



HOW TO TAKE THE BEST SELFIES WEARING GLASSES

Spend more time to take great selfies and less time worrying about annoying reflections. By following these simple tips, you'll soon be the envy of your friends with all the likes you'll be getting.



✓ **Tip - Get a good anti-reflective coating on your lenses.**

DON'T SUFFER GLARE FROM YOUR LENSES

The best way to look amazing each time you take a selfie is to get an anti-reflective coating on your lenses. Not only will people be able to see your eyes, but your face will be doing what it does best - shining to the world!

Coatings aren't just for selfies; an anti-reflective coating will aid your vision and mean people will always be able to look you in the eyes.

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USE THE SUN AND LIGHT TO OPTIMAL EFFECT

To avoid reflections and shadows from your glasses, make sure the sun and light is behind you. With an anti-reflective lens coating, you will avoid reflections and shadows from your glasses. This means you will be able to take amazing photos all the time, wherever the source of light is. You will soon be the king or queen of photos bathed in light!

- ✓ **Tip - Make sure to avoid reflections and shadows from your glasses when taking the selfie.**

USE YOUR FRAMES

The frame of your glasses helps to show to the world who you are. When you compose your shot, think about whether you want the frame of your eyeglasses to contrast or blend in with the background.



- ✓ **Tip - Use the colour, style and look of your eyeglass frame to compliment the background and create a great composition.**



RULE OF THIRDS

Use the well-known 'rule of thirds' photography technique. Split up your photo into thirds, horizontally and vertically with grid lines. You then position the important parts of your photo along those lines or where they meet. Practice taking a selfie with you positioned where the first or second horizontal line is. Now compare this with other selfies you have taken and experiment taking selfies with you in different positions using this technique.

- ✓ **Tip - Try positioning yourself on the vertical lines, making the most of the background to compose a different style of selfie.**

FIND THE RIGHT ANGLE

Wearing glasses gives you far more ways to be artistic and smash that fantastic selfie. Try tilting your head at different angles and rotating your body. You'll soon find lots of interesting shots.

- ✓ **Tip - Tilt your head and rotate your body to find the best angles for the photo. Tilting your head down can reduce reflections, but make sure you can see your eyes.**

USE THE BACKGROUND

Backgrounds are a great way to tell a story in your selfie. Think about the whole composition of the photo and what story you want the background to tell.

- ✓ **Tip - You can use the background to contrast with you as the subject of the selfie. You can also use the background to show a depth of field.**

PRACTICE

Make the most of your camera phone and the ease at which photos can be deleted. Practice taking lots of different selfies and see which ones you feel most natural in.

- ✓ **Tip - Keep practicing and once you have different types of selfies you feel best in, make a mental note of them.**



SMILE

You always look your best when you smile, it really is that simple!

- ✓ **Tip - Make sure you are smiling naturally, and you'll take your best selfies.**

USE HOYA'S ANTI-REFLECTIVE COATINGS TO TAKE
YOUR BEST SELFIE

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