

# LES CLÉS DE TON BUSINESS IA FAIT POUR TOI

Parce que créer en ligne ne devrait pas être compliqué. C'est ton espace pour construire quelque chose de réel, simple et aligné avec qui tu es.

Un guide pour t'aider à rester toi-même. Gagner du temps pour t'enrichir. Ne pas perdre de temps à réfléchir. Copier. Coller. Poster mais personnalisé. Et profiter du temps libéré pour te former, lire et évoluer. Prompts personnalisables. Astuces. Légendes. Hooks. Accès Bonus. Un ebook clé en main pour ton business.



# A TOI

Où que tu sois, ce guide est fait pour toi

Si tu as cet e-book entre les mains en ce moment...  
c'est que tu m'as vue quelque part.  
Dans mes stories. Dans mon contenu. Dans mes partages.  
Et quelque chose t'a parlé.

Alors avant même de commencer, je veux que tu saches une chose :  
cet e-book, je ne l'ai pas créé avec affiliation.

Et je sais que dans cette industrie, ça peut paraître étrange.  
Parce qu'aujourd'hui on voit partout des produits en affiliation.  
Des formations à revendre. Des systèmes à dupliquer.  
Et je ne critique pas ça, j'en propose moi-même.

Mais celui-ci... c'est différent.

Oui, l'affiliation m'aurait rapporté de l'argent.  
Chaque vente que tu aurais faite m'aurait généré une commission.  
Et toi tu aurais pu le revendre, le proposer, en faire une source de revenus.  
Je ne vais pas prétendre que l'idée ne m'a pas traversé l'esprit.

Mais j'ai choisi de ne pas le faire.

Parce que je voulais que cet e-book soit pour toi.  
Uniquement pour toi.

Pas un outil de plus à vendre.  
Pas un produit de plus à promouvoir.  
Un investissement en toi. Dans ta présence. Dans ton business.  
Dans ta façon d'exister en ligne.

Soyons honnêtes & c'est quelque chose que peu de gens dans ce milieu osent dire mais :  
quand tu cherches à vendre un produit, même avec la meilleure des bienveillances,  
même avec l'envie sincère d'aider,  
au fond, tu cherches à vendre. Tu vas me dire : c'est logique.  
Mais là où je veux en venir : on ne le consomme pas jusqu'au bout. Notre optique est de vendre donc on lit en diagonal et on propose à la vente. Avant même de le consommer, on se dit : ça va être super je vais le revendre.

Et c'est exactement pour ça qu'il y a des stratégies pour vendre.  
Des hooks. Des légendes. Des séquences. De la psychologie.

Moi je connais tout ça. Je l'applique. Et je t'en parlerai.

Mais avant de penser à vendre quelque chose à quelqu'un...  
il faut que toi, tu ailles bien.  
Il faut que tu sois alignée avec ce que tu fais.  
Il faut que tu sois fière de ce que tu montres.  
Il faut que tu aies envie de te lever le matin et de créer.

Et je vais déjà commencer par t'offrir un cadeau. **Clique ici**, et tu trouveras 100 règles d'une entrepreneure à succès.

Peut-être que tu l'as déjà.. Personnellement je l'ai depuis quelques années. C'était un premier ebook sorti lors de la création MRR en France et repris par beaucoup mais; que tu l'aies déjà lu, ou que tu le découvres, lis le. Parce que ton but premier but avant tout, doit être une entrepreneure à succès.

Parce que dans le business il y a beaucoup de psychologie, les gens ne ressentent pas juste ce que tu dis. Ils ressentent ce que tu es. Ils sentent si tu y crois vraiment. Si tu es à ta place. Si tu es bien.

Et si toi tu es épuisée, si tu n'es pas alignée... ça se voit. Même sans te montrer. Même derrière un avatar.

Alors voilà ce que je veux pour toi avec cet e-book.

Je veux que tu le lises comme tu t'achètes un vêtement qui te fait plaisir.

Ce vêtement, tu ne l'achètes pas avec l'idée de le revendre. Tu veux juste l'avoir. Le porter. En profiter.

Cet e-book, c'est pareil.

C'est pour toi. Pour ta présence en ligne. Pour ton contenu. Pour tes posts. Pour te différencier. Pour te sentir privilégié.

Pense-le comme un outil que tu utilises, pas comme un produit que tu proposes.

Tu l'auras compris; celui-ci je voulais qu'il soit différent.

Je voulais qu'il soit entre toi et moi mais pour toi; et qu'on puisse échanger avec sincérité sur ce qu'il t'aura apporté.

Parce que ce que je partage ici, je le partage à celles qui ont ce besoin d'être alignée avant tout.

Les conseils que tu vas lire dans les pages qui suivent,

Ce sont des vérités que j'ai mises du temps à comprendre.

Des choses que personne ne te dit vraiment dans ce milieu.

Parce qu'on est là pour faire du business et souvent on oublie le reste.

Mais moi, je n'ai pas envie d'oublier le reste.

& S'il te plait. Ne perds pas la motivation de lire cet e-book même s'il te paraît long. Lis le jusqu'au bout, peu importe le temps que tu mettras. Mais je t'apporte tout ce dont tu as besoin jusqu'à la dernière lettre.

Dans cet e-book, tu trouveras

→ Des prompts entièrement personnalisables  
pour créer du contenu à ton image, selon ton style, ton univers et tes idées

Prends un moment pour te faire la réflexion : est-ce que tu réalises que tu vas pouvoir créer du contenu vraiment unique, pensé pour toi, et pas copié ailleurs ? :

→ Mes astuces personnelles pour améliorer ta présence en ligne et créer du contenu qui attire naturellement

→ Tu trouveras aussi tout au long des notions sur la base du business en ligne.

→ La base des légendes à utiliser / hooks

→ Livres à lire

Je te parle en amie depuis le début et je vais continuer.  
Mais justement parce que je fais les choses bien,  
parce que je suis là pour t'apporter le meilleur,  
et parce que je protège aussi ce que je crée...  
je me dois de te dire quelques mots importants.

# MENTIONS LÉGALES & PROTECTION



Cet e-book est une création personnelle.  
Il est protégé par les droits d'auteur.

Toute reproduction, distribution, partage, diffusion ou revente  
que ce soit en totalité ou en partie, gratuitement ou contre  
rémunération est strictement interdite sans autorisation écrite  
de ma part.

Ce contenu t'a été transmis pour ton usage personnel  
uniquement.  
Il ne peut pas être partagé, offert, revendu ou utilisé à des fins  
commerciales.

Je ne dis pas ça pour te faire peur.  
Je le dis parce que ce que je crée a de la valeur.  
Et parce que tu méritais quelque chose de vrai, de complet, de  
sincère; alors je protège aussi ce que je t'offre.

Toute violation de ces droits pourra faire l'objet de poursuites.

Merci de respecter ce travail comme tu aimerais qu'on respecte  
le tien.

# TABLE DES MATIERES

Prompts personnalisables

page 9

---



Prompts selfie

page 19

---

Prompts vie quotidienne

page 44

---

Prompts businesswoman

page 70

---

Versions prompts

page 88

---



Tips / Astuces

page 97

---



Légendes / Hooks

---

page 112



Hooks

---

page 113

Légendes

---

page 129

BONUS ChatGPT/Claude

---

page 147



Mindset entrepreneur

---

page 153



Merci

---

page 156



# PROMPTS

## PERSONNALISABLES

---

Mon lien du logiciel que j'utilise pour générer mes photos : [OpenArtAi](#) \*

---

*Pour générer les images, j'utilise personnellement OpenArt AI comme indiqué.*

*Mais peu importe le logiciel que tu utilises : Midjourney, Leonardo, Higgsfield, ou autre; ces prompts fonctionneront de la même façon.*

*La logique reste identique : un prompt + un modèle (comme Nano Banana, Flux, etc.) + tes réglages habituels.*

*Ce qui change entre les logiciels c'est l'interface. Ce qui ne change pas c'est la structure du prompt. Et c'est exactement ce que je te donne ici.*

*Donc utilise ce avec quoi tu es à l'aise. L'essentiel c'est ce que tu vas mettre dedans.*

On ne va pas se mentir, ça c'est ta partie préférée, c'est une certitude. 🌸

Si tu es là aujourd'hui, c'est que tu aimes créer, que tu aimes poster du contenu avec ton avatar, et surtout que tu aimes le voir évoluer. Et honnêtement, quoi de mieux que de pouvoir en plus le personnaliser exactement comme tu le veux ?

Tu vas très vite le remarquer : les prompts sont longs. Et c'est totalement volontaire. Pourquoi ? Parce que je les ai structurés de manière à ce que tu puisses absolument tout modifier facilement, que ce soit le make-up, la coiffure, l'expression, ou encore tous les détails qui font la différence.

Les prompts d'aujourd'hui sont courts en pensant que plus court = plus vite mais en réalité le copier coller ne te prend pas plus de temps quand il est plus long car tu gagnes du temps à modifier ce que tu souhaites.

Je te le dis car j'ai connu ça, copier coller un prompt et puis pour apporter ma touche personnelle je cherchais la phrase qui indiquait la partie que je souhaitais modifier. Je te l'accorde c'est une perte de temps. Ces prompts courts sont supers s'ils sont utilisés tels qu'ils sont sans authenticité.

Mais ici on passe à un niveau supérieur tu l'auras compris. Plus personnel, plus authentique, à ton image.

Chaque prompt aura la base :

- Référence 1 modèle
- Référence 2 vêtements

## Personnalisable dès le début

Concrètement cela indique que ta photo sera basée sur ta modèle et le vêtement que tu mettras en référence.


*Tu es là pour pérenniser ton business donc même si ce n'est pas ton but premier d'être une "influenceuse" tu dois t'ouvrir un maximum de portes alors utilise des photos de sites de marques avec lesquelles tu pourrais avoir des collaborations dans le futur en parallèle de ton business.*

Ensuite chaque rubrique tu pourras modifier en fonction de ce que tu souhaites obtenir :

- changer la coiffure
- changer les bijoux (*tu peux aussi mettre les bijoux que tu souhaites en photo de référence ou même des sacs. Je te l'explique à la page suivante*)
- changer l'expression. voire même le déco si tu veux ajouter quelques chose.

De mon côté, j'indique simplement mes souhaits en terme de bijoux : collier en or, créole en or, créole en argent..) L'inspiration me vient sur le moment mais je ne saisis pas l'opportunité d'utiliser des bijoux existants je t'avoue que je ne souhaite pas prendre énormément de temps à chercher mais de ton côté tu peux donc tout mettre en photo de référence.

Je te donne tout de même la base de prompt que tu peux utiliser si jamais tu veux utiliser uniquement des articles provenant de tes photos récupérées sur des sites :

 Reference 1: exact facial identity, natural proportions strictly preserved.


Identity locked. No reshaping, no changes in facial structure. Keep the model's identity from Reference 1 unchanged.

 Reference 2: use exclusively as clothing reference.

Outfit must be based on Reference 2, reproducing its style, materials, silhouette, fit and overall fashion design while adapting naturally to the body of Reference 1.

 Reference 3: use exclusively as jewelry reference.

Jewelry must be based on Reference 3, reproducing its style, materials, design, size and placement while adapting naturally to the look of Reference 1.

 Reference 4: use exclusively as bag reference.

The bag must be based on Reference 4, reproducing its design, shape, material, color and overall style faithfully.

 Reference 5: use exclusively as shoes reference.

Shoes must be based on Reference 5, reproducing their design, silhouette, material and style accurately while matching the overall outfit composition.

De cette manière ton avatar portera entièrement des articles existants : Tenues. Bijoux. Sacs. Chaussures. Tu pourras ainsi identifier la marque sur ton contenu.

