



PROMPTPAPER FIELD GUIDE 01

The Portrait Prompting Menu

A beginner-friendly guide to creating realistic AI portraits with GPT Image 2.



Example result from the Phone-Camera Realism style using casual wardrobe, soft indoor light, relaxed expression, and vertical crop.

PORTRAITS & PEOPLE

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GUIDE PREMISE

A great AI portrait is not created by asking for a beautiful person. It is created by describing a photo shoot.

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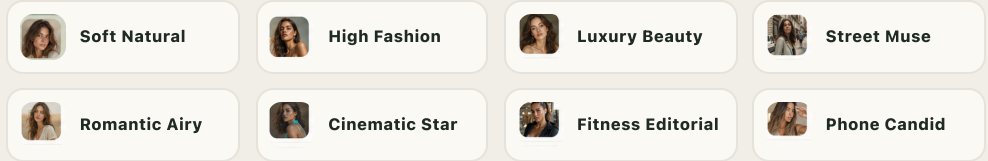
Rules Worth Remembering

Build Your First Portrait Prompt

Use The Menu, Then Build Faster

PROMPTPAPER

This guide teaches the portrait choices. PromptPaper turns those same choices into a guided prompt builder, so readers can create a polished portrait prompt without starting from a blank page.



A screenshot of the PromptPaper interface. The interface is divided into three main sections. On the left, a 'PRESETS' sidebar titled 'Start with a look' lists various portrait styles like 'Soft Natural Model', 'Phone-Candid Influencer', 'Athletic Male Editorial', 'Romantic Airy', 'Cinematic Male Lead', 'High-Fashion Model', 'Street Muse', and 'Luxury Beauty'. The central area is titled 'Build a better portrait prompt.' and contains a 'Reset all' button and several adjustable settings: 'Format & Crop' (4:5, 9:16, 1:1), 'Portrait Style' (Clean, Natural, Glam), 'Gender Presentation' (Female, Male, Andro), 'Subject Profile' (Adult model, late 20s; Adult woman, late 20s), and 'Face Direction' (Classic, Balanced, Sculpted). On the right, a 'Your Prompt Brief' section shows a generated portrait and a list of detailed prompts under categories like 'COMPOSITION', 'PORTRAIT STYLE', 'SUBJECT & IDENTITY', and 'FACE DIRECTION'. A 'Copy Prompt' button is visible in the top right corner of the interface.

PromptPaper turns the field guide menu into an editable prompt brief.

Six Core Portrait Styles

These examples were generated locally with GPT Image 2 for this guide. Each card changes the portrait style while keeping the result realistic, clearly adult, and usable as a prompt target.



Soft Natural

Minimal styling, gentle expression, soft window light, and visible realism cues.



Luxury Glam

Polished grooming, luminous skin, controlled studio light, and a premium finish.



High-Fashion Editorial

Structured wardrobe, sculpted styling, stronger contrast, and composed mood.



Street Candid

Urban setting, relaxed body language, documentary daylight, and imperfect framing.



Cinematic Dramatic

Deep shadows, rim light, strong silhouette, and a restrained story-driven mood.



Phone-Camera Realism

Casual pose, imperfect framing, mild grain, and everyday camera compression.

THE MENU

The 10 Portrait Choices At A Glance

A strong portrait prompt is a photo-shoot brief. Choose the subject, style, pose, crop, lighting, and camera feel, then combine them into a coherent direction.

01

Portrait Style

Natural, glam, editorial, cinematic, candid.

02

Subject Profile

Adult age range, gender presentation, general look.

03

Face Direction

Soft, sculpted, classic, striking, rugged, androgynous.

04

Skin, Grooming & Hair

Texture, polish, realism, and movement.

05

Wardrobe

Taste, context, personality, and fabric evidence.

06

Pose & Expression

Emotion, energy, confidence, and realism.

07

Crop & Composition

Close-up, waist-up, full-body, or grid.

08

Setting & Atmosphere

Studio, street, home, night exterior, resort.

09

Lighting

Soft, flash, neon, studio, golden hour.

10

Camera Feel & Realism

Phone, 35mm, 85mm, film grain, avoid terms.

CHAPTER

The Portrait Prompting Menu

A visual guide to creating realistic AI portraits with GPT Image 2.

A great AI portrait is not created by asking for "a beautiful person."

It is created by describing a photo shoot.

Who is the subject? How are they lit? What camera does the image feel like? Are they posed or candid? Is the skin polished or natural? Is the mood soft, cinematic, glamorous, editorial, or documentary?

This guide gives you a visual menu for those choices.

You will learn how to prompt realistic AI portraits by controlling portrait style, subject profile, face direction, skin/grooming/hair, wardrobe, pose/expression, crop/composition, setting/atmosphere, lighting, and camera feel/realism constraints.

Better portrait prompts are not just longer.

They are more directed.

How to Use This Guide

You do not need to memorize every photography term.

Use this guide like a menu.

Choose:

- 1 portrait style
- 1 subject profile
- 1 face direction
- 1 skin/grooming/hair direction
- 1 wardrobe direction
- 1 pose/expression
- 1 crop/composition
- 1 setting/atmosphere
- 1 lighting recipe
- 1 camera feel/realism direction

Then combine those choices into a prompt.

That is the core idea behind PromptPaper: instead of starting from a blank prompt box, you choose the look you want and turn it into a polished portrait prompt.

Start Here: The Easiest Good Portrait Prompt

Copy this structure when you are not sure where to start:

PROMPT PATTERN

4:5 vertical photorealistic waist-up portrait of a clearly adult model, [portrait style]. Natural skin texture, realistic hair strands, tasteful wardrobe, relaxed pose, [setting], [lighting], [camera feel]. Avoid plastic skin, distorted hands, exaggerated anatomy, watermark, random text.

