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HOME

PARAMONOS CONSULTING SERVICES

TALENT

TIPS ON HOW TO IMPROVE YOUR RANKING:

TIP 1

IMPROVE

YOUR

PHOTOS

1. Crop, Don't Zoom. ...
2. Edit, Don't Filter. ..
3. Don't Add Fake Blur. ...
4. Pick a Better Camera App. ...
5. Ditch The Flash. ...
6. Keep Your Lens Clean. ...
7. Watch The Lens Flare.

FITNESS SELFIE TIP #1: WEAR THE RIGHT CLOTHING.

For marking progress in your fitness journey, it's a good idea to wear the same thing each time you shoot a picture. Consistency will make your before/during/after photos more compelling.

HOWEVER – Ladies, please put on more than a bra and underwear. You want to show off your abs, but let's be modest by wearing a bikini or sports bra and yoga shorts.

FITNESS SELFIE TIP #2: USE PROPER LIGHTING.

One of the keys to a great selfie, or any photo for that matter, is good lighting. Avoid dark rooms at all

costs. Natural lighting is usually the most flattering. If you're standing near a window, face the sun instead of having it towards your back.

FITNESS SELFIE TIP #3 : GET CREATIVE

Lastly, get out of the bathroom. Pose creatively. Do something unexpected. Even if your pic is boring,

TIPS 2

1. ANGLE YOUR FACE

POSES

Unless you're being snapped by a professional portrait photographer, it's key to avoid direct head-on shots. Why? Because there'll be an absence of shadows, which could make your face look wider, larger, or slightly discolored. Instead, stand slightly sideways and tilt your chin a little bit upward or a tad downward. From there, be sure to look at something just above your natural line of sight.

2. TWIST YOUR BODY AND POSITION YOUR ARMS

Ah, the old red carpet trick: Position your body 45 degrees and put the arm closest to the camera on

your hip. Then plant one foot slightly in front of the other, point your toe to the camera and place your weight on your back leg.

Ever wonder why every celebrity poses with her camera-facing arm on her hip? It's because that particular move ensures that her upper arm isn't smooshed against her body making it look flattened (read: larger). If you find the hand-on-hip pose to be a bit forced, try holding your arms out from your sides ever so slightly.

3. CROSS YOUR ANKLES

If you're being shot head-on (maybe for a street style snap?) cross your legs, starting at the calf. This stance will make your hips look narrower and your legs look longer, plus it looks a bit more casual. It's worth noting that the pose also works when you're sitting. Although it's always preferable to stand in pictures, if you happen to be on a chair or a couch when someone comes at you with a camera, sit up straight and cross your legs at the ankles. It'll be more flattering than not doing anything with those stems.

4. DON'T FOLLOW THE GROUP

The key to a stellar group shot? *Not* all doing the same pose. Not only is that hokey (hello, standing in height order on prom night) but everyone is shaped differently, so the viewer's eye will naturally gravitate to who looks best in the *pose*, not the picture. Instead, be sure to stand comfortably without mimicking the people directly next to you.

5. Practice good posture

You've heard it 1,000 times, but standing up straight really does make a difference. Not only will it elongate you in photos, but it gives you an aura of strength and confidence, which is naturally alluring.

6. LOOSEN UP

Unless you're a professional model, odds are that most of the photos you find yourself in are fun, casual shots with friends. As much as you think "posing" for these types of pictures will make you look better, the fact remains that loosening up and having a little fun will almost always make for a more flattering snap. Since you're not trying as hard, there will be less room for error.

TIPS 3

GROW YOUR

FOLLOWING

1.SOCIALIZE.

It ain't called social media for nothin'! Respond to the comments you receive and leave comments of your own on others' work. Rather than something stale like, "cute dress," try to leave genuine comments that *encourage* them to post more photos.

At Paramonos we are a team 100% of the time I am excited Paramonos.Team launching on instagram

8.1.17

This is going to be a source where our talent and potential talent can come together and do cool stuff.

like promote together , set up shoutouts for shoutout amongst the other talent , comment on each other photos and more

Please welcome this with kind arms cause this is your team -We all win together-

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