Ce qui en soit est super ! Tu as peut-être des marques en tête avec lesquels tu souhaiterais t'ouvrir des portes, optimiser des potentiels collaborations et tu peux commencer dès le début.

Plus tes réseaux sociaux vont évoluer, plus ta communauté va s'agrandir et les marques pourront venir vers toi. Plus tu vas les identifier régulièrement plus tu auras des chances.

Tu n'as aucune raison de te mettre des barrières n'oublie pas que tu es un modèle IA personne ne sait qui tu es alors n'aie pas honte d'identifier une marque même avec 100 abonnés. Tu vas grandir. Tu vas réussir. Tu seras une référence dans ton domaine et je te souhaite toute la réussite que tu mérites.

Comme je te l'ai dit, je ne saisis pas cette opportunité pour le moment cela me demanderait trop de temps mais si tu sais avec qui tu souhaiterais travailler : FONCE

Je suis là pour t'apporter un maximum de vision, de valeurs, donc même si je n'applique pas tout, toi qui me lis tu vas certainement être intéressée à cette idée alors je me dois de tout te partager.

Pour les prompts suivants, il y aura simplement la base : photo modèle et photo vêtements. Si tu veux donc générer une photo de ta modèle avec uniquement des ensembles et accessoires existants, récupère la base complète précédente.

On va passer à l'action mais avant ça je voudrais te montrer un exemple. Tu auras d'ailleurs de cette façon ton premier prompt que tu peux utiliser ! Récupère le !

Mais je vais te montrer comment d'un seul prompt et en changeant une ou plusieurs rubriques tu pourras personnaliser la photo.

# EXEMPLE

Tu trouveras le prompt de cette photo à la page suivante



🖼️ Ultra-realistic lifestyle indoor photography — female model applying lipgloss in front of a mirror

#### 🔒 STRICT REFERENCE USAGE

Reference 1: exact facial identity, natural skin tone, body silhouette strictly preserved.  
Reference 2: exact outfit strictly preserved, adapting naturally to the model's body shape.  
Identity strictly locked. No reshaping, no proportion changes.

#### 🏠 SCENE

Model standing in front of a large ornate gold mirror, Louis XVI style gilded frame with intricate carved gold detailing, elegant and luxurious. The mirror reflects her face and front while the camera captures her from behind and slightly to the side. Behind her in the room: white walls with classic French moldings, a tall lush green plant with large leaves visible in the background, warm and refined Parisian interior atmosphere.

#### 👤 BODY & POSE

Full portrait, framing from hip level to just above the head, capturing both the model from behind and her reflection in the mirror simultaneously. Model standing close to the mirror, one arm raised, hand holding a lipgloss or lipstick applicator delicately and applying it to her lips in the reflection. Other arm relaxed at the side. Back fully visible to the camera, posture straight and elegant, confident and feminine stance.

#### 💇 HAIR

Hair pulled up into a sleek and refined low bun, smooth and polished at the roots, perfectly structured and neat, every strand controlled and elegant, clean and sophisticated chignon style, no loose strands, high-fashion and refined updo.

#### 💎 JEWELRY

Large bold gold hoop earrings, thick and chunky polished gold finish, clearly visible on both sides of the face in the mirror reflection, statement and elegant.

#### 💄 MAKEUP

Soft glam editorial makeup visible in the mirror reflection, bold and defined brows, voluminous and elongated lashes with subtle liner, warm nude to rosy mauve lip being applied with the gloss applicator, lips slightly parted and puckered naturally during application, sculpted cheekbones with warm bronzer and blush, golden highlight on the high points of the face, polished and refined beauty look.

#### 😊 EXPRESSION

Lips slightly parted and puckered naturally in the mirror reflection, focused and concentrated expression during lipgloss application, calm and self-assured attitude, direct gaze into the mirror.

#### 🌟 SKIN

Skin is ultra hyper-realistic RAW with visible pores, fine natural skin texture, natural micro-imperfections preserved, warm healthy complexion, subtle natural luminosity, no plastic effect, no over-smoothing, no beauty filter, maximum photographic realism.

#### 📷 CAMERA & FRAMING

Vertical portrait, full shot from hip level to just above the head. Camera positioned behind and slightly to the side of the model, capturing her back and the mirror reflection simultaneously. The mirror fills a large portion of the frame, reflection clearly showing her face, front of outfit and the lipgloss application. Both the real back view and the mirror reflection visible in the same frame, coherent and realistic dual perspective.

#### 💡 LIGHTING

Soft bright natural indoor daylight, clean white studio-like light from above and slightly to the front, even and flattering illumination, subtle highlights on the skin and hair in the reflection, no harsh shadows, no ring light effect, clean and minimal editorial beauty lighting, warm neutral color balance.

#### 🖼️ IMAGE QUALITY

Ultra-realistic photography, high-end DSLR RAW quality, sharp micro-details on skin texture, hair strands of the bun, gold mirror frame carving detail, plant leaves, wall moldings, lipgloss applicator, jewelry reflections, fabric texture on the back, professional editorial fashion finish, no AI artifacts, no distortion, authentic photographic grain, clean warm color grading.

#### 🚫 NEGATIVE

Plain modern mirror, no gold frame, no ornate mirror, no plant, no moldings, plastic skin, shiny artificial skin, airbrushed skin, beauty filter, AI skin, fake skin texture, distorted features, distorted hands, hair fully down, loose hair, cold blue tones, harsh studio flash, wide shot showing feet only, no mirror reflection visible

Maintenant je décide de changer uniquement la tenue et les bijoux.

Je mets alors une autre tenue dans ma photo de référence 2 (*n'hésite pas à mettre plusieurs photos de la même tenue mais avec des angles différents : de dos notamment. Généralement sur le sites il y a plusieurs angles*)

Le prompt est modifié. Tu trouveras la nouvelle photo générée juste après.

🖼️ Ultra-realistic lifestyle indoor photography — female model applying lipgloss in front of a mirror

#### 🔒 STRICT REFERENCE USAGE

Reference 1: exact facial identity, natural skin tone, body silhouette strictly preserved.  
Reference 2: exact outfit strictly preserved, adapting naturally to the model's body shape.  
Identity strictly locked. No reshaping, no proportion changes.

#### 🏠 SCENE

Model standing in front of a large ornate gold mirror, Louis XVI style gilded frame with intricate carved gold detailing, elegant and luxurious. The mirror reflects her face and front while the camera captures her from behind and slightly to the side. Behind her in the room: white walls with classic French moldings, a tall lush green plant with large leaves visible in the background, warm and refined Parisian interior atmosphere.

#### 👤 BODY & POSE

Full portrait, framing from hip level to just above the head, capturing both the model from behind and her reflection in the mirror simultaneously. Model standing close to the mirror, one arm raised, hand holding a lipgloss or lipstick applicator delicately and applying it to her lips in the reflection. Other arm relaxed at the side. Back fully visible to the camera, posture straight and elegant, confident and feminine stance.

#### 💇 HAIR

Hair long, sleek and perfectly straight with a smooth glossy finish and natural fall. Worn down, flowing evenly along the back and shoulders with a clean, elegant silhouette.

Only the front strands are gently pulled back away from the face, creating a clean lifted framing effect. These front sections are secured at the back with a delicate golden butterfly hair clip, placed subtly at the back of the head, elegant and slightly visible.

The rest of the hair remains fully loose, silky and straight, with soft natural light reflections enhancing the smooth texture and polished finish.

#### 💎 JEWELRY

Elegant long dangling silver earrings with a refined, elongated drop design. Fluid movement and subtle shine, clearly visible in the mirror reflection. No hoops or créoles. Minimal, sophisticated and feminine.

#### 💄 MAKEUP

Soft glam editorial makeup visible in the mirror reflection, bold and defined brows, voluminous and elongated lashes with subtle liner, warm nude to rosy mauve lip being applied with the gloss applicator, lips slightly parted and puckered naturally during application, sculpted cheekbones with warm bronzer and blush, golden highlight on the high points of the face, polished and refined beauty look.

#### 😊 EXPRESSION

Lips slightly parted and puckered naturally in the mirror reflection, focused and concentrated expression during lipgloss application, calm and self-assured attitude, direct gaze into the mirror.

#### 🌟 SKIN

Skin is ultra hyper-realistic RAW with visible pores, fine natural skin texture, natural micro-imperfections preserved, warm healthy complexion, subtle natural luminosity, no plastic effect, no over-smoothing, no beauty filter, maximum photographic realism.

#### 📷 CAMERA & FRAMING

Vertical portrait, full shot from hip level to just above the head. Camera positioned behind and slightly to the side of the model, capturing her back and the mirror reflection simultaneously. The mirror fills a large portion of the frame, reflection clearly showing her face, front of outfit and the lipgloss application. Both the real back view and the mirror reflection visible in the same frame, coherent and realistic dual perspective.

#### 💡 LIGHTING

Soft bright natural indoor daylight, clean white studio-like light from above and slightly to the front, even and flattering illumination, subtle highlights on the skin and hair in the reflection, no harsh shadows, no ring light effect, clean and minimal editorial beauty lighting, warm neutral color balance.

#### 🖼️ IMAGE QUALITY

Ultra-realistic photography, high-end DSLR RAW quality, sharp micro-details on skin texture, hair strands of the bun, gold mirror frame carving detail, plant leaves, wall moldings, lipgloss applicator, jewelry reflections, fabric texture on the back, professional editorial fashion finish, no AI artifacts, no distortion, authentic photographic grain, clean warm color grading.

#### 🚫 NEGATIVE

Plain modern mirror, no gold frame, no ornate mirror, no plant, no moldings, plastic skin, shiny artificial skin, airbrushed skin, beauty filter, AI skin, fake skin texture, distorted features, distorted hands, hair fully down, loose hair, cold blue tones, harsh studio flash, wide shot showing feet only, no mirror reflection visible



Bien-sûr la photo est différente. Comme tu le sais c'est très aléatoire mais tu retrouves en soit les mêmes éléments. J'ai choisi cette tenue qui vient du site : Fashionnova (le haut reste assez ressemblant à la photo précédente je n'avais pas fait attention) Comme je l'ai indiqué précédemment, j'y ai mis justement la photo de derrière qui montre le dos, de devant donc en réalité j'avais plusieurs photos de référence sur cette tenue.

Et j'ai simplement indiqué que je souhaitais une pince papillon qui attache uniquement les cheveux du dessus et j'ai décrit des boucles d'oreilles tombantes.

Tu veux un style sportswear? BCBG? vêtement de luxe? Tu peux absolument mettre tous tes prompts à ton image en quelques clics. Tu n'auras rien d'autres à faire que mettre les photos des tenues sur ton logiciel et tu sais où trouver les rubriques de ce que tu veux changer : bijoux, coiffure.. si jamais tu souhaites apporter des modifications. Mais tous les prompts tu peux simplement copier-coller; tout se jouera surtout sur les vêtements et ta photo sera personnalisée.

# Organisation

Tu peux optimiser ton temps.

Choisis les sites de vêtements. Mets les en favoris.

Accorde toi quelque minutes pour scroller les sites et capturer les tenues que tu souhaites. Le temps d'une pause, ou quand tu es sur le trône (tellement glamour) mais prends ces quelques minutes. Scroller, capturer c'est simple.

Quand tu seras à la création de contenu : Récupère le prompt tel qu'il est sans rien modifier. Mets juste la photo des vêtements capturés précédemment.

Ta photo est prête!

Authentique. À ton image. Dans ton style.

Et si un jour tu veux travailler davantage ces prompts pour les rendre différents au niveau des accessoires, coiffure. Alors tu pourras simplement copier coller le prompt et mettre ta touche en modifiant accessoires, bijoux.