Filled-in version:

PROMPT PATTERN

4:5 vertical photorealistic waist-up portrait of a clearly adult model, soft natural lifestyle style. Natural dewy skin texture, subtle pores, soft hair with a few flyaways, oversized neutral shirt, relaxed pose near a window, calm direct eye contact, soft diffused daylight, 85mm portrait lens, shallow depth of field, subtle film grain. Avoid plastic skin, distorted hands, exaggerated anatomy, watermark, random text.

This is not the most detailed prompt in the guide.

It is the fastest reliable starting point.

Why Portrait Prompts Are Different

Most people begin with prompts like this:

- make a realistic portrait
- create a beautiful model photo
- make it cinematic

Those prompts can work, but they leave too many creative decisions to chance.

A stronger portrait prompt tells the image model what kind of photo shoot to create.

A portrait prompt is not only a description of a person. It is also a description of:

- a camera
- a setting
- a lighting setup
- a styling direction
- a pose
- a mood
- a moment

The most useful question is not:

How do I describe beauty?

It is:

What kind of portrait session am I directing?

Once you think this way, prompting becomes much easier. You are no longer trying to find magic words. You are giving creative direction.

CHAPTER

Anatomy of a Strong Portrait Prompt

A strong portrait prompt has a repeatable structure.

You do not need to use every line every time. But each line answers a different creative question.

GENERATED PROMPT ANATOMY

A Prompt Is A Photo-Shoot Brief

This example visualizes the guide's core idea: the strongest prompt does not stop at the subject. It coordinates face, skin, hair, wardrobe, pose, setting, lens, light, and realism cues.



Complete Photo-Shoot Brief

A coherent subject, crop, styling, pose, setting, lens, light, and realism direction.

PROMPT PATTERN

4:5 vertical photorealistic waist-up editorial portrait of an adult model in her late 20s, soft natural beauty aesthetic.

Face:

Balanced facial proportions, expressive eyes, realistic slight asymmetry.

Skin and grooming:

Natural dewy skin texture, subtle pores, tiny imperfections, polished but not over-retouched.

Hair:

Soft loose waves with natural flyaways and realistic individual strands.

Wardrobe:

Oversized ivory cotton shirt, tailored neutral trousers, realistic fabric drape.

Pose:

Relaxed standing pose near a window, calm direct eye contact, subtle closed-mouth smile.

Setting:

Minimal bright apartment studio with white curtains and a pale textured wall.

Photography:

85mm portrait lens, soft diffused daylight from the left, shallow depth of field, pastel neutral color grade, subtle film grain.

Avoid:

Plastic skin, distorted hands, exaggerated anatomy, watermark, random text.

This prompt works because every layer supports the same photo shoot.

The crop, styling, lighting, pose, setting, and realism details all point in the same direction.

The prompt does not simply say:

beautiful realistic woman

It says:

soft natural editorial portrait near a window

That is much more useful.

CHAPTER

The 10 Portrait Choices That Change Everything

Think of portrait prompting as a menu.

Each choice changes the final image in a visible way.

CHOICE	WHAT IT CHANGES
Portrait Style	natural, glam, editorial, cinematic, candid
Subject Profile	adult age range, gender presentation, general look
Face Direction	soft, sculpted, classic, striking, rugged, androgynous
Skin, Grooming & Hair	texture, polish, realism, movement
Wardrobe	taste, context, personality
Pose & Expression	emotion, energy, confidence, realism
Crop & Composition	close-up, waist-up, full-body, grid
Setting & Atmosphere	studio, street, home, night exterior, resort
Lighting	soft, flash, neon, studio, golden hour
Camera Feel & Realism	phone, 35mm, 85mm, film grain, avoid terms

The menu matters because different choices imply different defaults.

A luxury glam portrait usually wants controlled lighting, polished grooming, and refined styling.

A phone-camera portrait usually wants casual posture, imperfect framing, and everyday texture.

A cinematic portrait usually wants mood, shadow, background atmosphere, and a stronger color grade.

Chapter 1: Portrait Style Menu

STYLE FIRST

Choose The Mood Before The Details

Portrait style is the first big decision. It sets the mood before you describe facial details, wardrobe, pose, or camera language. Choose the style first, then make every other choice support that style.

Six Core Portrait Styles



Soft Natural

BEST FOR

- Lifestyle portraits
- Creator headshots
- Approachable model photos
- Everyday beauty

PROMPT INGREDIENTS TO TRY

- soft natural beauty
- minimal makeup
- natural skin texture
- soft window light
- relaxed posture
- clean everyday setting
- subtle film grain

STARTER PROMPT

4:5 vertical photorealistic waist-up portrait of an adult model in her late 20s, soft natural beauty aesthetic. Balanced facial proportions, expressive eyes, natural dewy skin texture with subtle pores and tiny imperfections, soft loose waves with natural flyaways. Wearing an oversized ivory cotton shirt and simple neutral trousers. Relaxed standing pose near a large window, calm direct eye contact, subtle closed-mouth smile. Minimal bright apartment studio with white curtains and a pale textured wall. 85mm portrait lens, soft diffused daylight from the left, shallow depth of field, pastel neutral color grade, subtle film grain. Avoid plastic skin, distorted hands, watermark.

Why it works: Soft natural portraits feel believable because they do not over-polish the subject. The realism comes from gentle light, natural texture, relaxed posture, and small imperfections.



