

Simple lighting techniques

Start your projects off with these effective lighting recipes

HIGH CONTRAST LIGHT AT 90°



A horridly results achieved with unmodified light. Using a single flash placed at this angle can create sunburning results, though. The bright and sharp-edged highlights lack texture and create stark shadows and bright highlights. Without a diffuser, the quality of light will be high contrast and if placed near the subject it will create problems with fall-off where light is spread unevenly across the face. By using a reflector, shadows will be deep.

DIFFUSED LIGHT AND REFLECTOR



This is a much better set-up where the same light source is softened with a diffuser and a reflector. Diffusers give their softer effect as daylight cloud covers, spreading light from a single source into larger area. The diffuser will reduce the intensity of your flash unit, so you may need to dial up the output of the flash head, but the effect will be more flattering. The reflector works by bouncing some light back onto the left side of the face.

KEY

Diffused light (single flash with diffuser)

Single Flash Head

Single Flash Head with diffuser

HIGH CONTRAST LIGHT AT 45°



With a similar effect to the first shot, this type of lighting reveals the hidden side of your subject's face. Placed at such an angle, the main problem of deep shadows, positioned at 90° off an acute angle, this light won't pick up as much skin texture, but it won't give the face in any kind of flattening aspect, regardless of the pose. Only one half of the face will be illuminated and, without any reflector, the other half will become a silhouette.

HIGH CONTRAST AT 45° WITH REFLECTOR



A much better blend of lighting set-up that reveals the three-dimensional characteristics of the face. Used in conjunction with a reflector, there is bright side reflection, which adds to subtle differences between the lit and reflected sides of the face. This lighting is in high-contrast, there are no other colors, it is almost like mirror lighting, which makes flattening and a real shadow power for video portraiture. To darken the shadows, pull the reflector away from the subject.

LOW CONTRAST AT 45° WITH REFLECTOR



With the addition of a diffuser to the side off an acute-angle position, this kind of side light is much lower contrast than when previous five examples. This creates a longer band of soft-edged light, which makes this portrait much more even and less dramatic. For further results, use a circular柔光板, place a reflector behind the subject to even out the light a little, this will create a subtle softness to a subject and even the portrait's shadows to give range of light.

RIM LIGHTING FROM BEHIND



This is the method for emphasizing the positive perimeter or shape of your subject's face. In this technique, the subject is not lit from the front but from behind to create a shadowing rim light effect. Only a single light source is needed and care must be taken not to turn the flash unit too high a power, as this power may burn the reflector, especially if it is a reflector without side or other modelling to bounce light back into the face.

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