Et encore une fois, si tu veux travailler au point de pouvoir collaborer avec des marques tu peux aussi utiliser la base de prompt complète que je t'ai transmis pour des accessoires/chaussures/sac de marque.

Passons aux prompts dont tu trouveras en fond la photo générée dont tu pourras t'attendre en terme de résultat.

Copie colle. Mets ta photo de base de ta modèle, tes vêtements choisis et ta photo est générée !

J'ai essayé au maximum de les ordonner. Portrait. Selfie. Quotidien...

📷 Ultra-realistic lifestyle indoor portrait — soft natural morning light

📏 STRICT REFERENCE USAGE

Reference 1: exact facial identity, natural proportions strictly preserved. Identity locked. No reshaping, no changes in facial structure. Keep the model's identity from Reference 1 unchanged.

Reference 2: use exclusively as clothing reference.

Outfit must be based on Reference 2, reproducing its style, materials, silhouette, fit and overall fashion design while adapting naturally to the body of Reference 1.

🏠 SCENE

Indoor minimal setting with a clean white wall background.

A single tulip flower placed behind the model, slightly to the side in the background, softly out of focus. The tulip stands upright in a minimal glass vase, adding a delicate, feminine touch.

📷 CAMERA & ANGLE

Vertical portrait framing (4:5).

Camera positioned at eye level.

Straight-on angle, natural perspective.

Close-up framing from upper chest to top of head.

Subject centered with slight natural asymmetry.

📷 FRAMING

Tight portrait composition.

Face and upper body filling most of the frame.

Background softly blurred with shallow depth of field.

👁️ HEAD & GAZE

Head upright and aligned with the camera (not tilted downward).

Chin in a neutral slightly lowered position for elegance.

Eyes looking directly into the camera lens.

Calm, soft and confident gaze.

👤 POSTURE

Relaxed upright posture.

Shoulders naturally dropped.

Upper body slightly angled for a natural feminine silhouette.

😊 EXPRESSION

Soft closed lips with a subtle natural smile.

Relaxed facial muscles.

Warm, serene and composed expression.

💇 HAIR

Hair styled in a soft, loosely gathered updo where only the upper section of the hair is pulled into a relaxed bun at the back, leaving the rest of the length naturally flowing. The bun sits low and slightly undone, with a soft, unstructured finish and natural volume at the crown.

The majority of the hair remains down, falling freely along the back with natural movement and softness, preserving length and fullness.

Front strands are delicately left out on both sides of the face, creating soft face-framing pieces with gentle, natural curvature. A few subtle loose strands escape the updo for realism, enhancing the effortless, slightly undone aesthetic.

💎 JEWELRY

Large hoop earrings (creoles), bold and elegant, clearly visible.

Layered gold necklaces:

\* one short chain close to the neck

\* one medium-length chain

\* one longer delicate chain resting on the chest

Subtle shine catching the light naturally.

🌟 SKIN

Skin is ultra hyper-realistic RAW with visible pores, fine natural skin texture, natural micro-imperfections preserved, warm deeply bronzed sun-kissed complexion, strong warm directional sunlight creating intense highlights on the skin surface and dramatic window shadow crossing the face and body, no plastic effect, no over-smoothing, no beauty filter, maximum photographic realism.

💄 MAKEUP

Natural soft glam makeup (keep subtle and realistic).

💡 LIGHTING

Soft natural daylight coming from the side (window light).

Warm, diffused morning light.

Light gently wraps around the face creating soft highlights.

Subtle shadows on the opposite side of the face and neck.

Balanced contrast, no harsh lighting.

🌑 SHADOWS

Soft natural shadow cast on the wall behind the model.

Shadow remains diffused and realistic, not sharp.

Depth created by light direction without overpowering the subject.

🖼️ IMAGE QUALITY

Ultra-realistic photography.

High-end DSLR quality.

Sharp focus on eyes and skin texture.

Soft background blur (bokeh).

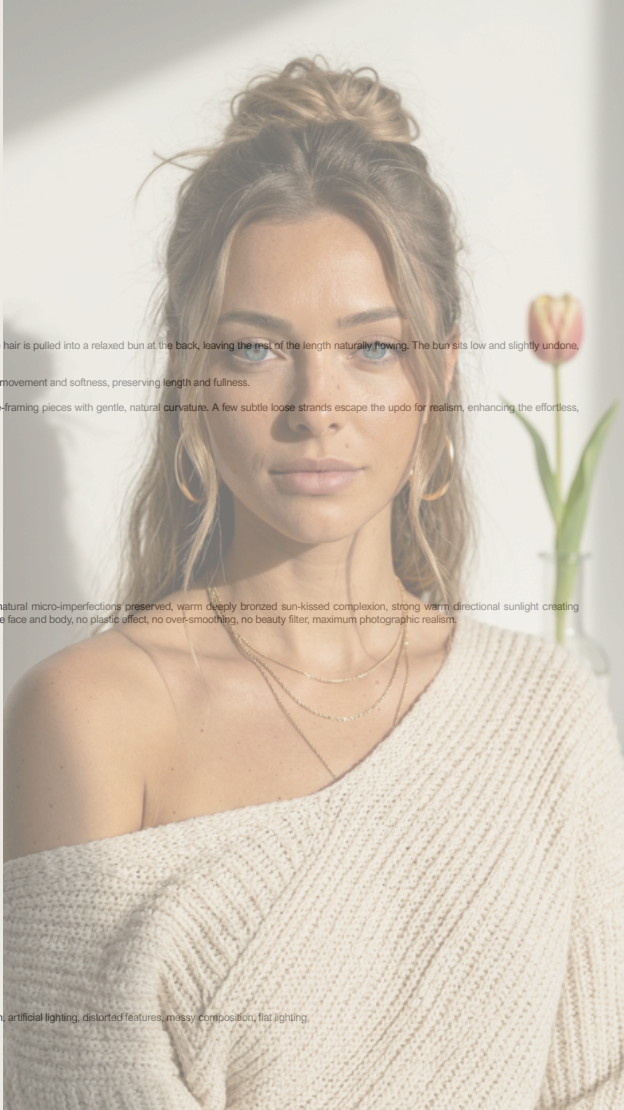
Fine detail in fabric, skin and hair strands.

Natural color grading.

No AI artifacts.

🚫 NEGATIVE

head tilted down, looking away, harsh shadows, plastic skin, over-smoothed skin, artificial lighting, distorted features, messy composition, flat lighting.



**STRICT REFERENCE USAGE**

Reference 1: exact facial identity, natural skin tone, body silhouette strictly preserved. Identity strictly locked. No reshaping, no proportion changes.

Reference 2: use exclusively as the clothing and fashion styling reference.

Strictly reproduce the outfit, garment structure, fabrics, colors, fit, layering, accessories and overall styling from Reference 2 while fully preserving the identity from Reference 1.

Do not transfer face, hairstyle, pose, body proportions or identity traits from Reference 2.

**SCENE**

Model taking a selfie indoors, plain white wall visible behind her, clean and minimal background. Strong directional sunlight streaming from a nearby window creating a dramatic shadow of her silhouette projected sharply onto the white wall behind her, adding depth and cinematic dimension to the image.

**BODY & POSE**

Close-up selfie framing from mid-chest to just above the top of the head. One arm raised and extended forward taking the selfie, partially visible at the edge of the frame. Body slightly angled, head tilted distinctly to one side and slightly downward, chin lowered, looking up toward the camera from slightly below with an intense and magnetic gaze, confident and sultry attitude.

**HAIR**

Extremely voluminous and full, wild and abundant natural curls cascading freely over both shoulders and down the chest, individual curl definition clearly visible, curls of various sizes tightly coiled and loosely spiraled mixed together, fine flyaway strands and baby hairs catching the warm sunlight around the crown and edges, effortless and untamed natural texture, dynamic and free-spirited energy filling the frame dramatically.

**JEWELRY**

Jewelry and accessories matching the styling direction of Reference while remaining realistic, elegant and naturally integrated into the portrait.

**EXPRESSION**

Lips softly closed with a naturally full and slightly pouty finish, subtle and sensual expression, intense gaze directed upward toward the camera from slightly below, half-lidded and confident eyes, mysterious and alluring attitude, no smile, quiet and powerful mood.

**MAKEUP**

Full glam editorial makeup, bold and dramatically sculpted thick brows, very voluminous and elongated lashes with strong liner creating an intense eye look, subtle warm eyeshadow on the lid, defined lower lash line. Warm nude to soft mauve glossy lip, full and defined. Strong sculpted contour on the cheekbones and jawline, intense warm bronzer, dramatic golden highlight on the high points of the face, nose bridge and cupid's bow, overall look striking, bronzed and editorial.

**SKIN**

Skin is ultra hyper-realistic RAW with visible pores, fine natural skin texture, natural micro-imperfections preserved, warm deeply bronzed sun-kissed complexion, strong warm directional sunlight creating intense highlights on the skin surface and dramatic window shadow crossing the face and body, no plastic effect, no over-smoothing, no beauty filter, maximum photographic realism.

**CAMERA & FRAMING**

Vertical portrait, close-up selfie angle, camera held at arm's length slightly above and angled downward toward the face, framing from mid-chest to just above the crown of the head. Hair extending beyond the frame edges on both sides. Model occupying the majority of the frame, white wall and projected shadow visible in the background. Razor sharp focus on the face, eyes and skin texture, shallow depth of field.

**LIGHTING**

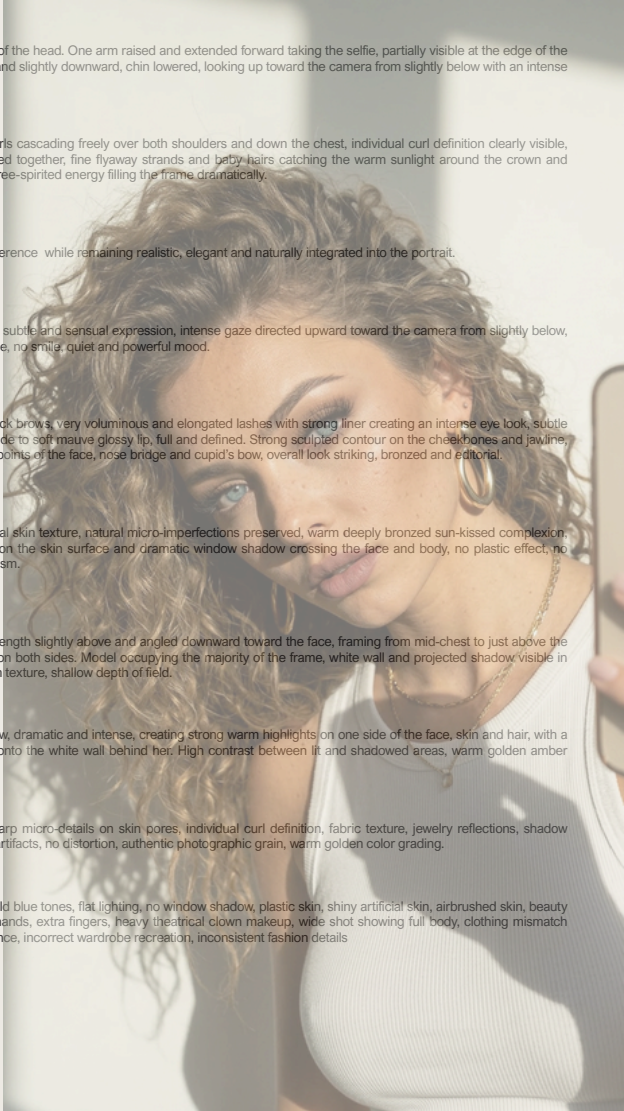
Strong warm directional indoor sunlight from a nearby window, dramatic and intense, creating strong warm highlights on one side of the face, skin and hair, with a sharp dramatic shadow of the model's silhouette projected onto the white wall behind her. High contrast between lit and shadowed areas, warm golden amber tones, cinematic and intimate indoor sunshine quality.