Luxury Glam

BEST FOR

Beauty campaigns Premium avatars Polished model portraits Fashion-adjacent imagery

PROMPT INGREDIENTS TO TRY

luxury glam beauty portrait dewy luminous skin sleek polished hair minimal jewelry controlled studio beauty lighting
clean premium backdrop

STARTER PROMPT

4:5 vertical photorealistic luxury glam beauty portrait of an adult model in her early 30s. Harmonious facial proportions, softly defined cheekbones, elegant jawline, expressive eyes, dewy luminous skin with natural texture, refined makeup, soft highlight on cheekbones, natural lips. Sleek polished hair with a clean center part and subtle flyaways. Wearing a cream silk blouse, tailored blazer, and minimal gold jewelry. Calm direct eye contact, composed expression, one hand lightly touching the blazer lapel. Clean warm beige studio backdrop. Controlled studio beauty lighting, large soft key light from upper left, subtle rim light, gentle catchlights, 85mm lens, shallow depth of field, champagne-neutral color grade. Avoid plastic skin, distorted hands, watermark.

Why it works: Luxury glam portraits are not just more beautiful. They are more controlled. The background, light, hair, wardrobe, and skin finish all feel intentional.



High-Fashion Editorial

BEST FOR

Magazine-style portraits Bold model imagery Fashion campaigns Dramatic profile images

PROMPT INGREDIENTS TO TRY

high-fashion editorial presence structured wardrobe sculptural pose defined cheekbones negative space
controlled lighting

STARTER PROMPT

4:5 vertical photorealistic high-fashion editorial portrait of an adult fashion model in their late 20s. Sculpted facial structure, defined cheekbones, expressive eyes, calm distant gaze, natural skin texture with subtle pores. Short sculpted hair or sleek pulled-back hair with realistic strands. Wearing a structured black blazer with sharp shoulders and tailored trousers. Standing against a clean off-white studio backdrop, body angled slightly away from camera, chin slightly lifted, one hand relaxed at the side. Strong editorial composition with negative space, 50mm lens, controlled studio lighting, soft shadow on background, muted monochrome color grade, crisp fabric texture. Avoid plastic skin, distorted hands, watermark.

Why it works: Editorial portraits rely on shape, posture, styling, and restraint. The subject does not need to smile or perform. The image should feel composed.



Street Candid

BEST FOR

Urban fashion Social content Authentic lifestyle images Casual model portraits

PROMPT INGREDIENTS TO TRY

urban candid portrait 35mm documentary feel natural daylight relaxed body language slightly imperfect framing realistic motion

STARTER PROMPT

9:16 vertical photorealistic urban street candid portrait of an adult fashion model in their late 20s. Relaxed confident expression, natural skin texture, slightly tousled hair, clean casual streetwear: oversized dark jacket, white T-shirt, loose denim, simple sneakers. Subject walking through a quiet city street at golden hour, looking slightly back toward the camera, natural mid-motion pose, one hand in jacket pocket. Background softly blurred with storefronts, crosswalk lines, and warm reflected light. 35mm documentary photography feel, natural daylight, slight motion blur, realistic film grain, imperfect candid framing. Avoid plastic skin, distorted hands, watermark.

Why it works: A candid portrait should not feel perfectly staged. Slight imperfection makes it more believable.



Cinematic Dramatic

BEST FOR

Moody portraits Story-driven images Movie-poster-like photos Dramatic personal branding

PROMPT INGREDIENTS TO TRY

cinematic portrait deep shadows rim light strong silhouette atmospheric background controlled color palette

STARTER PROMPT

9:16 vertical photorealistic cinematic portrait of an adult male model in his early 30s, quiet dramatic presence. Strong facial structure, expressive brow, natural skin texture, slight stubble, realistic pores. Wearing a dark tailored coat over a black crewneck. Standing alone in a minimal night exterior, body angled slightly away, gaze off-camera, calm serious expression. Deep shadows, subtle rim light from behind, soft amber practical light in the background, 50mm lens, shallow depth of field, muted teal-and-warm color grade, fine film grain. Avoid plastic skin, distorted hands, watermark.

Why it works: Cinematic portraits need a world. Even a simple background should suggest atmosphere, story, and light direction.



Phone-Camera Realism

BEST FOR

Believable snapshots

Casual portraits

Social media realism

Less polished AI portraits

PROMPT INGREDIENTS TO TRY

phone-camera photo

slightly imperfect framing

mild grain

natural compression

casual pose

not overly cinematic

STARTER PROMPT

9:16 vertical photorealistic phone-camera portrait of an adult lifestyle model in their late 20s. Natural face, relaxed expression, minimal grooming, realistic skin texture with subtle pores and small imperfections. Slightly messy medium-length hair, casual knit sweater, relaxed trousers. Sitting near a kitchen table in a lived-in apartment, holding a mug, looking slightly off-camera. Framing is casual and slightly imperfect, like a real phone photo. Soft indoor window light, mild grain, natural phone-camera compression, background lightly cluttered but believable. Avoid plastic skin, distorted hands, watermark.

Why it works: Phone realism is not about making the image worse. It is about making the image less staged.

CHAPTER

Chapter 2: The Person

A portrait still needs a person.

But the safest and most useful prompts describe the person as a clearly adult subject inside a coherent photo direction.

Subject Profile

Use direct, adult language.

Good phrases:

- adult model in her late 20s
- adult male model in his early 30s
- androgynous adult lifestyle model in their late 20s
- mature adult model in their 40s

Avoid youth-coded or ambiguous age language.

If the portrait is glamorous, cinematic, intimate, nightlife-oriented, or fashion-forward, clarity around adult age is especially important.

Simple default:

adult model in their late 20s

Face Direction

GENERATED FACE DIRECTION EXAMPLES

Face Direction Changes The Character

These portraits show how facial structure, expression, and styling language change the read without asking for a perfect face.



Soft Balanced

Gentle proportions and an approachable expression create a softer read.



