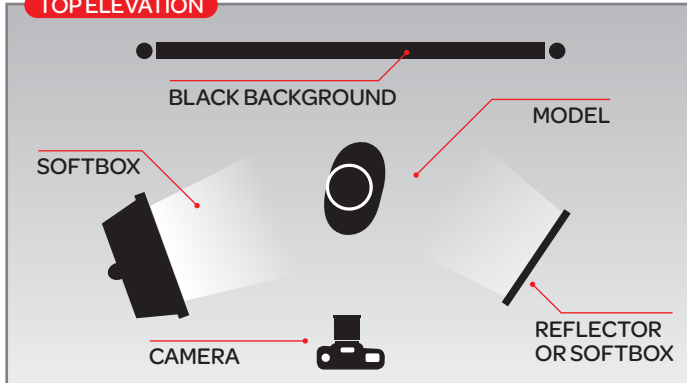
Your quick reference guide to posing a model for a fine-art nude shoot.
Each pose suggests a great starting point from which other poses
and subtle variations can evolve as you work



Model lighting guide

Your quick reference guide to three great lighting setups for a fine-art nude shoot

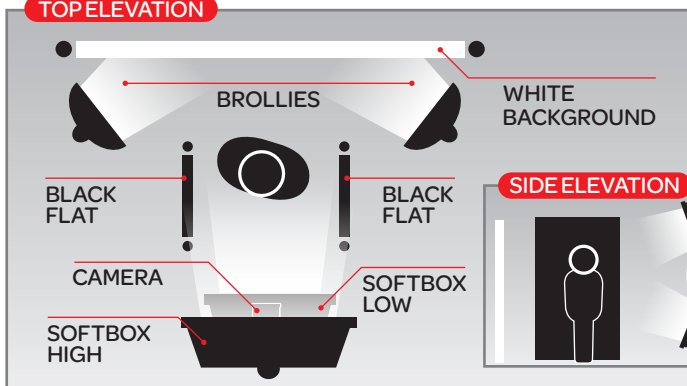
TOP ELEVATION



Basic

This basic setup is a good starting point for a nude shoot. Place two studio lights at a 45-degree angle to the model at a distance of about four to six feet. Set one light as the main light by positioning it a little higher (about six feet high) and increasing the intensity of the flash using the dial. Locate the other light a little lower than the main light and reduce the intensity of the flash. If you only have one studio light a simple reflector makes a good alternative to the second light.

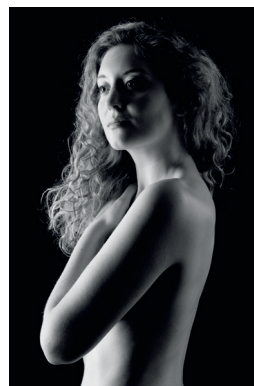
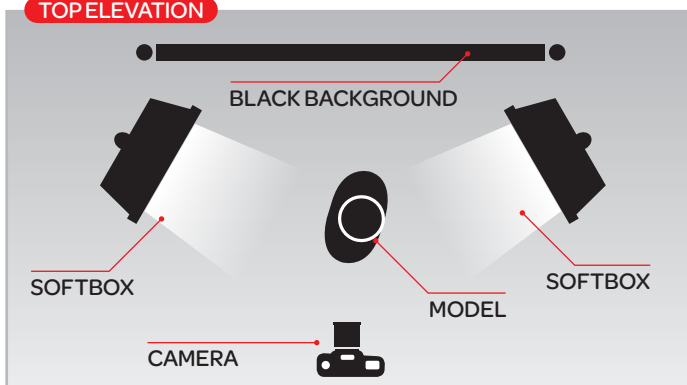
TOP ELEVATION



High key

To create a soft even light, position one light with a softbox attached in front of the model on the floor pointing upwards. Position a second softbox above the first at about seven feet pointing slightly downwards. Use a further two lights with umbrellas to light the background so it's a clean white. To separate the model from the background, position two large black 'flats' each side of the model (two large pieces of black card will do) – this will create a lovely black rim.

TOP ELEVATION



Low key

Fine-art nude lighting is all about showing off the beautiful lines, curves and shapes of your subject. To create more depth set the position of the softboxes so they're slightly behind the model, pointing back towards the camera. Experiment with the intensity of each light using the dials on the flash heads. You might need to use a lens hood to avoid flare ruining your shot. Just using one light can also work very well with this technique, especially for more abstract images.

Essential studio kit

There are plenty of studio starter kits that provide a great entrée into studio lighting. Here are the five basic elements you should look for



Flash lights

Studio flash lights have dials on the back that control the flash output and a constant modelling light so you can see the effect of the light while you're posing your model.



Umbrella

An umbrella is standard issue with most studio kits. They usually come in white, silver or gold and are used to reflect light onto the subject. They are easily attached to the flash.



Softbox

A softbox fits onto a flash unit and diffuses light onto the subject. They come in different shapes and sizes and produce a softer, more even effect than an umbrella.



Lighting stands

Lighting stands are vital for positioning flash units. The flash units attach to the top of the stands, making them top heavy, so secure them with a counterweight to increase their stability.



Backgrounds

Art nude shoots are best shot in monochrome, so keep your backgrounds simple and stick to black, white or grey paper rolls. Black velvet is even better for rich black backgrounds.