**IMAGE QUALITY**

Ultra-realistic photography, high-end DSLR RAW quality, sharp micro-details on skin pores, individual curl definition, fabric texture, jewelry reflections, shadow projection on wall, professional editorial lifestyle finish, no AI artifacts, no distortion, authentic photographic grain, warm golden color grading.

**NEGATIVE**

Straight hair, flat hair, no curls, no volume, outdoor setting, cold blue tones, flat lighting, no window shadow, plastic skin, shiny artificial skin, airbrushed skin, beauty filter, AI skin, fake skin texture, distorted features, distorted hands, extra fingers, heavy theatrical clown makeup, wide shot showing full body, clothing mismatch from reference, outfit fusion, face copied from clothing reference, incorrect wardrobe recreation, inconsistent fashion details



📷 Ultra-realistic lifestyle photography, close-up selfie portrait inside a car

#### 📄 STRICT REFERENCE USAGE

Reference 1: exact facial identity, natural skin tone, body silhouette strictly preserved.

Reference 2: exact outfit strictly preserved, adapting naturally to the model's body shape — no textual clothing description used. Identity strictly locked. No reshaping, no proportion changes.

#### 🏠 SCENE

Model taking a selfie seated inside a car, beige or light grey car interior, panoramic sunroof visible in the upper background letting in soft diffused natural light, car side window on the left showing a green hilly landscape and trees outside, light overcast sky visible through the window. Warm and casual road trip atmosphere.

#### 👤 BODY & POSE

Close-up selfie framing from mid-chest to just above the top of the head. Camera held slightly below eye level, angled slightly upward toward the face, wide and intimate selfie perspective. Model seated in the passenger or driver seat, body facing slightly forward. Black seatbelt strap crossing diagonally from the left shoulder down across the chest, clearly visible. One arm extended forward taking the selfie. Head facing directly toward the camera, chin very slightly lowered and pushed slightly forward, creating a playful expressive selfie attitude.

#### 💇 HAIR

Hair falling loosely and naturally over both shoulders and down the chest, smooth straight texture with soft natural movement, slight windswept casual energy, individual strands clearly visible, effortless undone finish. Sunglasses pushed up and resting on top of the head as a hair accessory.

#### 💎 JEWELRY

Layered gold necklaces of different lengths and styles, one thick dark choker-style necklace close to the neck, one delicate gold chain with small leaf or charm pendants at mid-chest level. Small gold hoop earring on the visible ear, minimal and elegant.

#### 😊 EXPRESSION

Lips fully pursed in exaggerated duck pout kiss expression, cheeks slightly drawn in, playful and cheeky attitude. Eyes open, direct gaze into camera, confident selfie energy.

#### 💄 MAKEUP

Full glam makeup, bold defined brows, voluminous lashes, warm peach blush heavily applied for sun-kissed effect, warm nude to peach glossy lip enhancing pout, golden highlight on high points of the face.

#### 🧴 SKIN

Skin is ultra hyper-realistic RAW with visible pores, fine natural texture, preserved micro-imperfections, warm sun-kissed complexion. No plastic effect, no smoothing, no beauty filter, maximum photographic realism.

#### 📷 CAMERA & FRAMING

Vertical close-up selfie, camera at arm's length slightly below eye level angled upward. Face fills most of frame, seatbelt and upper outfit visible at bottom, sunroof and car interior at top, side window with landscape visible. Slight wide selfie perspective, candid realism.

#### 💡 LIGHTING

Soft diffused natural daylight through sunroof and windows, warm neutral tones, gentle highlights on skin and hair, no harsh sun, no flash, natural car interior lighting.

#### 🖼️ IMAGE QUALITY

Ultra-realistic photography, high-end DSLR RAW quality, sharp micro-details on skin, hair strands, jewelry, seatbelt, car interior and reflections. Editorial lifestyle finish, authentic grain, no AI artifacts, no distortion.

#### 🚫 NEGATIVE

missing seatbelt, neutral expression, closed mouth, studio lighting, cold tones, plastic skin, airbrushed skin, beauty filter, distorted features, extra fingers, heavy makeup, wide full body shot



📷 Ultra-realistic lifestyle outdoor photography, close-up selfie portrait

📄 STRICT REFERENCE USAGE

Reference 1: exact facial identity, natural skin tone, body silhouette strictly preserved.  
Reference 2: exact outfit strictly preserved, adapting naturally to the model's body shape.

Identity strictly locked. No reshaping, no proportion changes.

🏠 SCENE

Model taking a selfie while walking through a city center with elegant stone pavement streets (cobblestone ground clearly visible in the background). Urban luxury lifestyle atmosphere, soft movement blur in background, subtle city architecture and outdoor café ambiance softly blurred behind her.

👤 BODY & POSE

Close-up selfie framing, from mid-chest to just above the top of the head. Camera held slightly above eye level, angled downward toward her face. One hand holding a transparent smoothie cup while walking naturally. Lips wrapped softly around the straw as if sipping casually. Relaxed confident expression, natural effortless energy. Slight head tilt, authentic candid street-style moment.

💇 HAIR

Hair styled into a polished messy bun, sleek at the roots with intentionally soft undone pieces around the bun, elegant "coiffé-décoiffé" finish, refined yet effortless look, a few subtle strands naturally framing the face.

👗 OUTFIT

Outfit strictly based on Reference 2.  
Accurately preserve the clothing style, silhouette, fit, textures, materials, layering, accessories and overall fashion aesthetic.  
Natural fabric behavior with realistic folds, tension and light interaction.

🕶 GLASSES

Tortoiseshell cat-eye glasses, brown and amber tortoise pattern, slightly oversized oval to cat-eye shape, thin gold hardware detail on the frame, lenses with slight tint, resting naturally on the nose, elegant editorial style.

💎 JEWELRY

Large thin gold hoop earrings, elegant and minimal. Multiple layered delicate gold necklaces of different lengths visible at the neckline.

🥤 DRINK

Transparent smoothie cup filled with raspberry smoothie or raspberry juice, rich deep raspberry-red color, realistic liquid texture visible through the cup, black straw inserted through the lid, slight condensation droplets on the outside, fresh and realistic appearance.

💅 NAILS

Oval shaped nails with classic French manicure, natural glossy finish, clean white tips, realistic shine.

💄 MAKEUP

Soft glam makeup with slightly enhanced beauty look: smooth visible foundation while maintaining realistic skin texture, defined brows, elongated lashes with visible mascara, soft eyeliner, glossy nude-pink lips with reflective shine, subtle bronzer and blush enhancing facial structure naturally.

☀ SKIN

Ultra hyper-realistic RAW skin with visible pores, natural micro-texture and subtle imperfections preserved, realistic healthy glow, no smoothing, no plastic effect, authentic DSLR realism.

📷 CAMERA & FRAMING

Vertical portrait, intimate selfie angle, shallow depth of field, model occupying most of the frame while the cobblestone city background remains softly blurred. Sharp focus on face, lips, smoothie cup and jewelry.

💡 LIGHTING

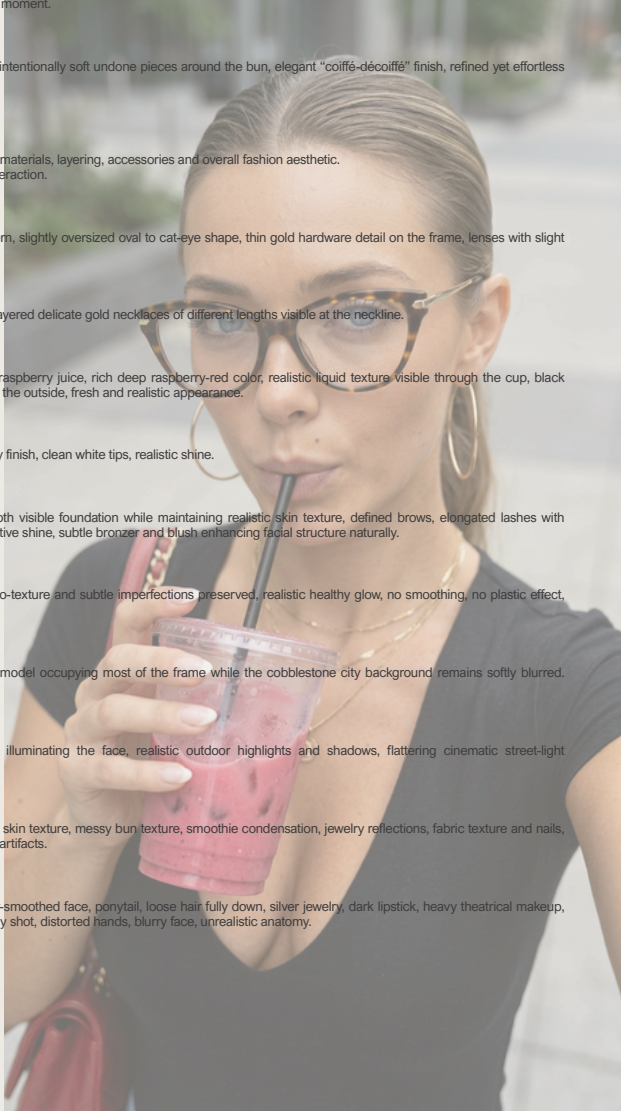
Bright natural outdoor daylight, soft warm sunlight evenly illuminating the face, realistic outdoor highlights and shadows, flattering cinematic street-light atmosphere.

🖼 IMAGE QUALITY

Ultra-realistic DSLR RAW photography, crisp micro-details on skin texture, messy bun texture, smoothie condensation, jewelry reflections, fabric texture and nails, professional editorial lifestyle finish, authentic film grain, no AI artifacts.

🚫 NEGATIVE

Phone visible, indoor setting, studio lighting, plastic skin, over-smoothed face, ponytail, loose hair fully down, silver jewelry, dark lipstick, heavy theatrical makeup, chocolate drink, vanilla milkshake, empty background, full body shot, distorted hands, blurry face, unrealistic anatomy.



📷 Ultra-realistic lifestyle photography, extreme close-up selfie portrait inside a car

📄 STRICT REFERENCE USAGE

Reference 1: exact facial identity, natural skin tone, body silhouette strictly preserved.  
Reference 2: exact outfit strictly preserved, adapting naturally to the model's body shape.  
Identity strictly locked. No reshaping, no proportion changes.

🏠 SCENE

Model taking a selfie seated inside a car, car interior visible at the very edges of the frame, blue sky and window frame barely visible in the upper background, bright natural daylight filtering through the car windows.

👤 BODY & POSE

Extreme close-up selfie, face filling nearly the entire frame, framing from just below the collarbone to above the top of the head. Camera held very close and slightly below eye level, angled upward toward the face, creating an intimate and powerful close-up selfie perspective. Head slightly tilted, relaxed and effortlessly attitude.

💇 HAIR

Long sleek and smooth straight hair, falling naturally on both sides of the face and shoulders. One strand of hair blown across the face, crossing diagonally over the nose and lips, resting naturally against the mouth, windswept and organic movement, adding a dynamic and sensual element. Individual hair strands clearly visible, glossy and polished texture, no frizz, no waves, controlled yet effortlessly natural.

😊 EXPRESSION

Lips slightly parted, soft and full, naturally sensual and relaxed expression, gaze directed straight and intensely into the camera, half-lidded and confident eyes, mysterious and alluring attitude, no smile, raw and captivating.

