

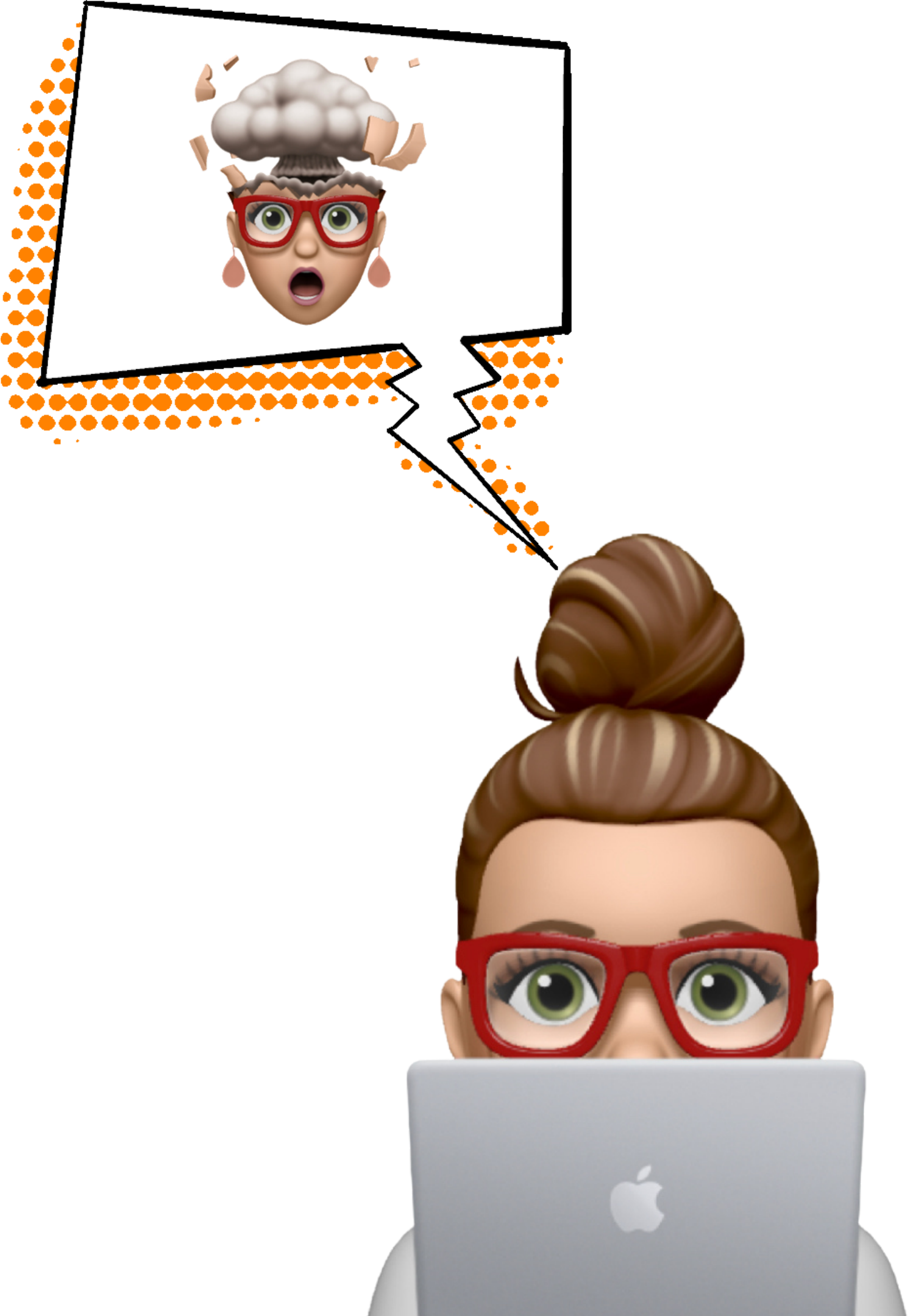
PDF GUIDE

HOW TO OVERCOME  
**TECHNOLOGY  
OVERWHELM**

