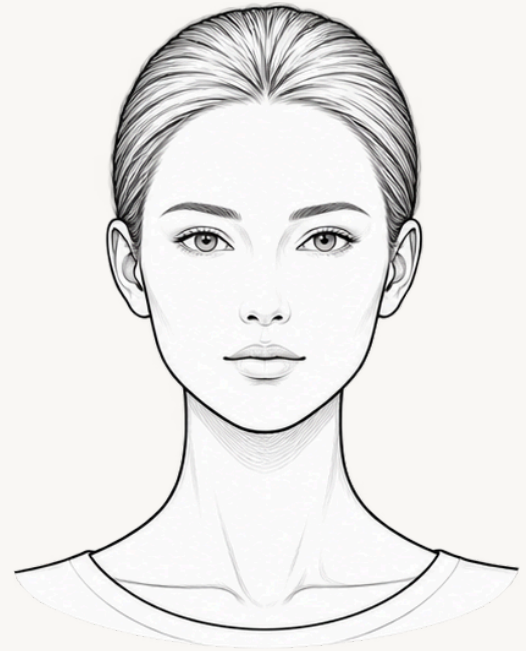


01 / START WITH PRACTICE

MODEL DIGITALS

Your first agency photos,
made at home.

Digitals, also called polaroids or polas, are simple, current photos that show an agency what you look like. You can make your first set with a phone and good daylight.



WHY I WOULD START AT HOME

When you are new to modeling, you are still learning how to pose, where to look and how an outfit reads on camera. Your first digitals will often need another attempt. That is normal.

Before spending, say, €200 on a photographer, give yourself time to practice. Paying for a shoot before you understand the basics can be disappointing. At home, you can review the photos, change one thing and try again.

Without guidance, it is easy to miss details in styling or expression. Practicing first helps you see what needs work.

BEFORE YOU TAKE THE PHOTOS

01 LOOK CLOSELY

Explore agency websites, brands, companies and models that inspire you. Notice their expressions and how they present themselves on social media.

02 PRACTICE IN THE MIRROR

Try expressions and small changes in posture. Learn to look attentive without tensing your face or appearing absent.

03 SHOOT, REVIEW, REPEAT

Check the outfit, expression and framing. The first attempt is practice. Adjust what needs work before you apply.

BEFORE YOU APPLY

Take time to practice before sending your application.

02 / STYLING

START WITH THE OUTFIT

COMPETITION IS HIGH. THE FIRST IMPRESSION MATTERS.

The right outfit brings out your best features and shows that you have an eye for clothes. Choose something that flatters your body and feels like you. It should look considered, without feeling stiff or overly formal.

01 START WITH A GOOD CUT

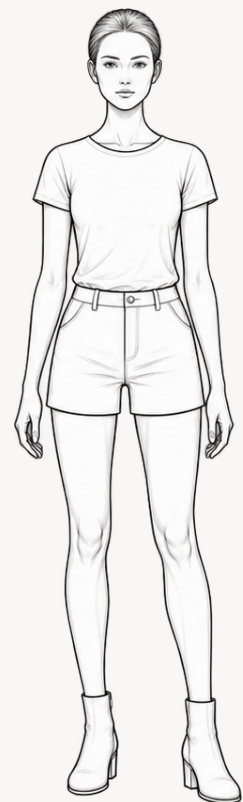
A simple, well-cut T-shirt works for women and men. Black and white are easy choices; a color such as pale blue can work beautifully if it suits you. A plain tank top is another option.

02 BUILD A SIMPLE LOOK

My current preference for women is a skirt or shorts. For men, try a tank top with fluid tailored pants that fit well, or jeans with a tank or a plain T-shirt. The cut should still allow the agency to see your proportions.

03 CHOOSE THE SHOES

Cool boots, simple heels, loafers or clean sneakers can complete the outfit. For men, statement loafers work especially well with tailored pants. Keep the overall look simple and make sure you can stand comfortably.

**FIT APPLIES TO EVERY BODY**

Nothing should squeeze, cut in or force you to change your posture. This is about how the clothes fit, not your body size.