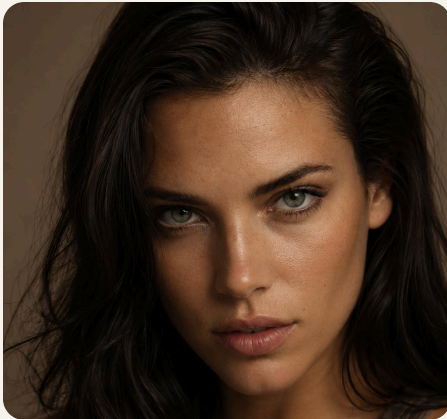
Sculpted Editorial

Defined cheekbones and a poised gaze make the portrait more fashion-led.



Classic Beauty

Graceful proportions and calm presence keep the face polished but natural.



Striking / Intense

Stronger structure and eye contact create a bolder visual direction.



Rugged / Natural

Facial lines, texture, and grounded expression add realism and character.



Androgynous Refined

Balanced features and refined styling create a clean, modern direction.

Face direction is style, not ranking.

The goal is to make the face feel intentional and realistic.

FACE DIRECTION	PROMPT LANGUAGE
Soft Balanced	balanced facial proportions, soft cheekbones, gentle approachable expression
Sculpted Editorial	defined cheekbones, elegant bone structure, refined jawline
Classic Beauty	harmonious facial proportions, graceful features, calm confident presence
Friendly / Approachable	softer facial structure, expressive eyes, warm natural smile
Striking / Intense	strong facial structure, piercing gaze, high-contrast features
Rugged / Natural	expressive brow, natural facial lines, authentic skin texture
Androgynous Refined	clean androgynous facial structure, balanced features, refined cheekbones

Do not ask for a perfect face.

Ask for a coherent face direction plus realism:

- expressive eyes
- slight asymmetry
- natural skin texture
- believable lighting

Better:

harmonious facial proportions, expressive eyes, softly defined cheekbones, realistic slight asymmetry

Worse:

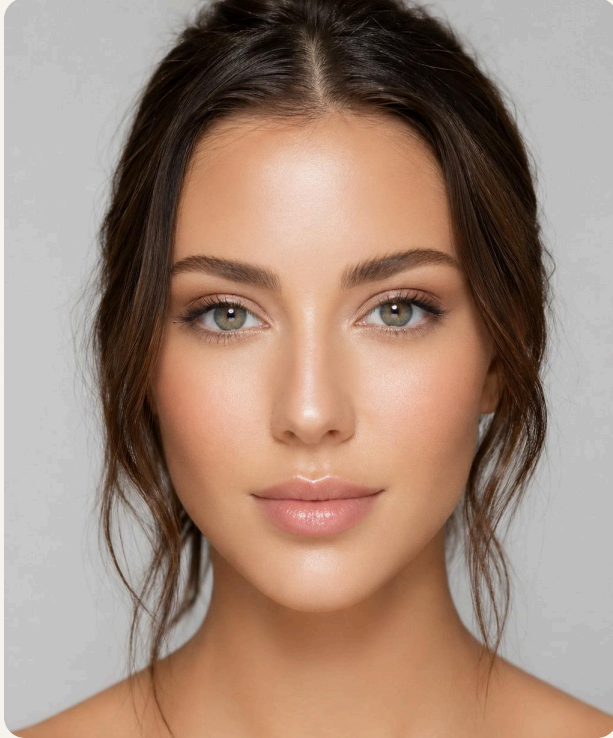
perfect flawless symmetrical face

Skin and Grooming

GENERATED SKIN COMPARISON

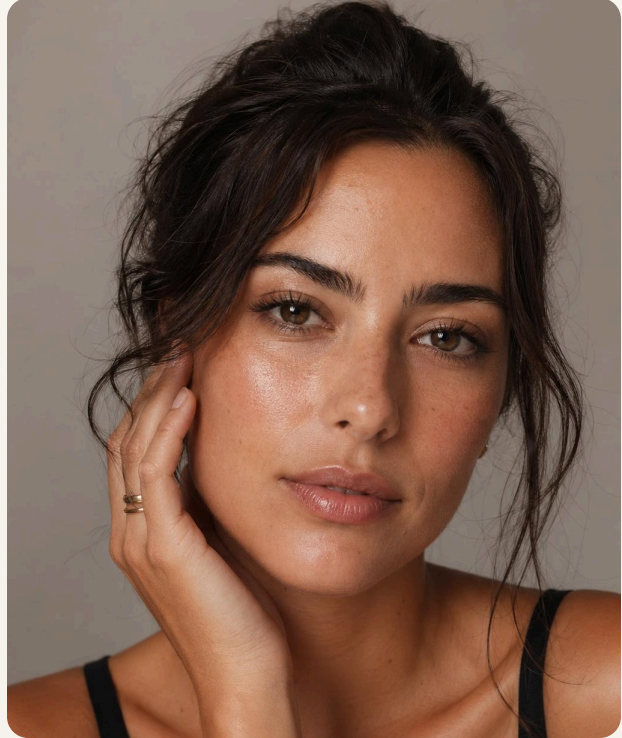
Texture Beats Plastic Smoothness

These examples make the difference visible: realistic portrait skin needs physical evidence, not a waxy beauty-filter finish.



Too Smooth

Over-retouched skin removes the physical evidence that makes a portrait believable.



Natural Texture

Subtle pores, small imperfections, catchlights, and believable light preserve realism.

Realistic skin beats flawless skin.