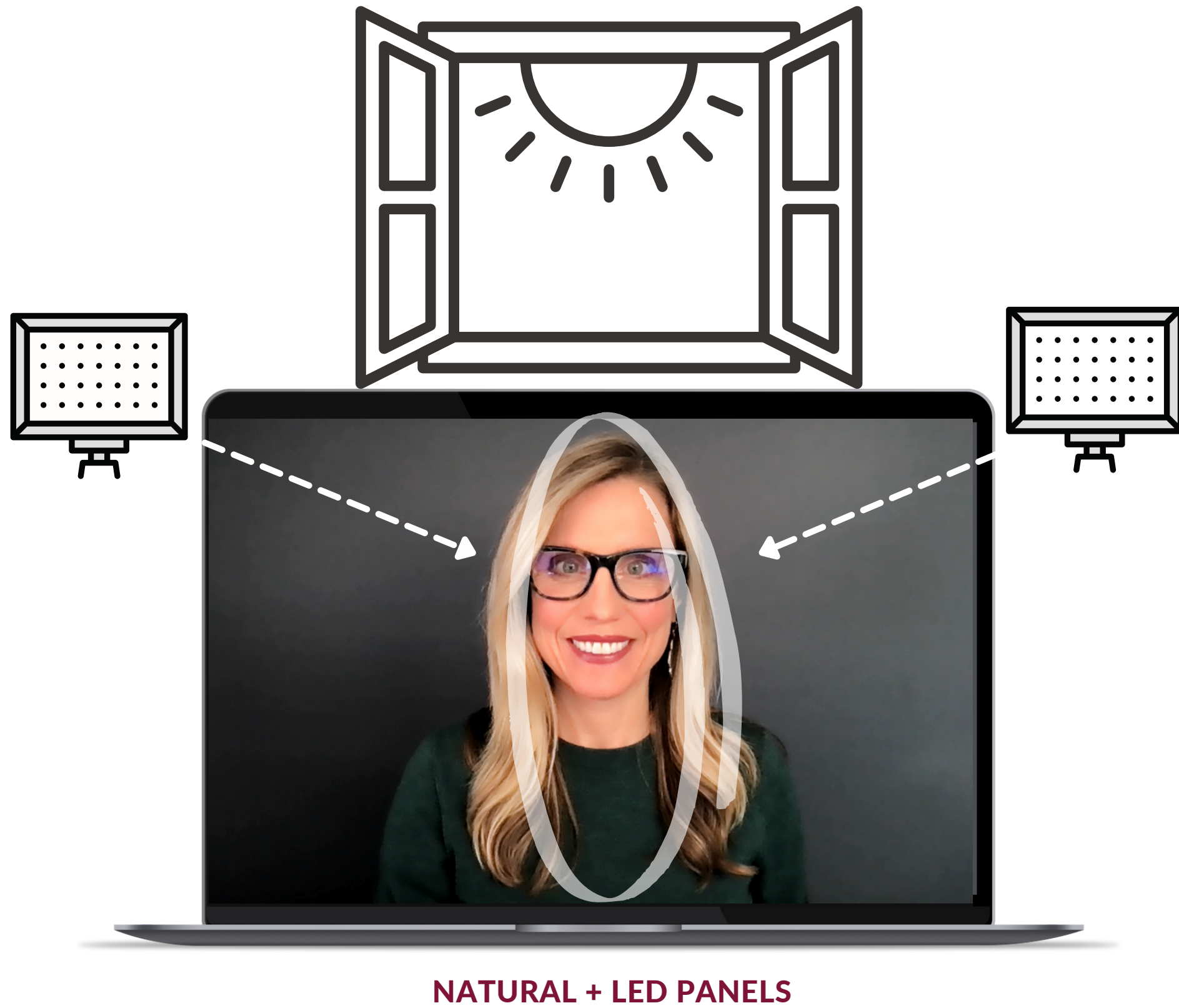
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**LIGHTING**  
To Look **YOUNGER**