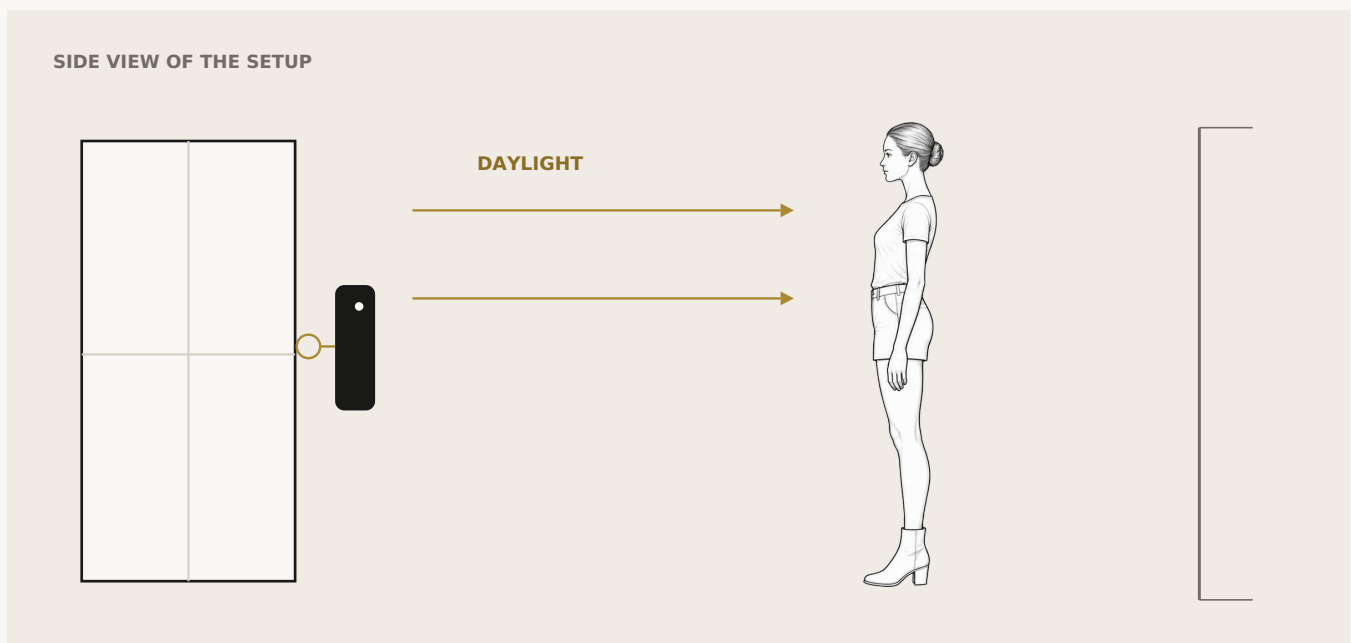
KEEP THE FINISH NATURAL

Wear your hair naturally and keep it clear of your face. Many agencies ask for no makeup. Follow their instructions, including any specific outfit request.

03 / LIGHT AND SETUP

BUILD A CLEAN SET

Face the window so the daylight reaches your face. Place the phone between you and the glass, with the camera facing you.



01 WINDOW + PHONE

02 FACE THE WINDOW

03 BACKDROP

SOFT DAYLIGHT

Use even daylight rather than harsh direct sun. If a friend takes the pictures outdoors, stand in open shade with the light falling onto your face.

A STEADY PHONE

A suction case or mount can hold the phone on clean glass. Check the hold is secure and the lens faces you. Keep the phone upright and level.

A QUIET BACKGROUND

A neutral wall or other calm background is enough. It does not need to be perfectly white. Leave enough room in the frame for your head and shoes.

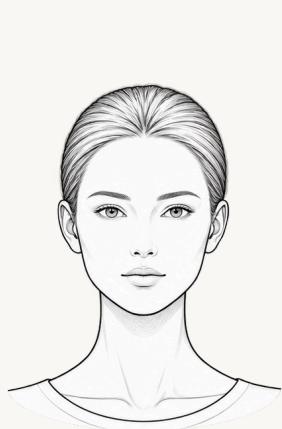
TAKE A TEST SHOT

Clean the lens, set the timer and check the framing. Look at focus and light before taking the full set.

04 / PHOTOS AND APPLICATION

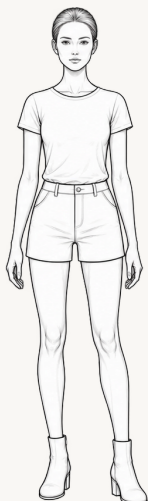
THE PHOTOS TO TAKE

These four views are a useful starting set for women and men. Check the agency website first: the exact number and crops can vary.



01 FRONT PORTRAIT

Look into the lens. Keep your expression focused, with a relaxed jaw. Avoid looking strained or absent.



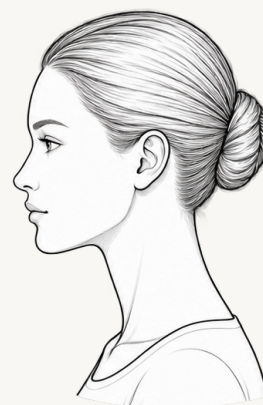
02 FULL BODY FRONT

Include your whole body and shoes. You can play with a subtle pose, as long as your figure stays visible.



03 FULL BODY SIDE

Stand sideways with your face in profile. Do not turn so far away that the camera loses your features.



04 PROFILE PORTRAIT

Show the side of your face clearly. Keep your head level and your hair away from your features.

USEFUL EXTRAS

A natural smile and a photo cropped around the middle of the thighs are useful additions when requested.

BEFORE YOU SEND

Use recent, sharp color photos. No filters, skin retouching or body changes. Follow the agency's upload instructions.

1:1 WITH ANIA

Before you apply, let's talk.

You can ask for a professional opinion before you start or whenever you feel stuck. If you are unhappy with your digitals or your applications are getting nowhere, we can review your photos, outfit and next steps together. Good preparation helps you make a strong first impression.

For advice or support, request a 1:1 consultation on my website. Duration and price are listed there.

[REQUEST A CONSULTATION](#)
