

MY RETOUCHING CHECKLIST

I often get asked, how do I know what to retouch? I assess my picture first. I start by asking, What is my focus and what is distracting from that (FIGURES 8.25 and 8.26)?



FIGURE 8.25 This young woman has flawless skin that remains unretouched. The only adjustment made here was to remove the appearance of her contact lenses.

24–70mm lens, ISO 100, f/2.8, 125 sec.

Now it's important to note that this list includes everything under the sun that I look for. There's no way that I would do all of this to any one image (or want anyone else to). In fact, I mostly do two or three of these to any single image.



FIGURE 8.26 My focus here was on the subject's cheeky expression and posture, enhanced by her styling choices. So, I darkened the background, providing even greater contrast with her skin, lightened the light on her mouth and chin so we would notice her expression quicker, and removed a couple of blemishes on her face.

85mm lens, ISO 400, f/2.0, 2000 sec.

This downloadable list is available at ChristaMeola.com/artofboudoir. It's the same checklist that I give to my retouchers.

Background

- Remove any distractions (power outlets, cords)—Lasso tool
- Extend backdrop paper to edges—Lasso and Clone Stamp too
- Remove footprints or dirt from backdrop—Clone Stamp
- Remove any sensor dust—Clone Stamp

Clothing

- Smooth wrinkles—Lasso and Clone Stamp
- Remove spots or lint—Clone Stamp
- Eliminate bumps—Liquify tool
- Loosen grip of tight straps—Liquify

Hair

- Fill in thin hair and part line—Clone Stamp
- Amplify a hairdo—Liquify
- Remove stray hairs or frizz

Eyes

- Remove undereye makeup—Clone Stamp
- Lighten dark circles under eyes—Clone Stamp
- Remove eye veins—Lasso
- Lighten whites of the eyes—Lasso
- Sharpen eyes—history brush
- Open tired eyes—Lasso

Face

- Fill in brows—Clone Stamp
- Shape brows—Liquify
- Unfrown brow—Clone Stamp
- Blend makeup—Clone Stamp
- Eliminate blemishes—Clone Stamp
- Reduce shine—Clone Stamp
- Lessen wrinkles—Clone Stamp
- Whiten teeth—Lasso
- Change the shade of lip color—Lasso
- Contour cheeks—Clone Stamp

Neck or shoulders

- Remove double chin—Liquify and Clone Stamp
- Lower tense shoulders—Liquify

Arms or armpits

- Slim upper arms—Liquify
- Clean up armpits—Clone Stamp

Hands or feet

- Remove veins—Clone Stamp
- Lessen age marks—Clone Stamp

Breasts

- Even up—Liquify
- Round out—Liquify
- Lift slightly—Liquify

Stomach

- Pull in slightly—Liquify

Hips and bum

- Round out—Liquify

Nether region

- Any grooming necessary—Clone Stamp

Legs

- Shape slightly—Liquify
- Remove bruises—Clone Stamp
- Remove cellulite—Clone Stamp
- Remove spider veins—Clone Stamp

Shoes

- Extend heel—Liquify
- Clean up sole—Clone Stamp