with  
*Siddiqi Ray*



# LIGHTING TO LOOK YOUNGER





# LIGHTING: NATURAL + LED PANELS



1. Two lights from the side
2. Natural light from the front
3. Flattest most flattering light

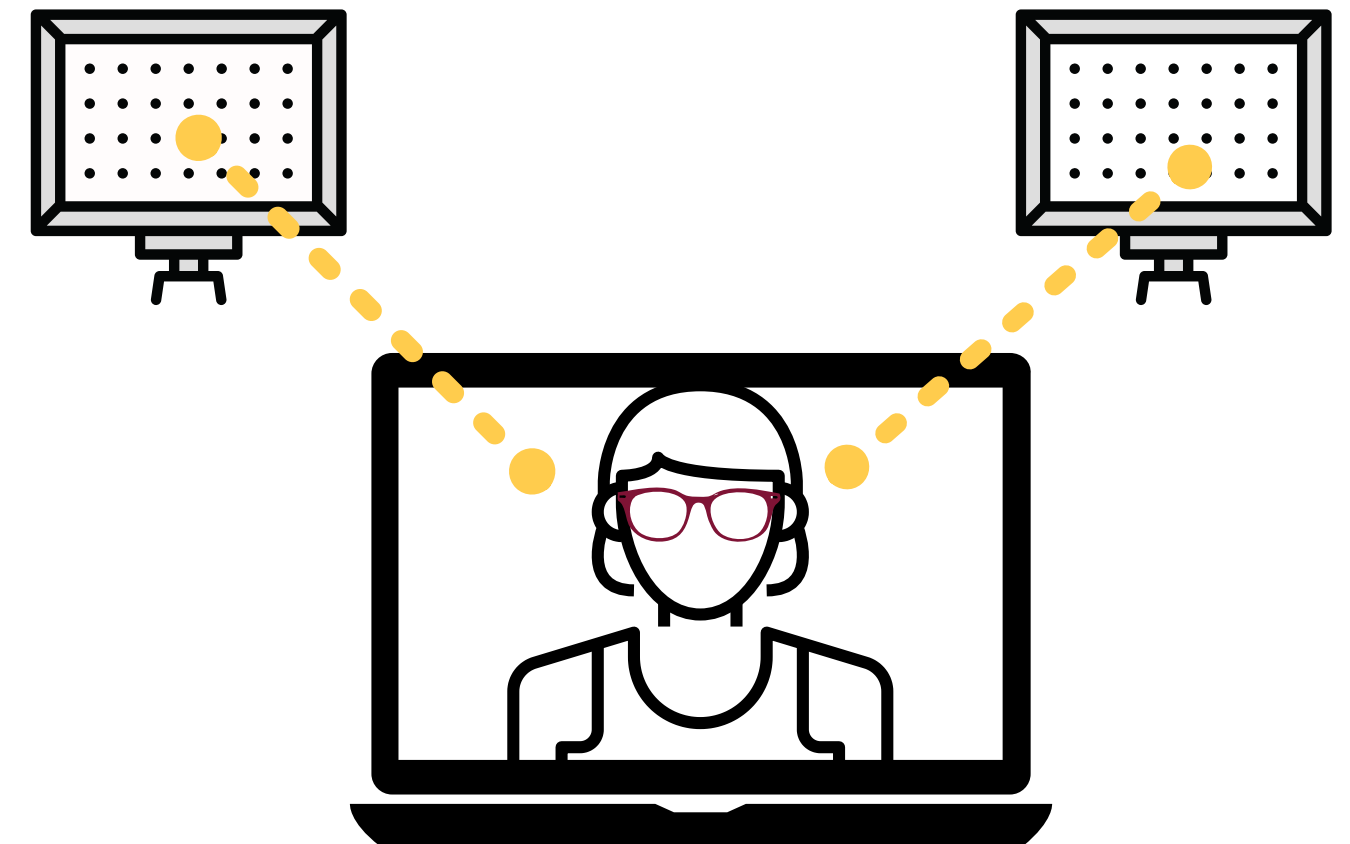




