

**Nude and Portrait Photography**  
**By Michael Kuhnlein and Harald Heim**  
**Markt+Technik, an imprint of**  
**Pearson Education Deutschland**  
**ISBN: 978-3-8272-4517-6**



## Table of Contents

<b>Preface</b> .....	<b>9</b>
<b>1 The Fascination of Digital Portraits and Nude Photography</b> .....	<b>11</b>
Portrait photography .....	12
Nude photography.....	12
You and the model.....	13
In the studio or outside.....	15
Photoshop and co. – yes or no? .....	16
<b>2 Technical Aspects</b> .....	<b>19</b>
Cameras and objectives .....	20
RAW and JPEG .....	21
Hardware and software .....	24
Sunlight .....	26
Inside light or studio flash?.....	28
Compact flash or studio flash?.....	29
Using studio flashes.....	32
<b>3 The Picture Idea and its Realisation</b> .....	<b>35</b>
Planned or spontaneous? .....	36
Looking for ideas.....	37
Styles in portrait photography .....	37
Styles in nude photography .....	40
Locations: indoors or outdoors .....	42
Your own living room as a photo studio .....	45
Professional photo studios .....	46
Accessories, props and background .....	47
<b>4 The Model</b> .....	<b>55</b>
Friends and acquaintances as models.....	56
Looking for models in the internet .....	59
Volunteers and professional models.....	59
Contract and payment.....	60

TFP.....	62
Commercial photos .....	62
Make-up and styling .....	63
Having the model painted herself or having her painted professionally.....	64
Where to find a makeup artist? .....	66
Alternative: digital make-up .....	66
Preparations for the photo session .....	67
Bombarding the model with loads of instructions or... ..	68
... communicate with the model, give her understandable instructions .....	68
You have to improvise sometimes .....	69
<b>5 Posing and Expression.....</b>	<b>71</b>
No catalogue of poses .....	72
Copying or creating?.....	72
Elaborating a pose.....	73
Expression on the face .....	76
Working methods .....	77
Help for poses.....	78
Working with two models .....	79
Natural movement instead of poses.....	80
There is no general recipe .....	81
<b>6 Light.....</b>	<b>83</b>
Sun light as a challenge	
Sun light as a challenge .....	84
Creating light in the studio .....	86
The direction of the light .....	91
The structure of the light .....	93
Varieties of light.....	96
Colour filters and light blockers .....	99
Recognising light settings .....	99
Avoiding beginners' mistakes .....	101
<b>7 Camera Settings .....</b>	<b>105</b>
Permanent light.....	106
Mixed light .....	108
Manual settings .....	109
Studio flash .....	111
Finding out the exposure by a light measure .....	112
Without a light measure.....	112
Focal depth and focussing .....	115
<b>8 Picture Composition .....</b>	<b>117</b>
Picture detail .....	118

Perspective .....	120
Black and white or colour? .....	123
Picture selection .....	124
Avoidable beginners' mistakes .....	127
<b>9 Learning from Professionals ... ..</b>	<b>129</b>
A day with shooting star Stefan Gesell .....	130
Outdoor shooting with Krolop & Gerst .....	139
Indoor shooting with Tom Rider .....	145
<b>10 ... this is Important for a Good Picture too .....</b>	<b>151</b>
Keep your feeling for reality .....	152
Trends and beauty ideals .....	153
Are we all beautiful?.....	156
Digital picture editing - yes or no? .....	158
<b>11 Photoshop Techniques.....</b>	<b>161</b>
Opening JPEGs in Camera Raw .....	162
Methods of white balance.....	163
White balance with Camera Raw.....	164
Quick editing in Photoshop .....	168
Digital light by gradients.....	169
Layers and masks.....	173
Simulating a reflector or lighten-up flash .....	174
Highlighting a motiv by a vignette .....	179
Advanced vignette techniques.....	184
Vignette as a layer mask.....	184
<b>12 Beauty Retouching .....</b>	<b>187</b>
Editing details with the bursh .....	188
Reducing skin pigments and micro shades .....	190
Smoothing skin.....	193
Restoring skin structure .....	196
Modelling with light and shade .....	197
Editing details .....	199
Skin colour and lightness .....	202
Body forms .....	204
<b>13 Effects with Photoshop and Plugins .....</b>	<b>211</b>
From colour to black&white .....	212
Black&white picture with setting levels .....	213
Using the new black&white feature in CS4.....	215
Colouring monochrome pictures.....	221
Colorkey as an eye catcher .....	223
Highkey photos with Photoshop and a plugin .....	227

Using the film grain as a stylistic means .....	232
Painted and drawn.....	233
Special effects with plugins .....	239
<b>14 Montage and Composition .....</b>	<b>249</b>
Montage out of the face and pose .....	250
Foreground composition .....	254
Examples for a complex composition .....	258
The six commandments of background composition.....	259
Simple background montage .....	260
Inserting a ground texture .....	267
Structure of the composition .....	268
Exposing a picture per greyscale mask.....	270
Final remark .....	274
<b>15 Presentation of your Pictures .....</b>	<b>277</b>
Showing photos in communities .....	278
Your own photo website .....	278
Printing photos .....	280
Your photo on the screen .....	281
Photo book .....	281
Show your pictures at exhibitions .....	282
How can I earn money with my photos? .....	283
Handling criticism.....	283
<b>Appendix .....</b>	<b>285</b>
Photographers and authors .....	285
Models .....	291
<b>Index .....</b>	<b>292</b>