Bad prompt:

perfect flawless smooth skin, beautiful model, 8K masterpiece

Better prompt:

natural dewy skin texture, subtle pores, tiny imperfections, even complexion, polished but not airbrushed, realistic catchlights, no plastic skin

SKIN STYLE	PROMPT INGREDIENTS
Natural	subtle pores, tiny imperfections, clean minimal grooming
Dewy Beauty	luminous highlights, natural glow, soft cheekbone highlight
Matte Editorial	smooth matte finish, refined makeup, realistic texture
Luxury Glam	polished makeup, defined eyes, satin skin, tasteful highlight
Rugged Natural	slightly weathered skin, natural facial lines, authentic texture
Bare-Faced Candid	minimal grooming, uneven natural texture, no beauty-filter smoothing

Realism comes from physical evidence:

- pores
- catchlights
- fine hair
- fabric wrinkles
- small asymmetries
- real shadows
- lens behavior

Hair

GENERATED HAIR EXAMPLES

Hair Adds Shape, Motion, And Realism

Hair direction affects polish, personality, motion, and believability. Even controlled hair benefits from realistic strands and flyaways.



Sleek Polished

Controlled shape and a clean part make the image feel more refined.



Soft Waves

Loose shape and face-framing strands add softness and movement.



Tousled Natural

Imperfect strands and lived-in texture make the portrait feel less staged.



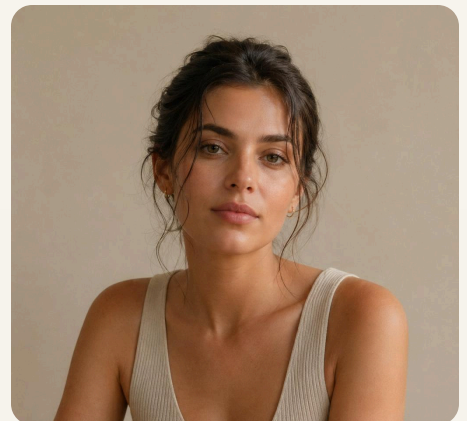
Short Editorial

A sculpted silhouette makes hair part of the fashion direction.



Long Flowing

Long movement and individual strands add romance and visual energy.



Tied Back

A neat shape with loose strands keeps the face clear without feeling rigid.

Hair makes the portrait feel alive.

It adds motion, identity, polish, and imperfection.

HAIR DIRECTION	PROMPT INGREDIENTS
Sleek Polished	sleek hair, clean center part, controlled flyaways
Soft Waves	soft loose waves, natural volume, a few strands framing the face
Tousled Natural	slightly messy hair, natural movement, imperfect strands
Short Editorial	short sculpted haircut, clean silhouette, fashion-forward styling
Long Flowing	long flowing hair, soft movement, realistic individual strands
Tied Back	hair tied back neatly, loose strands around the face

Useful prompt phrase:

realistic individual hair strands, natural flyaways, not helmet-like

Avoid making hair too perfect unless the style calls for it. Even polished hair usually benefits from a few flyaways.

Chapter 3: The Photo

Once the person is clear, the next question is the photo.

Pose, crop, lighting, setting, and camera feel decide whether the image reads as a beauty campaign, a lifestyle portrait, a cinematic still, or a casual snapshot.

Pose and Expression

GENERATED POSE EXAMPLES

The Pose Changes The Moment

The subject, styling, and environment stay similar while the pose and expression shift the emotional read.



Calm Direct

Eye contact and relaxed shoulders create quiet confidence.



Soft Smile

A small expression change makes the same setup feel warmer.



Looking Away

An off-camera gaze makes the portrait feel reflective.



Candid Motion

Motion and imperfect framing add documentary energy.



Seated Relaxed

Asymmetry and casual posture keep the pose from looking stiff.



Over-Shoulder

Body twist and backward gaze create shape and tension.

Pose turns a portrait into a moment.

POSE	PROMPT PHRASE
Calm Direct	direct eye contact, calm confident expression, relaxed mouth
Soft Smile	gentle closed-mouth smile, warm approachable gaze
Looking Away	gaze slightly off-camera, thoughtful expression
Candid Motion	mid-motion candid pose, slight hair movement, imperfect framing
Seated Relaxed	seated casually, shoulders not perfectly aligned, natural posture
Over-Shoulder	looking back over one shoulder, natural body twist
Power Stance	upright poised stance, chin slightly lifted
Quiet Editorial	composed expression, slightly distant gaze, minimal emotion

Pose and expression often matter more than beauty adjectives.

These phrases are useful:

- relaxed shoulders
- natural hands
- unforced body language
- calm eye contact
- subtle closed-mouth smile
- gaze slightly off-camera

They usually do more than:

- stunning
- perfect
- gorgeous
- masterpiece

Crop and Composition

GENERATED CROP EXAMPLES

The Crop Changes What The Viewer Notices

These GPT Image 2 examples keep a similar subject and styling language while changing the frame. The priority moves from eyes and skin, to hands and wardrobe, to full silhouette and stance.



Tight Close-Up

Face, skin texture, eyes, and expression become the whole image.



Waist-Up Editorial

Hands, wardrobe, posture, and expression share the frame.



Full-Body Fashion

Silhouette, stance, outfit, and negative space carry the brief.

Crop decides what the viewer notices.

CROP	BEST FOR	PROMPT PHRASE
Tight Close-Up	eyes, skin, beauty, emotion	tight close-up beauty portrait, face and shoulders
Head-and-Shoulders	profile photos, headshots	head-and-shoulders portrait, clean background
Waist-Up	lifestyle/editorial	waist-up editorial portrait, hands naturally visible
Three-Quarter	fashion and pose	three-quarter portrait from mid-thigh to head
Full-Body	outfit and silhouette	full-body fashion portrait, complete outfit visible
3x3 Grid	variation sets	3x3 grid, same person in every frame, varied poses

Put crop and aspect ratio at the beginning of the prompt.

Good:

4:5 vertical waist-up portrait...

Good:

9:16 full-body fashion portrait...