# LIGHTING: AVOID GLARE

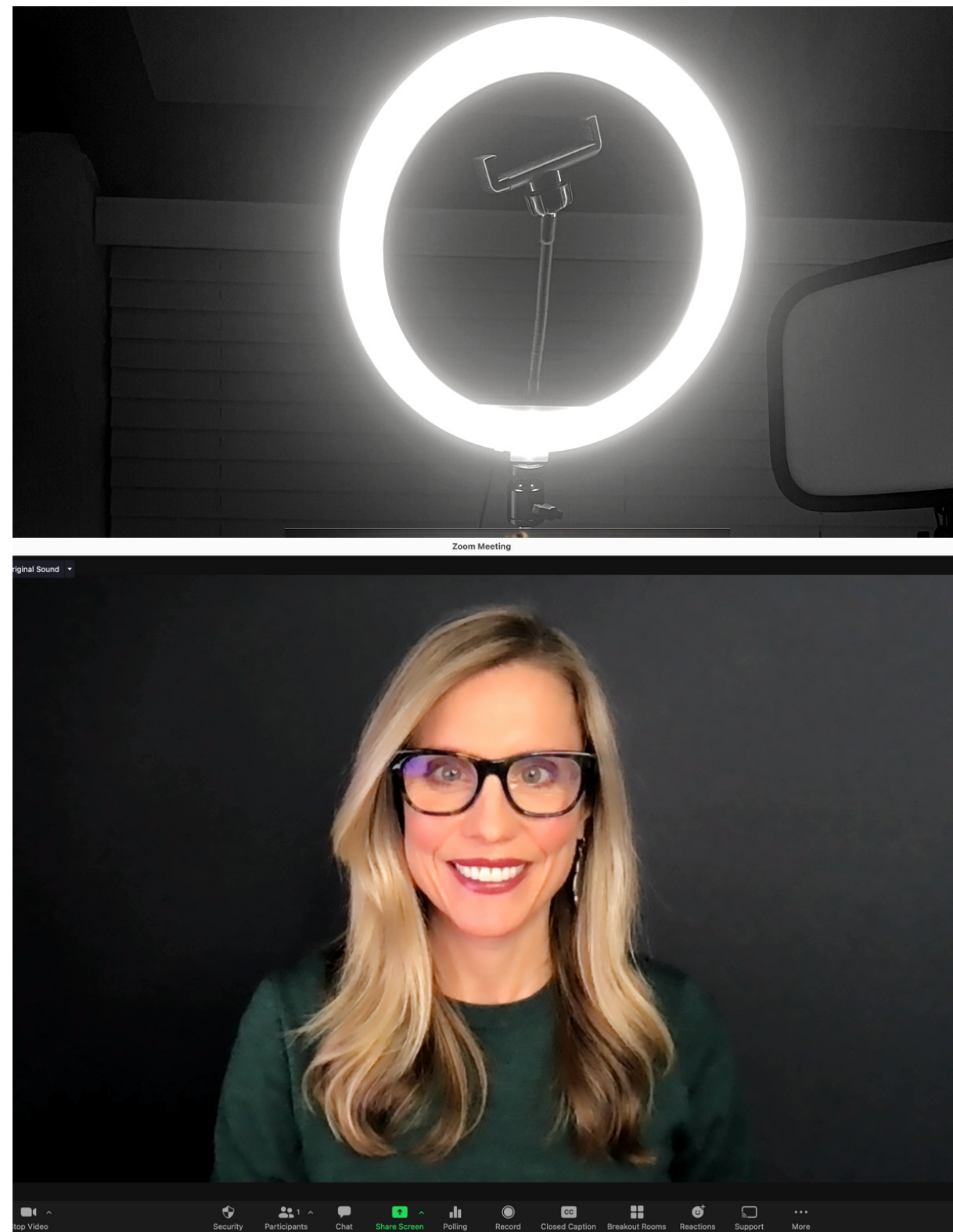


1. Two lights from the side
2. Higher than eye level
3. Both at 45°
4. Tilt light down (if possible)

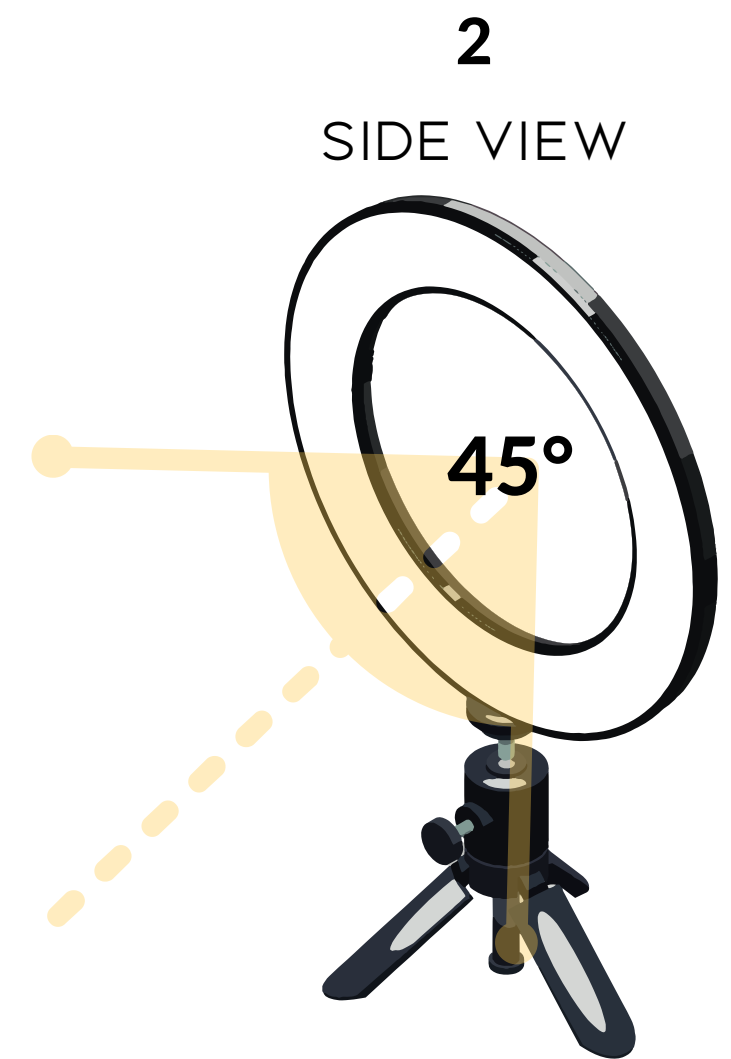