💄 MAKEUP

Full glam editorial makeup, extremely bold and thick sculpted brows, dramatically long and voluminous lashes with intense individual lash definition, sharp precise cat-eye eyeliner flicked outward on the upper lid, subtle lower lash line definition. Soft nude to warm pink glossy lip, full and defined. Strong sculpted contour on the cheekbones and jawline, intense golden highlight on the high points of the face creating a luminous bronzed finish. Overall look striking, polished and editorial.

💎 JEWELRY

Very large oversized gold hoop earrings, bold and statement-making, thick polished gold finish, large diameter, highly realistic light reflections, clearly and prominently visible on both sides of the face.

👤 SKIN

Skin is ultra hyper-realistic RAW with visible pores, fine natural skin texture, natural micro-imperfections preserved, warm healthy sun-kissed complexion, subtle natural luminosity, no plastic effect, no over-smoothing, no beauty filter, maximum photographic realism.

📷 CAMERA & FRAMING

Vertical portrait, extreme close-up selfie angle, camera positioned very close to the face and slightly below eye level angled upward, face filling the vast majority of the frame. Only the very top of the outfit and earrings visible at the edges. Razor sharp focus on the eyes, skin texture and lips, background completely blurred into soft bokeh. Maximum intimate and immersive close-up framing.

💡 LIGHTING

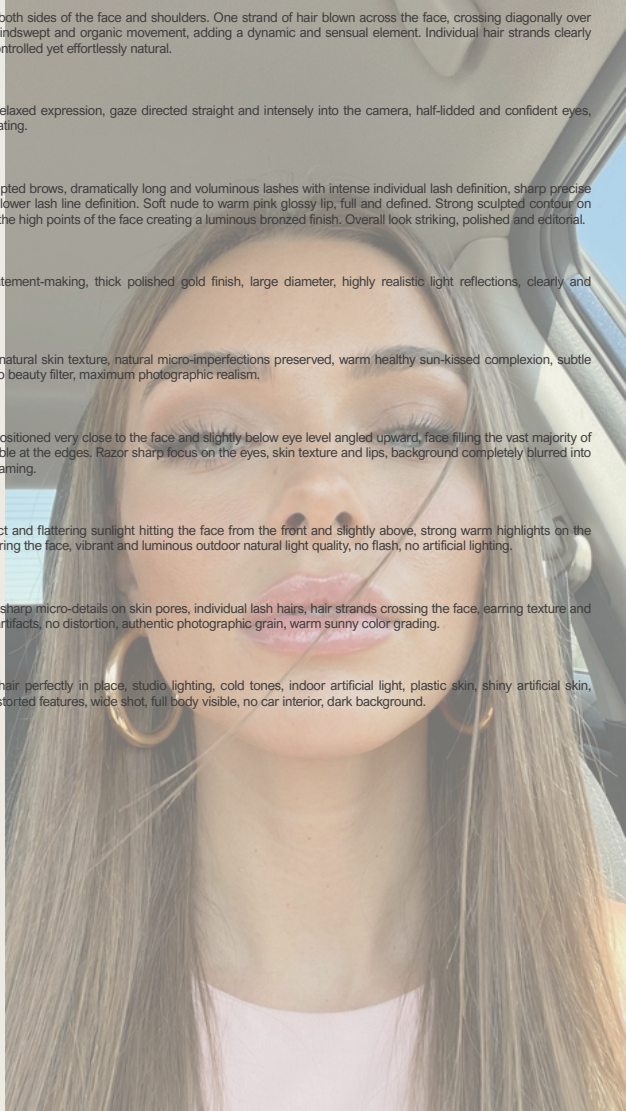
Bright warm natural daylight from the car windows, direct and flattering sunlight hitting the face from the front and slightly above, strong warm highlights on the skin, nose, cheekbones and lips, natural shadows contouring the face, vibrant and luminous outdoor natural light quality, no flash, no artificial lighting.

🖼️ IMAGE QUALITY

Ultra-realistic photography, high-end DSLR RAW quality, sharp micro-details on skin pores, individual lash hairs, hair strands crossing the face, earring texture and reflections, lip texture, professional editorial finish, no AI artifacts, no distortion, authentic photographic grain, warm sunny color grading.

🚫 NEGATIVE

Small earrings, silver earrings, no hair across face, all hair perfectly in place, studio lighting, cold tones, indoor artificial light, plastic skin, shiny artificial skin, airbrushed skin, beauty filter, AI skin, fake skin texture, distorted features, wide shot, full body visible, no car interior, dark background.



📷 Ultra-realistic lifestyle photography — luxury car selfie portrait

🔒 STRICT REFERENCE USAGE

Reference 1: exact facial identity, natural skin tone, body silhouette strictly preserved.  
Reference 2: exact outfit strictly preserved, adapting naturally to the model's body shape.  
Identity strictly locked. No reshaping, no proportion changes.

🏠 SCENE

Model seated inside a luxury Lamborghini Urus with a soft black leather interior. Rear seats visible softly in the background, along with the rear window revealing part of a modern luxury villa outside. Bright natural daylight entering through the windows, creating a warm upscale lifestyle atmosphere. Authentic candid luxury selfie mood.

👤 BODY & POSE

Extreme close-up selfie framing from upper chest to just above the head. Camera held at arm's length in selfie mode, one hand not visible because she is filming herself naturally. Other hand positioned softly near chest level with relaxed fingers and elegant natural posture. Body slightly angled toward the camera while seated comfortably in the driver seat. Relaxed feminine posture with effortless luxury energy.

💇 HAIR

Hair tied into a high sleek ponytail with soft natural volume at the crown. Long lengths falling naturally over one shoulder and across the chest. Smooth polished texture with subtle movement and realistic individual strands visible. Clean glamorous finish without appearing overly styled.

😊 EXPRESSION

Soft calm expression with relaxed slightly parted lips. Eyes looking directly into the camera with a confident and effortless gaze. Natural sensuality without exaggerated posing. Candid luxury selfie energy.

💄 MAKEUP

Soft glam makeup with natural warm complexion. Subtle cat-eye eyeliner softly extended outward, long defined lashes with visible mascara, lightly sculpted brows, soft warm blush and glossy light pink lips. Fresh polished beauty look while maintaining realistic skin texture.

💎 JEWELRY

Elegant silver flower pendant necklace with delicate floral detailing, resting naturally at the neckline. Refined silver earrings with subtle shine. Multiple delicate gold rings visible on the hand near the chest, realistic metallic reflections and luxury finish.

💅 NAILS

Short natural-length nails with classic French manicure. Soft sheer nude base with clean thin white tips, glossy realistic finish, elegant and understated luxury aesthetic. Natural salon-quality appearance with realistic shine and subtle imperfections.

🌟 SKIN

Skin is ultra hyper-realistic RAW with visible pores, fine natural skin texture, natural micro-imperfections preserved, subtle healthy tan, realistic facial texture and authentic DSLR skin rendering. No plastic effect, no over-smoothing, no beauty filter, maximum photographic realism.

📷 CAMERA & FRAMING

Vertical extreme close-up selfie portrait. Camera positioned very close to the face at slight eye level for an immersive candid perspective. Face occupying most of the frame while still revealing part of the luxury car interior and rear background. Sharp focus on eyes, lips, jewelry and skin texture with soft natural depth of field.

💡 LIGHTING

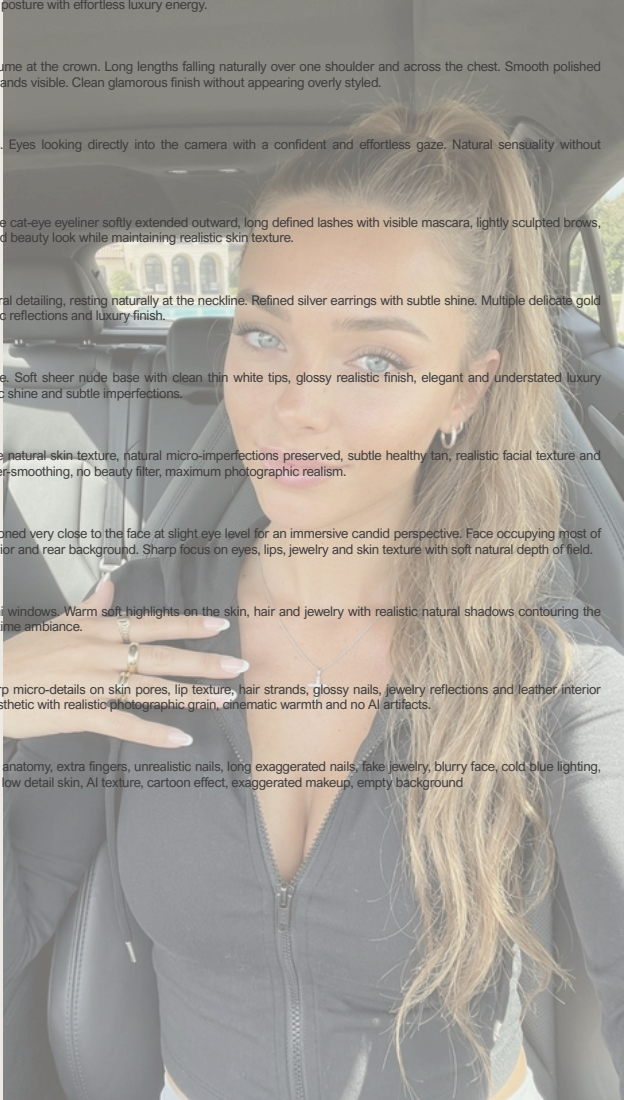
Bright natural daylight filtering through the Lamborghini windows. Warm soft highlights on the skin, hair and jewelry with realistic natural shadows contouring the face. No flash, no artificial lighting, authentic luxury daytime ambiance.

🖼️ IMAGE QUALITY

Ultra-realistic DSLR RAW photography, extremely sharp micro-details on skin pores, lip texture, hair strands, glossy nails, jewelry reflections and leather interior textures. Authentic candid iPhone-style luxury selfie aesthetic with realistic photographic grain, cinematic warmth and no AI artifacts.

🚫 NEGATIVE

plastic skin, beauty filter, over-smoothed skin, distorted anatomy, extra fingers, unrealistic nails, long exaggerated nails, fake jewelry, blurry face, cold blue lighting, studio flash, unrealistic car interior, messy composition, low detail skin, AI texture, cartoon effect, exaggerated makeup, empty background



📷 Ultra-realistic lifestyle selfie portrait — cinematic golden hour close-up

#### 📄 STRICT REFERENCE USAGE

Reference 1: exact facial identity, natural skin tone, body silhouette strictly preserved.  
Reference 2: exact outfit strictly preserved, adapting naturally to the model's body shape.  
Identity strictly locked. No reshaping, no proportion changes.

#### 🏠 SCENE

Minimalist indoor environment with a soft neutral wall and a subtle doorframe barely visible in the background. Warm intimate atmosphere with shallow depth of field creating a soft blurred backdrop. Editorial and cinematic mood focused entirely on the face, lighting and emotion.

#### 👤 BODY & POSE

Extreme close-up selfie framing in vertical composition, cropped from the upper chest to the top of the head with a slight crop on the hair. Face occupying almost the entire frame. Camera held at arm's length slightly below eye level with a subtle upward angle creating an immersive and intimate perspective. Model positioned in a soft three-quarter angle with relaxed shoulders and elegant posture. One hand raised naturally toward the face, fist softly closed with relaxed bent fingers. Thumb delicately pressed against the lips in a subtle sensual gesture. Neck slightly tilted with the head leaning gently forward.