Good:

1:1 tight close-up beauty portrait...

This gives the model the frame before it starts solving the subject.

Lighting Menu

GENERATED LIGHTING EXAMPLES

Lighting Changes The Emotional Result

These examples keep the portrait brief simple so the light direction, hardness, color, and mood become the main variable.



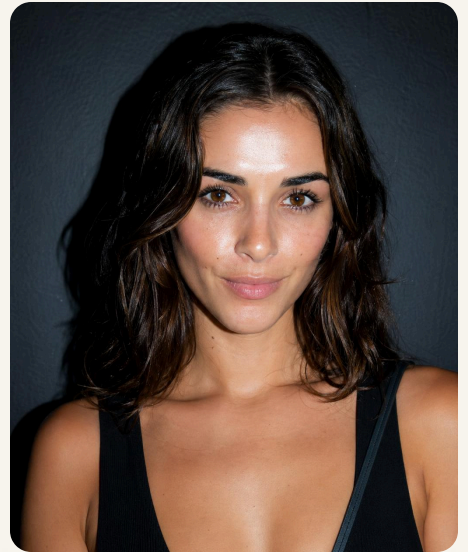
Soft Window

Diffused side light gives calm, flattering natural shadows.



Studio Beauty

Controlled key and rim lights create a polished commercial finish.



Direct Flash

Hard flash creates crisp shadows and bold fashion-party energy.



Neon Night

Colored light and reflections make the portrait cinematic and urban.



Golden Hour

Warm side light adds glow, softness, and lifestyle warmth.



Overcast

Even muted daylight feels realistic, understated, and documentary.

Lighting is one of the fastest ways to change the emotional result.

LIGHTING	PROMPT PHRASE	EFFECT
Soft Window Light	soft diffused window light from the left, gentle shadow falloff, natural catchlights	calm, flattering, natural
Studio Beauty Light	large soft key light, subtle rim light, clean commercial beauty finish	polished, premium, beauty campaign
Direct Flash	harsh direct on-camera flash, strong catchlights, crisp flash shadow	bold, raw, fashion-party energy
Neon Night	mixed blue and pink neon light, cinematic night mood, colored reflections	dramatic, urban, futuristic
Golden Hour	warm golden-hour side light, glowing highlights, soft long shadows	romantic, warm, lifestyle-oriented
Overcast Daylight	soft overcast daylight, even shadows, muted natural colors	documentary, realistic, understated

A useful lighting prompt usually answers three questions:

- What kind of light is it?
- Where is it coming from?
- What mood does it create?

Example:

soft diffused window light from the left, gentle shadow falloff, natural catchlights

Camera Feel

GENERATED CAMERA FEEL EXAMPLES

Camera Feel Changes The Reality Level

Lens behavior, grain, flash, compression, and studio finish can make the same portrait feel casual, documentary, cinematic, or commercial.



Phone Snapshot

Imperfect framing, mild grain, and casual compression make the portrait feel everyday.



35mm Film

Grain, softness, and documentary perspective create a looser photographed feel.



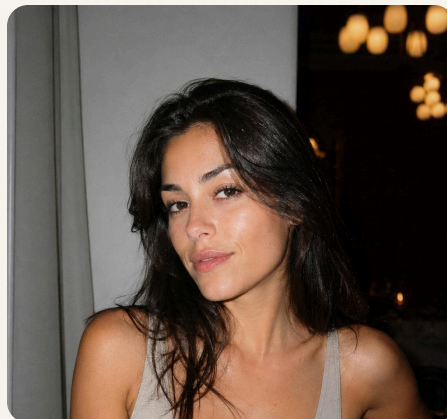
50mm Lifestyle

A natural perspective keeps the image grounded and approachable.



85mm Portrait

Shallow depth and face sharpness make the subject feel more polished.



Direct Flash Film

Flash shadows and catchlights give the image a raw fashion-night energy.



Editorial Studio

Controlled light and a clean backdrop create commercial polish.

Camera words change the reality level.

CAMERA FEEL	PROMPT INGREDIENTS
Phone Snapshot	phone-camera realism, imperfect framing, mild grain, casual compression
35mm Film	35mm film photography, authentic grain, slight color shift, natural softness
50mm Lifestyle	50mm lens, natural perspective, believable everyday depth
85mm Portrait	85mm portrait lens, shallow depth of field, face tack-sharp
Direct Flash Film	on-camera flash, high contrast, strong catchlights, crisp shadows
Editorial Studio	controlled studio lighting, polished commercial finish, clean backdrop

Camera terms should support the portrait style.

A soft natural portrait usually wants:

- 50mm or 85mm lens
- soft window light
- natural depth of field

A candid snapshot usually wants:

- phone-camera realism
- 35mm documentary feel
- imperfect framing

A luxury beauty portrait usually wants:

- 85mm portrait lens
- controlled studio beauty lighting
- clean backdrop

Wardrobe and Setting

GENERATED WARDROBE AND SETTING EXAMPLES

A Portrait Needs A World

These examples show how wardrobe, background, light, and pose should agree. The most believable prompts do not style the person separately from the place.



Minimal Apartment

Clean basics and soft daylight make the portrait feel approachable.



Seamless Studio

Tailoring, jewelry, and controlled light push the same menu toward polish.



Urban Street

Streetwear and daylight context make the image feel candid and documentary.



Cafe Lifestyle

A knit, table prop, and warm interior create an everyday story.



Night Exterior

A dark coat and rim light turn wardrobe into cinematic atmosphere.



Resort Linen

Linen, open shade, and airy space make the frame feel relaxed.

Wardrobe gives the person a world.

Setting makes the portrait believable.