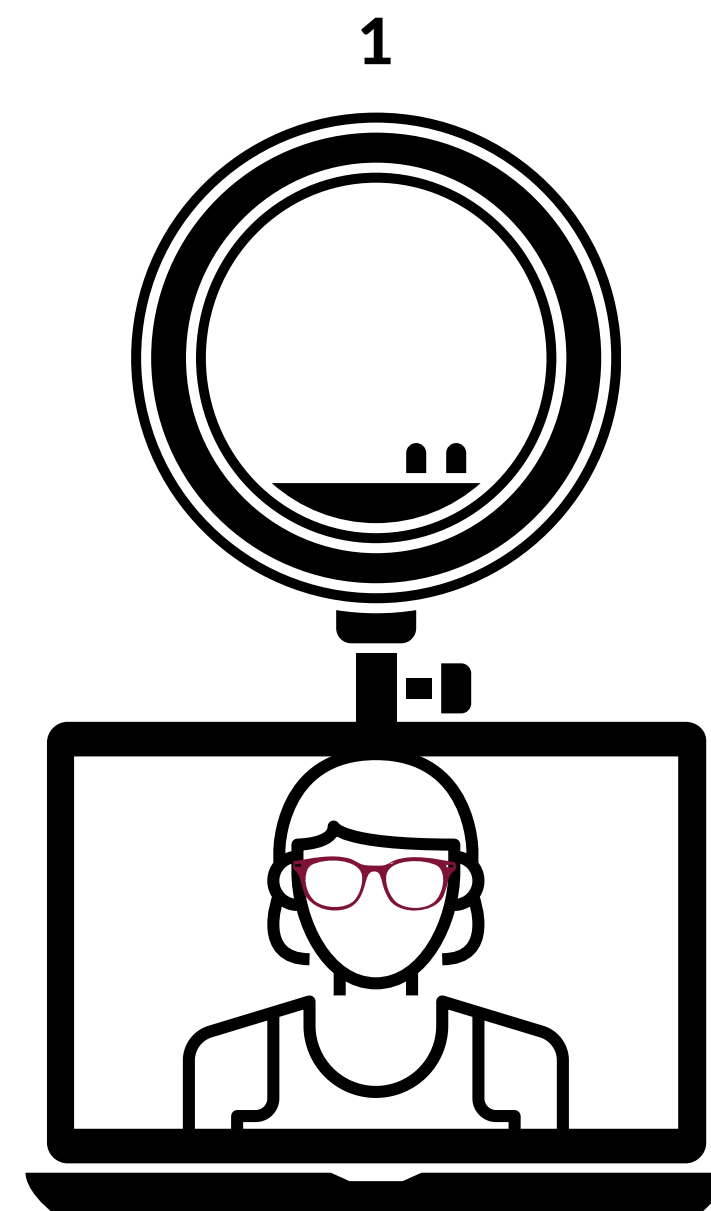




# LIGHTING: AVOID GLASS GLARE



1. Ringlight must be higher than top of head
2. Tilt ringlight down 45° (if possible)



# LIGHTING: NATURAL LIGHT