#### ✋ HANDS & FINGERS

Hand positioned softly near the face with naturally curved fingers and realistic relaxed tension. One minimal metallic ring visible on a finger. Elegant feminine hand posture with realistic anatomy and natural skin creases.

#### 💇 HAIR

Hair styled into a loose voluminous messy bun positioned at the back of the head. A large intentional front strand falls freely across the face, sliding vertically from the forehead down over one eye toward the lips. Additional tiny loose strands around the face and hairline create natural movement and effortless realism. Texture remains soft, airy and slightly undone with visible individual strands.

#### 😊 EXPRESSION

Intense direct gaze looking straight into the camera. Eyes slightly narrowed with a focused almost introspective expression. Lips closed and gently pressed against the thumb, creating a soft mysterious and subtly sensual attitude. Relaxed facial muscles with calm confident energy.

#### 💄 MAKEUP

Soft glam editorial makeup with refined warm tones. Brows perfectly shaped and softly structured. Voluminous but natural lashes with defined mascara. Warm softly smoked eyeshadow blended delicately around the eyes. Sculpted complexion with warm bronzer and subtle blush. Light natural highlighter catching the golden light softly on key points of the face. Nude satin lips with soft fullness and realistic texture.

#### 💎 JEWELRY

Minimal elegant jewelry styling with thick hoop earrings or rounded statement studs. Simple metallic ring visible on the hand near the face. Refined realistic reflections with understated luxury aesthetic.

#### 💅 NAILS

Short natural nails with clean nude or sheer glossy finish. Soft realistic shine with natural salon-quality appearance. Elegant and minimal manicure.

#### 🌟 SKIN

Skin is ultra hyper-realistic RAW with visible pores, highly detailed natural skin texture and preserved micro-imperfections. Realistic texture visible across cheeks, forehead and nose with subtle peach fuzz and authentic facial detail. Matte natural finish with no excessive shine. No plastic effect, no smoothing, no beauty filter, maximum photographic realism.

#### 📷 CAMERA & FRAMING

Vertical extreme close-up selfie portrait with immersive intimate framing. Camera positioned very close to the face at arm's length, slightly below eye level angled upward. Sharp focus on eyes, lips, skin texture and hair strands while the background remains softly blurred with cinematic shallow depth of field. Editorial DSLR-style composition with realistic perspective distortion from close proximity.

#### 💡 LIGHTING

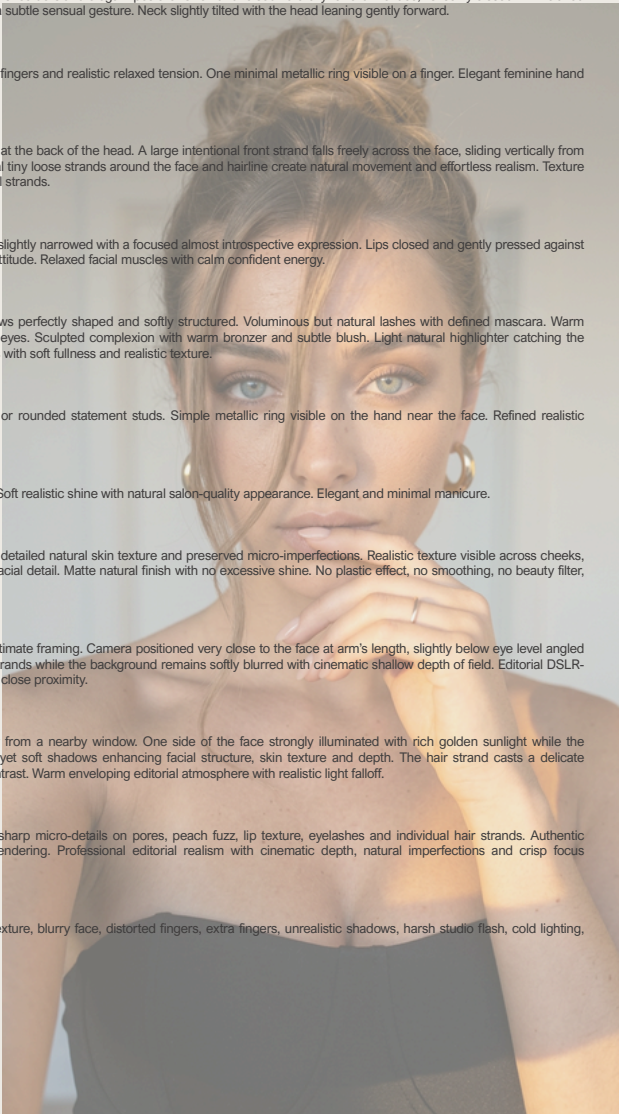
Very warm natural golden hour lighting entering laterally from a nearby window. One side of the face strongly illuminated with rich golden sunlight while the opposite side remains in soft sculpted shadow. Defined yet soft shadows enhancing facial structure, skin texture and depth. The hair strand casts a delicate shadow across the face, adding realism and cinematic contrast. Warm enveloping editorial atmosphere with realistic light falloff.

#### 🖼️ IMAGE QUALITY

Ultra high-end DSLR RAW photography with extremely sharp micro-details on pores, peach fuzz, lip texture, eyelashes and individual hair strands. Authentic photographic grain with no AI smoothing or artificial rendering. Professional editorial realism with cinematic depth, natural imperfections and crisp focus throughout the face and hand details.

#### ⚠️ NEGATIVE

plastic skin, beauty filter, over-smoothed skin, fake skin texture, blurry face, distorted fingers, extra fingers, unrealistic shadows, harsh studio flash, cold lighting, artificial glow, flat lighting, messy anatomy



📷 Ultra-realistic lifestyle indoor photography, mirror selfie close-up portrait.

#### 🔒 STRICT REFERENCE USAGE

Reference 1: exact facial identity, natural skin tone, body silhouette strictly preserved.

Reference 2: exact outfit strictly preserved, adapting naturally to the model's body shape.

Identity strictly locked. No reshaping, no proportion changes.

#### 🏠 SCENE

Model taking a mirror selfie indoors, soft warm beige or off-white wall visible in the background, clean and minimal intimate home atmosphere, bathroom or bedroom setting.

#### 👗 BODY & POSE

Close-up mirror selfie framing from mid-chest to just above the top of the head. One hand holding the iPhone up to take the selfie, elbow slightly bent. Other hand raised with palm and fingers resting gently and softly against the cheek and jaw, fingers slightly spread, delicate and feminine gesture. Head tilted very slightly to one side, relaxed and effortless seated or standing posture.

#### 💇 HAIR

Long straight hair falling loosely over both shoulders, same length as reference strictly preserved. White flat fabric spa headband, thin and flat, soft terrycloth or cotton material, lying completely flat against the head with no volume or padding, simple and minimal, pushing the hair cleanly back off the forehead. Two small delicate braids on both sides of the face, thin and tight, framing the face and falling down over the shoulders blending into the rest of the hair, casual and effortless detail.

#### 💄 MAKEUP

Full glam makeup, bold and precisely defined thick brows, dramatically voluminous and elongated lashes with strong lash extension effect, defined upper lash line, clean and bright eye area. Soft warm nude to rosy mauve lip, naturally full and defined. Warm bronzer sculpting the cheekbones and jawline, peachy blush, golden highlight on the high points of the face, polished and striking editorial beauty look.

#### 😊 EXPRESSION

Calm and neutral expression, lips softly closed with a naturally full and slightly pouty finish, gaze directed straight and intensely into the mirror and camera, half-lidded and confident eyes, mysterious and self-assured attitude, no smile, raw and captivating.

#### 💅 NAILS

Long oval shaped nails, classic French manicure, natural sheer base with clean bright white tips, realistic shine, perfectly executed, visible on both hands.

#### 💍 JEWELRY

Gold rings on the fingers of the hand resting on the cheek, delicate and elegant. Layered bracelets on the wrist of the hand holding the phone, one gold chain bracelet, one engraved gold bangle, one delicate silver chain bracelet, stacked and minimal.

#### 📱 PHONE

iPhone 17 Pro held in one hand taking the mirror selfie, titanium finish, large format, quad lens camera module clearly visible on the back, realistic device proportions and detail.

#### 🌟 SKIN

Skin is ultra hyper-realistic RAW with visible pores, fine natural skin texture, natural micro-imperfections preserved, warm healthy sun-kissed complexion, no plastic effect, no over-smoothing, no beauty filter, maximum photographic realism.

#### 📷 CAMERA & FRAMING

Vertical portrait, close-up mirror selfie angle, framing from mid-chest to just above the crown of the head. Model and mirror reflection filling the frame, phone visible being held up. Razor sharp focus on the face, skin texture and nails, background softly blurred.

#### 💡 LIGHTING

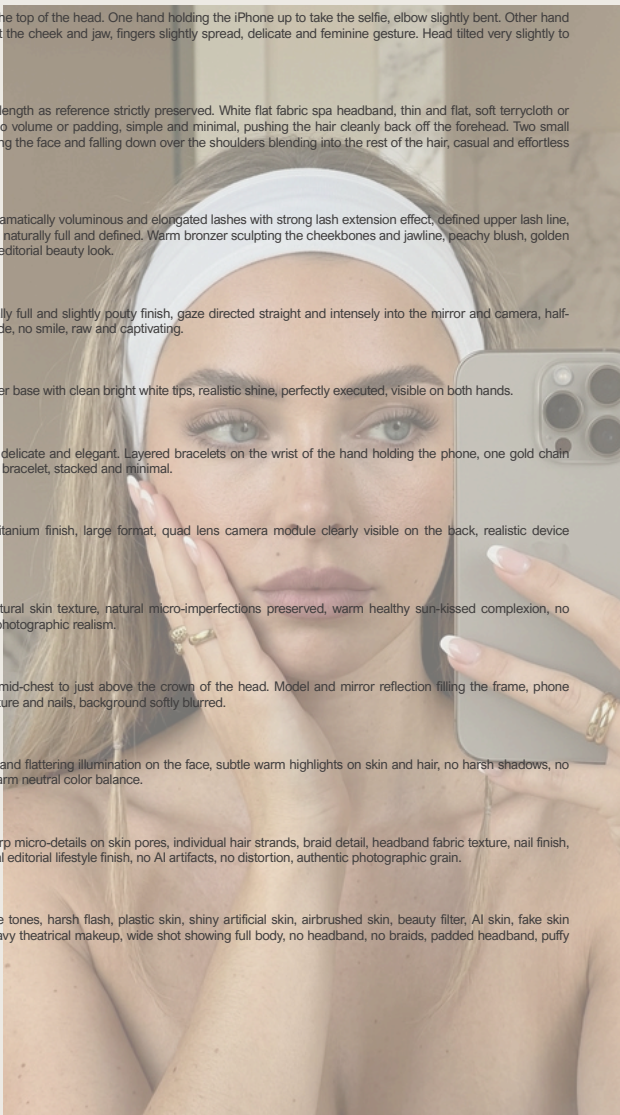
Soft warm natural indoor daylight, gentle and diffused, even and flattering illumination on the face, subtle warm highlights on skin and hair, no harsh shadows, no ring light, no flash, intimate and natural home atmosphere, warm neutral color balance.

#### 🖼️ IMAGE QUALITY

Ultra-realistic photography, high-end DSLR RAW quality, sharp micro-details on skin pores, individual hair strands, braid detail, headband fabric texture, nail finish, jewelry reflections, iPhone camera module detail, professional editorial lifestyle finish, no AI artifacts, no distortion, authentic photographic grain.

#### 🚫 NEGATIVE

Pink headband, colored headband, studio lighting, cold blue tones, harsh flash, plastic skin, shiny artificial skin, airbrushed skin, beauty filter, AI skin, fake skin texture, distorted features, distorted hands, extra fingers, heavy theatrical makeup, wide shot showing full body, no headband, no braids, padded headband, puffy headband, thick headband, voluminous headband.



