



Essential Guide to Taking Before and After Photos for Face Lift Yoga

Capturing before and after photos is a crucial part of your Face Lift Yoga journey. These photos serve as a visual diary, documenting your progress and the transformative effects of your practice over time. Not only do they provide motivation by showing the changes in your facial structure and skin, but they also offer a powerful tool for self-reflection and celebration of your achievements.

Clothing Selection:

- Choose a simple, solid-colored top with an open neckline.
- Wear the same outfit in both before and after photos to maintain consistency.

Lighting and Background:

- Utilize natural light to ensure your face is evenly illuminated.
- Choose a plain white background and ensure nothing else is captured in the frame.

Preparation Before Shooting:

- Keep your makeup and hairstyle consistent in both before and after photos for easy comparison.
- Relax your face and maintain a natural expression before shooting.

Capturing Expressions:

- Capture photos with a neutral face, a smile, and a profile view.
- Maintain consistency in each expression to clearly observe changes.

Regular Photography During the Course:

- Take photos regularly before and after face yoga sessions to visually record your progress.
- Shoot at the same location and time of day to maintain consistent lighting conditions.

Below are the steps for taking your photographs, with explanations:

- **Stand Straight:** Position yourself upright in a stable posture and relax. This ensures that your natural facial structure is accurately reflected in the photo.
- **Hold the Camera Directly in Front of Your Face:** Position the camera or smartphone directly in front of your face, ensuring your entire face fits within the frame. The camera should ideally be at eye level.
- **Relax Your Face then Take a Neutral Expression Photo:** First, relax your facial muscles to create a natural expression. Then, while maintaining a neutral expression, look at the camera and take the photo.



- **Next, Take a Photo with a Smile:** Create a natural smile, ensuring an overall cheerful expression, and take the photo. A smile is an essential element that reflects your personality.
- **Then Take Profile Photos from Each Side:** Next, take profile photos from the left and right sides of your face. Turn your face directly sideways and ensure your profile is clearly captured. These photos are useful for capturing the contours and features of your face.
- **Take Several Photos:** Take multiple photos from each angle. This gives you a variety of shots to choose from, allowing you to select the most natural and appealing ones. Taking several shots increases the likelihood of getting the best photo.

By following these steps, you can capture high-quality photos that will be beneficial for self-assessment and tracking progress before the course begins.

Once you've finished taking the photos, review them and choose the ones that are the most natural and expressive.