WARDROBE STYLE	PROMPT INGREDIENTS
Minimal Luxury	ivory silk blouse, tailored trousers, minimal jewelry
Casual Clean	oversized white shirt, neutral basics, relaxed styling
Streetwear	oversized jacket, denim, sneakers, urban styling
High Fashion	structured silhouette, sculptural tailoring, editorial styling
Sporty Editorial	clean athletic top, tailored sportswear, fresh grooming
Formal Tailored	tailored black suit, crisp shirt, refined accessories
Romantic Soft	linen, silk, soft knits, flowing fabrics, gentle palette

SETTING	BEST FOR
Minimal Apartment Studio	soft natural, creator portraits, lifestyle
Seamless Studio Backdrop	glam, beauty, commercial, editorial
Urban Street	candid fashion, streetwear, documentary
Cafe / Restaurant	lifestyle, warm social portraits
Hotel Lobby / Gallery	luxury, formal, polished editorial
Home Interior	intimate, candid, casual
Night Exterior	cinematic, neon, dramatic portraits
Beach / Resort	relaxed, airy, vacation/lifestyle

Wardrobe should match lighting, pose, and setting.

A luxury glam portrait, candid phone snapshot, and cinematic street portrait should not all wear the same outfit.

Better:

- Luxury glam:
 - cream silk blouse, tailored blazer, minimal gold jewelry, warm beige studio backdrop
- Street candid:
 - oversized jacket, denim, sneakers, quiet city street at golden hour
- Cinematic dramatic:
 - dark tailored coat, night exterior, rim light, deep shadows

Chapter 4: Prompt Recipes

A good recipe makes the menu usable.

Start with the formula, then adapt it to the style you want.

The Universal Portrait Prompt Formula

PROMPT PATTERN

[Aspect ratio] photorealistic [crop] portrait of [adult subject], [portrait style].

Face:

[Face direction], expressive eyes, realistic slight asymmetry.

Skin and grooming:

[Skin style], natural texture, subtle pores, polished but not over-retouched.

Hair:

[Hair direction], realistic strands and natural flyaways.

Wardrobe:

[Wardrobe style], realistic fabric texture and natural drape.

Pose and expression:

[Pose], relaxed body language, natural hands.

Setting:

[Location], background details, foreground details if needed.

Photography:

[Camera feel], [lens], [lighting], [depth of field], [color grade], [texture].

Avoid:

Plastic skin, over-smoothed face, exaggerated anatomy, distorted hands, extra fingers, watermark, random text.

You can shorten this formula when the image is simple.

But when you want a polished portrait, the full structure gives the model fewer opportunities to guess wrong.

From Vague to Directed

GENERATED RECIPE COMPARISON

Specific Direction Makes The Image Feel Intentional

The weak example is usable but generic. The directed example has a clearer crop, subject, setting, light, and camera feel.



Vague Prompt

A generic request can produce a usable image, but the creative direction is thin.



Directed Prompt

Crop, subject, styling, pose, setting, lens, and light all point to one photo shoot.

Weak:

Make a realistic portrait of a beautiful model.

Strong:

PROMPT PATTERN

4:5 vertical photorealistic waist-up portrait of an adult model in her late 20s, soft natural beauty aesthetic. Balanced facial proportions, expressive eyes, natural dewy skin texture with subtle pores and tiny imperfections, soft loose waves with natural flyaways. Wearing an oversized ivory cotton shirt and simple neutral trousers. Relaxed standing pose near a large window, calm direct eye contact, subtle closed-mouth smile. Minimal bright apartment studio with white curtains and pale textured wall. 85mm portrait lens, soft diffused daylight from the left, shallow depth of field, pastel neutral color grade, subtle film grain. Avoid plastic skin, distorted hands, exaggerated anatomy, watermark, random text.

Why it is stronger:

- It defines the crop.
- It defines the subject.
- It defines the style.
- It defines the skin and hair.
- It defines wardrobe and pose.
- It defines setting, lens, lighting, and realism constraints.

Weak:

Make a cinematic portrait.

Strong:

PROMPT PATTERN

9:16 vertical photorealistic cinematic portrait of an adult male model in his early 30s, quiet dramatic presence. Strong facial structure, expressive brow, natural skin texture, slight stubble, realistic pores. Wearing a dark tailored coat over a black crewneck. Standing alone in a minimal night exterior, body angled slightly away, gaze off-camera, calm serious expression. Deep shadows, subtle rim light from behind, soft amber practical light in the background, 50mm lens, shallow depth of field, muted teal-and-warm color grade, fine film grain. Avoid plastic skin, exaggerated contrast, distorted hands, watermark, random text.

Why it is stronger:

- It does not just say cinematic.
- It describes cinematic light, pose, wardrobe, setting, lens, and color.

Multi-Shot Portrait Grids

GENERATED GRID EXAMPLE

Name What Stays The Same And What Changes

A multi-shot prompt is strongest when it locks identity, styling, and light while varying pose, expression, distance, and body angle.



Same Person, Varied Poses

A grid prompt works by naming what stays consistent and what changes frame to frame.

A grid prompt is useful when you want options, expression studies, or same-person consistency.

PROMPT PATTERN

Create a 3x3 portrait grid of the same clearly adult person in every frame. Preserve consistent facial features, age, hairstyle, wardrobe language, and lighting. Vary pose and expression in each frame: direct eye contact, looking away, soft smile, serious expression, seated pose, standing pose, over-shoulder glance, candid mid-motion, and quiet editorial gaze. Keep all images tasteful, realistic, and internally consistent.

The important part is telling the model what stays the same and what changes.

Keep the same:

- face
- age
- hair
- wardrobe
- lighting
- general style

Change:

- pose
- expression
- camera distance
- body angle

Couple Portraits

GENERATED WORKFLOW EXAMPLES

Advanced Prompts Need Stable Instructions

Couple and reference-style workflows are stronger when the prompt names what stays consistent, what changes, and how the subjects relate to the camera.