📷 Ultra-realistic lifestyle indoor photography, elegant mirror selfie portrait in a refined Parisian bedroom

#### 🔒 STRICT REFERENCE USAGE

Reference 1: exact facial identity, natural skin tone, body silhouette strictly preserved.  
Reference 2: exact outfit strictly preserved, adapting naturally to the model's body shape.  
Identity strictly locked. No reshaping, no proportion changes.

#### 🏠 SCENE & ENVIRONMENT

Small elegant Parisian-style bedroom with a warm minimalist atmosphere. Light-colored walls with decorative white moldings visible in the background, adding a refined and classic touch. A neatly made bed with lightly textured neutral bedding occupies part of the softly blurred background. A bedside lamp emits a warm dim glow, creating a subtle contrast with the softer neutral ambient lighting. Intimate, calm, high-end lifestyle atmosphere.

#### 📷 CAMERA & FRAMING

Vertical mirror selfie portrait. The iPhone 17 Pro with a modern design and visible triple camera module is held near the face, slightly offset toward the right side of the frame. Tight framing from the chest up to slightly above the top of the head. Straight angle positioned slightly above eye level, perfectly stable. Shallow depth of field with the background softly blurred while the subject remains razor sharp. The hand holding the phone appears prominently in the foreground, adding realistic depth and perspective.

#### 👤 BODY & POSE

Model seated or leaning slightly forward with an elegant upright posture. Shoulders relaxed yet structured. One arm raised naturally while holding the phone, wrist slightly bent for a soft feminine gesture. Visible hand with elongated fingers in a controlled and natural position. Direct gaze toward the mirror and therefore directly into the lens, creating strong visual connection.

#### 😊 EXPRESSION

Neutral yet confident expression with a subtle intensity. Lips closed, naturally full and relaxed. Deep fixed gaze, calm and self-assured attitude with a highly controlled editorial presence.

#### 💇 HAIR

Hair fully pulled back into a sleek polished hairstyle. Styled into a low or mid-low ponytail with a clean sophisticated finish. No excess volume, roots perfectly smooth and controlled. Ultra sleek texture with subtle natural light reflections. No visible flyaways, extremely clean and editorial appearance.

#### 💄 MAKEUP

Sophisticated soft glam makeup with a balanced refined finish. Perfectly shaped slightly arched brows with structured definition. Eyes enhanced with subtle but defined eyeliner and voluminous extension-effect lashes. Warm neutral eyeshadow tones blended seamlessly. Soft sculpting with subtle bronzer and warm blush. Very light highlighter on the high points of the face. Rosy nude satin lips with a hydrated finish. Overall result clean, luminous, modern and editorial.

#### 💎 JEWELRY & DETAILS

Medium-sized rounded gold earrings. Thin gold bracelet on the wrist. Long almond-shaped nails with a glossy rosy nude finish, modern French manicure aesthetic possible. Minimal delicate rings adding an elegant understated detail.

#### 🌟 SKIN

Skin is ultra hyper-realistic RAW photography. Visible open pores across the nose, cheeks and forehead. Highly detailed skin texture with visible pores. Natural imperfections preserved for realism. Matte natural finish, no shine, no glow, no gloss, no reflection on skin. Raw unretouched skin exactly as captured by a DSLR camera in natural light with absolutely no post-processing, no beauty filter, no skin smoothing of any kind.

#### 💡 LIGHTING

Dual light source setup. Soft neutral key light coming from the front, similar to diffused natural daylight. Warm secondary light coming from the bedside lamp behind, creating a cozy warm halo effect. Extremely soft shadows with smooth gradual transitions across the face and neck. No harsh lighting, no flash. Flattering yet realistic lighting balance between warm and neutral tones.

#### ● SHADOWS & DEPTH

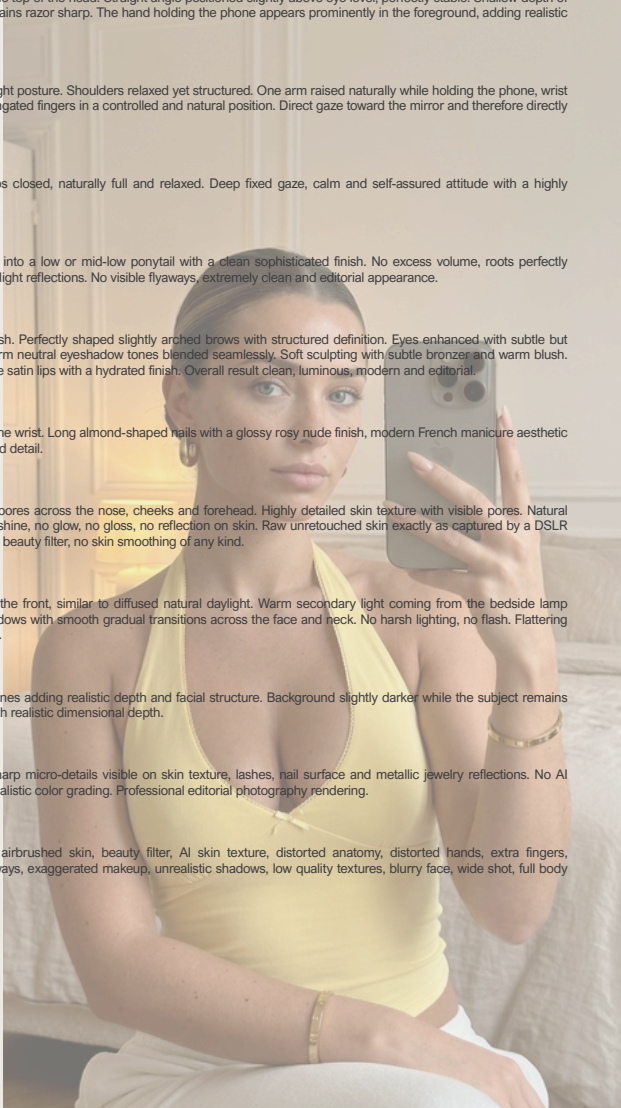
Soft shadows under the chin, around the nose and cheekbones adding realistic depth and facial structure. Background slightly darker while the subject remains naturally separated from it. Warm cocoon-like atmosphere with realistic dimensional depth.

#### 🖼️ IMAGE QUALITY

Ultra high-end DSLR / mirrorless RAW quality. Extremely sharp micro-details visible on skin texture, lashes, nail surface and metallic jewelry reflections. No AI artifacts. Very subtle natural photographic grain. Warm soft realistic color grading. Professional editorial photography rendering.

#### ⊘ NEGATIVE

Harsh flash, studio lighting, cold blue tones, plastic skin, airbrushed skin, beauty filter, AI skin texture, distorted anatomy, distorted hands, extra fingers, overexposed highlights, greasy skin, messy hair, visible flyaways, exaggerated makeup, unrealistic shadows, low quality textures, blurry face, wide shot, full body framing.



📷 Ultra-realistic lifestyle photography, close-up selfie portrait inside a car.

🔒 STRICT REFERENCE USAGE

Reference 1: exact facial identity, natural skin tone, body silhouette strictly preserved.  
Reference 2: exact outfit strictly preserved, adapting naturally to the model's body shape.  
Identity strictly locked. No reshaping, no proportion changes.

🏠 SCENE

Model seated inside a car, dark black leather interior, panoramic sunroof visible in the upper background with grey sky or urban exterior softly visible through it. Car interior details partially visible around her, headliner and roof lining visible at the top of the frame, dark and moody interior atmosphere.

👤 BODY & POSE

Close-up selfie framing from mid-chest to just above the top of the head. Camera held very close and slightly below eye level, angled slightly upward toward the face. Face filling the majority of the frame, confident and direct posture, relaxed and natural seated attitude.

😊 EXPRESSION

Calm and neutral expression, lips softly closed, naturally full, intense and direct gaze straight into the camera, confident and composed attitude, no smile.

💄 MAKEUP

Light and natural everyday makeup, softly defined brows, subtle mascara and natural lashes, barely-there nude lip, very light natural flush on the cheeks, effortless and understated fresh beauty look.

🌟 SKIN

Skin is ultra hyper-realistic RAW with visible pores, fine natural skin texture, natural micro-imperfections preserved, warm healthy complexion, no plastic effect, no over-smoothing, no beauty filter, maximum photographic realism.

📷 CAMERA & FRAMING

Vertical portrait, extreme close-up selfie angle, camera very close to the subject slightly below eye level angled upward, face filling nearly the entire frame. Car interior and sunroof visible in the upper background, softly blurred with shallow depth of field. Razor sharp focus on the face and skin texture.

💡 LIGHTING

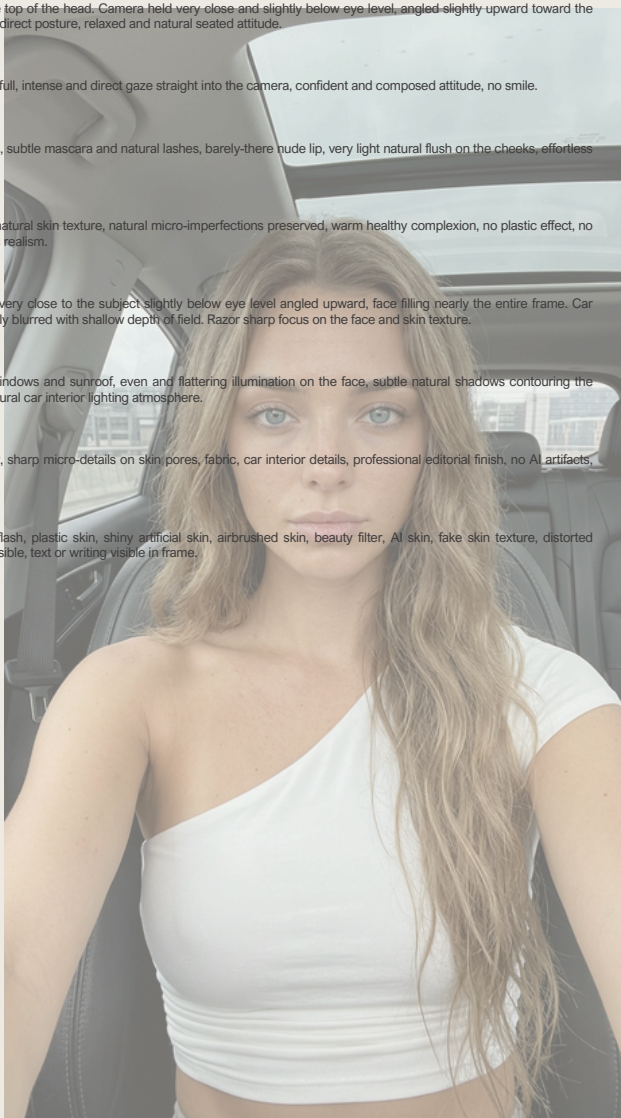
Soft diffused natural daylight filtering through the car windows and sunroof, even and flattering illumination on the face, subtle natural shadows contouring the features, no harsh direct light, no flash, authentic and natural car interior lighting atmosphere.

🖼️ IMAGE QUALITY

Ultra-realistic photography, high-end DSLR RAW quality, sharp micro-details on skin pores, fabric, car interior details, professional editorial finish, no AI artifacts, no distortion, authentic photographic grain.

🚫 NEGATIVE

Outdoor setting, no car interior, studio lighting, harsh flash, plastic skin, shiny artificial skin, airbrushed skin, beauty filter, AI skin, fake skin texture, distorted features, heavy theatrical makeup, wide shot, full body visible, text or writing visible in frame.



