

The Back Projection Prep Sheet

Silhouette, Shadow, and Shape

Back projection is a high-contrast, cinematic style of photography. By projecting images onto a screen behind you, we create a "rim-lit" or "silhouette" effect. In these shots, your shape, posture, and the fine details of your profile are the stars of the show.

Because we are shooting against a bright light source, any "distractions" on the skin's edge will be magnified. Here is how to prepare for a flawless session.

1. The "Clean Silhouette" Rule

The Goal: A sharp, uninterrupted outline. In back projection, the light wraps around your body. If there are indentations from clothing, they will appear as "notches" in your silhouette that are very difficult to fix in post-production.

- **Arrival Attire:** As with our other sessions, please arrive in **very loose-fitting clothing** (a flowy dress or oversized robe).
- **The No-Go List:** No bras, tight undies, socks with elastics, or skinny jeans. Even a "light" waistband can leave a mark that lasts for an hour.
- **Why it matters:** We want the camera to capture the natural, smooth curve of your hips and shoulders, not the memory of your morning outfit.

2. Hair & Profile Prep

Since silhouettes rely heavily on your profile, hair becomes a major element:

- **Remove Hair Ties:** Please take hair ties off your wrists at least **two hours** before the shoot.
- **Hair Styling:** Bring a brush and some ties/clips. Most of these will be done with the hair up. However we may want to switch between "hair down" for a soft, ethereal look from time to time
- **Jewelry:** Unless it's a specific part of the "look," remove watches and jewelry. A watch can break the clean line of your arm in a silhouette.

3. Skin & Grooming

- **Hydration & Texture:** While we don't need the skin "glow" as much as in a Bodyscape, hydration helps you stay comfortable and flexible for the poses we'll be doing.

4. What to Expect: Posing for Shape

- **Focus on the Edge:** I will be coaching you on "sculptural" poses. We'll focus on creating "negative space" (the gaps between your arms and torso, for example) to make your silhouette more dynamic.
- **Set Posing:** Back projection looks amazing with all manners of 'wide' poses — arched backs, and extended limbs. But the 'main' image needs to be lined up with your back after each change. We will set you in a pose, align the image(s) take the shots then have you move again.
- **The Robe:** We have studio robes available, but feel free to bring your own favorite robe to stay warm between sets.

5. What to Bring Checklist

- **A Personal Robe:** For comfort and coverage between setups.
- **A Towel:** Useful if we're using any mist or water effects to catch the light.
- **Seamless/Nude Underwear:** If you aren't shooting nude, thin, seamless skin tone options are best to avoid bulky lines in your silhouette. Even if you intend on shooting nude, I still recommend bringing some skin toned bottoms with you for use in at least 1 set so you have some social media friendly content.
- **The "Power" Playlist:** Music that makes you feel bold and statuesque!

Final Checklist

- Arrived in loose, flowy clothing (Zero elastics) especially across the back.
- Hair ties and watches removed 2+ hours ago.
- Ready to create some cinematic silhouettes.

The Result: Back projection creates a "larger than life" feel. It's a powerful, artistic way to celebrate your form. Get ready to see yourself in a whole new light!