Couple Portrait

Multi-person prompts work best when relationship, spacing, pose, and hands are explicit.



Preserved Identity

Reference-style prompts should name what stays fixed and what may change.

For portraits with more than one person, specify relationship, pose, spacing, and interaction.

Keep both subjects clearly adult.

PROMPT PATTERN

Photorealistic lifestyle portrait of two clearly adult partners in their early 30s, standing close together near a bright apartment window, relaxed posture, natural smiles, subtle physical connection, soft window light, clean background, realistic skin texture, natural hands, no distorted fingers, no random text.

Useful details:

- standing close together
- relaxed posture
- natural smiles
- subtle physical connection
- both faces clearly visible
- natural hands

Avoid vague prompts like:

- cute couple photo
- romantic people together

Those leave too much to chance.

Editing or Preserving a Reference Face

GENERATED IDENTITY EXAMPLES

Name What Changes And What Stays

Reference-style prompts should separate fixed identity cues from changeable session details like wardrobe, background, light, and lens.



Window Light

Keep identity stable while changing to a casual apartment session.



Gallery Light

Change wardrobe, light, and room while preserving face direction and age cues.

When using a reference image, state what should stay fixed and what may change.

PROMPT PATTERN

Preserve the subject's face, age, hairstyle, and general identity. Change only the lighting, wardrobe styling, and background.
Keep the result photorealistic, tasteful, and clearly adult.

Use this structure:

Keep:
face, identity, age, expression, hairstyle, body proportions

Change:
lighting, wardrobe, background, color grade, camera style

Avoid:
identity drift, beautification, plastic skin, distorted hands

Reference-based prompts work best when you are very clear about what should not change.

CHAPTER

Chapter 5: Fixes

Even strong prompts sometimes need correction.

Use targeted fixes instead of adding more adjectives.

Troubleshooting Common Portrait Problems

GENERATED FIX EXAMPLES

A Fix Should Target One Weakness

The most useful corrections are specific: add physical realism cues, simplify a busy scene, or make wardrobe, light, and setting agree.



Realism Detail Fix

Pores, flyaways, fabric wrinkles, shadows, and grain make the image feel photographed.



Clean Background Fix

A simpler backdrop, fewer props, and matching styling make the portrait feel more premium.



Natural Hands Fix

Simple hand placement and relaxed shoulders reduce anatomy risk.



Directional Light Fix

A visible source, shadows, and catchlights make flat lighting feel intentional.



Style Coherence Fix

Matching wardrobe, setting, color, and pose removes mixed-style noise.



Controlled Crop Fix

Named aspect ratio and crop keep the full head, hands, and negative space under control.

PROBLEM	FIX
Face looks generic	Add a face direction, expression, grooming, and camera style
Skin looks plastic	Ask for subtle pores, tiny imperfections, no beauty-filter smoothing
Pose feels stiff	Add relaxed shoulders, natural hands, unforced body language
Image feels too AI	Add real lens behavior, film grain, flyaways, fabric wrinkles, believable shadows
Hands look bad	Simplify the pose and avoid complex finger placement
Lighting is flat	Specify light source, direction, and mood
Style feels mixed	Choose one dominant style and remove conflicting aesthetics
Styling feels too suggestive	Shift to fashion/editorial language and tasteful wardrobe
Too cluttered	Use clean background, negative space, fewer props
Wrong crop	Put aspect ratio and crop at the very beginning

Quick Fix Prompts

Use these short phrases when the image is close but not quite right.

For more realism:

PROMPT PATTERN

natural skin texture, subtle pores, tiny imperfections, realistic flyaway hairs, believable shadows, not over-retouched

For a more premium look:

PROMPT PATTERN

clean composition, restrained styling, controlled lighting, refined wardrobe, subtle color grade, negative space

For a more candid look:

PROMPT PATTERN

slightly imperfect framing, relaxed posture, natural expression, real phone-camera feel, mild grain

For less plastic skin:

PROMPT PATTERN

no beauty-filter smoothing, no waxy complexion, natural pores, realistic skin texture, soft but believable light

For better hands:

PROMPT PATTERN

natural relaxed hands, simple hand pose, fingers not emphasized, avoid complex gestures

For a clearer style:

PROMPT PATTERN

one consistent portrait style, matching wardrobe, setting, lighting, and camera feel

MOST IMPORTANT TAKEAWAY

Rules Worth Remembering

- 01 Describe a photo shoot, not just a person.
- 02 Choose one dominant portrait style.
- 03 Put crop and aspect ratio early.
- 04 Use physical realism details.
- 05 Make wardrobe, setting, light, and camera agree.
- 06 Use avoid terms sparingly but specifically.
- 07 Keep subjects clearly adult and styling tasteful.

*Do not ask for perfection.
Ask for believable detail.*

A realistic portrait is often better when it includes:

subtle pores

small asymmetry

natural flyaways

fabric wrinkles

soft shadows

slight grain

realistic catchlights

Those details make the image feel photographed instead of manufactured.



PromptPaper
VISUAL PROMPT BRIEFS

NEXT STEP

Build Your First Portrait Prompt

You have the portrait menu. PromptPaper turns those choices into an editable prompt brief, so your first draft starts with structure instead of a blank box.

Choose a look, adjust the creative direction, and copy a polished GPT Image 2 portrait prompt.

[Visit **trypromptpaper.com**](https://www.trypromptpaper.com)

BRING THE MENU

- style
- subject
- face
- skin/grooming/hair
- wardrobe
- pose/expression
- crop/composition
- setting/atmosphere
- lighting
- camera feel/realism

Leave with a prompt brief.