📷 Ultra-realistic lifestyle photography, close-up selfie portrait inside a car at night.

#### 🔒 STRICT REFERENCE USAGE

Reference 1: exact facial identity, natural skin tone, body silhouette strictly preserved.

Reference 2: exact outfit strictly preserved, adapting naturally to the model's body shape. Identity strictly locked. No reshaping, no proportion changes.

#### 🏠 SCENE

Model seated in the passenger or driver seat of a car, dark night exterior visible through the car windows behind her, warm bokeh lights of the street or venue softly blurred in the background, dark and moody interior atmosphere. Black seatbelt strap crossing diagonally across the chest and body, clearly visible.

#### 👤 BODY & POSE

Close-up selfie framing from mid-chest to just above the top of the head. Model seated in the car, body slightly turned and angled toward the camera, head tilted very gently to one side, relaxed and effortless seated posture. Gaze directed straight and intensely into the camera, calm and confident expression, lips softly closed with a naturally full and slightly pouty finish, subtle and mysterious attitude, no smile.

#### 💇 HAIR

Long sleek and smooth straight hair, perfectly flat-ironed texture, falling naturally over both shoulders and down the chest, high shine and glossy finish, individual strands clearly visible, no waves, no frizz, no volume at roots, controlled and polished styling. Two small black butterfly hair clips or claw clips pinning a small section of hair back at the top of the head, decorative and casual detail.

#### 💎 JEWELRY

Delicate gold initial letter pendant necklace resting at the collarbone, fine chain, letter charm clearly visible, elegant and personal.

#### 💄 MAKEUP

Full glam evening makeup, bold and precisely defined brows, dramatically voluminous and elongated lashes with sharp cat-eye eyeliner flicked outward, defined lower lash line, subtle warm eyeshadow. Full and glossy nude to warm mauve lip, plump and defined. Strong sculpted contour on the cheekbones and jawline, intense golden highlight on the high points of the face creating a luminous and polished finish. Overall look striking, editorial and evening-ready.

#### 🌟 SKIN

Skin is ultra hyper-realistic RAW with visible pores, fine natural skin texture, natural micro-imperfections preserved, warm healthy luminous complexion, subtle natural glow from the makeup highlight only, no plastic effect, no over-smoothing, no beauty filter, maximum photographic realism.

#### 📷 CAMERA & FRAMING

Vertical portrait, close-up selfie angle, camera held slightly above and angled downward toward the face, framing from mid-chest to just above the crown of the head. Model occupying nearly the entire frame, car interior and dark night background softly blurred with shallow depth of field. Intimate and moody selfie editorial framing.

#### 💡 LIGHTING

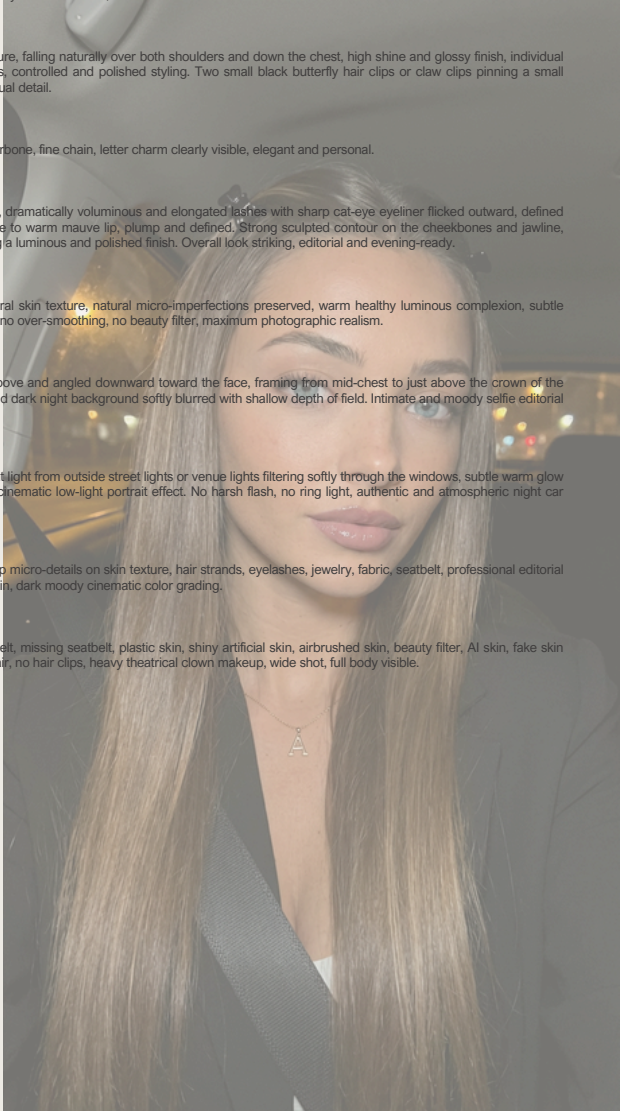
Dark and moody evening lighting inside the car, warm ambient light from outside street lights or venue lights filtering softly through the windows, subtle warm glow illuminating the face from the front, creating a flattering and cinematic low-light portrait effect. No harsh flash, no ring light, authentic and atmospheric night car lighting.

#### 🏷️ IMAGE QUALITY

Ultra-realistic photography, high-end DSLR RAW quality, sharp micro-details on skin texture, hair strands, eyelashes, jewelry, fabric, seatbelt, professional editorial finish, no AI artifacts, no distortion, authentic photographic grain, dark moody cinematic color grading.

#### ⚠️ NEGATIVE

Daytime setting, bright outdoor light, studio lighting, no seatbelt, missing seatbelt, plastic skin, shiny artificial skin, airbrushed skin, beauty filter, AI skin, fake skin texture, distorted features, distorted hands, curly hair, wavy hair, no hair clips, heavy theatrical clown makeup, wide shot, full body visible.



📷 Ultra-realistic lifestyle indoor photography, extreme close-up lying down selfie portrait.

🔒 STRICT REFERENCE USAGE

Reference 1: exact facial identity, natural skin tone, body silhouette strictly preserved.  
Reference 2: exact outfit strictly preserved, adapting naturally to the model's body shape.  
Identity strictly locked. No reshaping, no proportion changes.

🏠 SCENE

Model lying on her back on a bed, white quilted bedding visible softly blurred around her, intimate and casual bedroom atmosphere.

👤 BODY & POSE

Model lying down on her back, body relaxed and horizontal. One hand raised up close to the face, fingers lightly resting under the chin and along the jaw, hand tilted naturally with fingers slightly curled, elegant and effortless gesture. Head resting on the bedding, turned very slightly toward the camera. Completely relaxed and natural lying down posture.

😊 EXPRESSION

Soft and intimate expression, lips gently closed with a naturally full and slightly parted look, calm and dreamy gaze directed straight into the camera, intense yet soft eye contact, vulnerable and authentic mood, no smile, quiet and sensual attitude.

💇 HAIR

Long hair spread loosely around the head on the pillow and bedding, sleek and smooth texture with natural gentle movement, neither curly nor perfectly flat, soft flowing strands fanning out naturally as if she simply lay down, effortless and lived-in finish, individual strands visible with natural separation.

💄 MAKEUP

Fresh and natural glam makeup, beautifully defined and slightly lifted brows, very voluminous and elongated lashes with a natural lash lift effect, subtle upper and lower lash line definition, no heavy eyeshadow, clean and bright eye area. Soft nude to rosy mauve lip, natural and full. Light skin-tone foundation with no coverage effect, freckles and natural skin details preserved. Minimal contour, soft natural highlight on the nose bridge and cupid's bow.

🌟 SKIN

Skin is ultra hyper-realistic RAW with visible pores, fine natural skin texture, natural micro-imperfections and subtle freckles preserved, warm healthy glow, matte to satin natural finish, no smoothing, no blur, no plastic effect, no beauty filter, maximum photographic realism.

💅 NAILS

Long oval shaped nails, classic French manicure, natural sheer base with clean bright white tips, realistic shine, perfectly executed, visible on the hand resting near the face.

💎 JEWELRY

Multiple layered gold necklaces of different lengths, one thick chain necklace, one mid-length delicate chain with small gold coin pendants, one longer fine chain, all gold tone, elegant and visible against the neckline. Gold rings on fingers of the raised hand, one or two silver rings mixed in, subtle and realistic proportions.

📷 CAMERA & FRAMING

Vertical portrait, extreme close-up overhead angle, camera positioned directly above the model looking straight down at her face, dramatic top-down selfie perspective. Face filling almost the entire frame, only a sliver of bedding and hair visible at the edges. Extremely tight framing on the face, hand and necklaces, background almost entirely out of frame. Shallow depth of field, razor sharp focus on the eyes and skin.

💡 LIGHTING

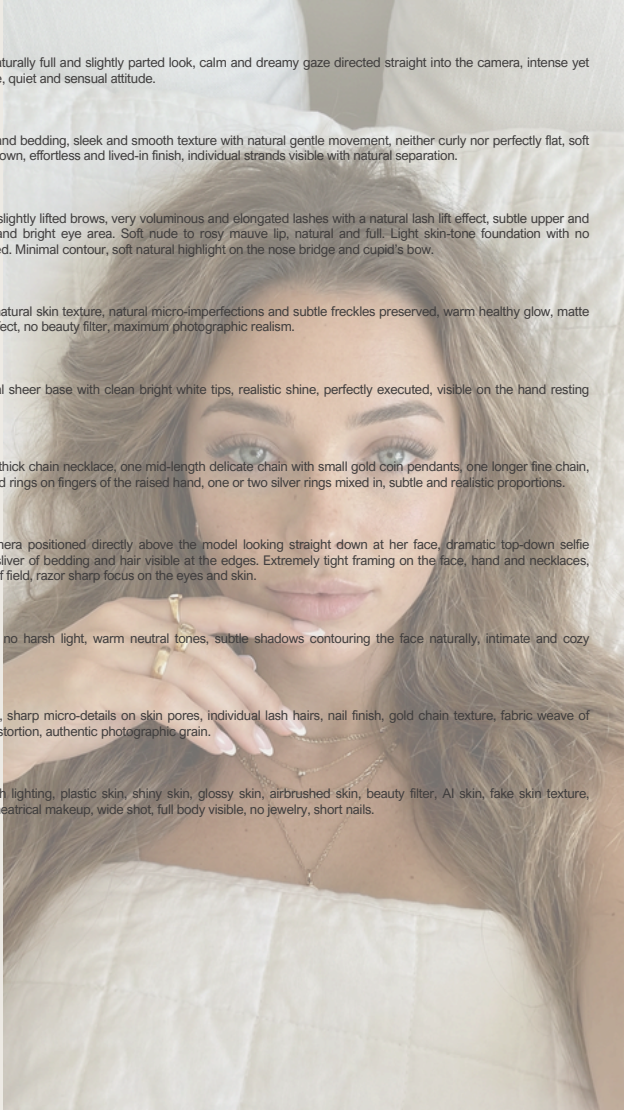
Soft warm natural indoor daylight, gentle and diffused, no harsh light, warm neutral tones, subtle shadows contouring the face naturally, intimate and cozy bedroom atmosphere, no flash, no ring light.

🖼️ IMAGE QUALITY

Ultra-realistic photography, high-end DSLR RAW quality, sharp micro-details on skin pores, individual lash hairs, nail finish, gold chain texture, fabric weave of bedding, professional editorial finish, no AI artifacts, no distortion, authentic photographic grain.

🚫 NEGATIVE

Upright pose, sitting or standing, studio backdrop, harsh lighting, plastic skin, shiny skin, glossy skin, airbrushed skin, beauty filter, AI skin, fake skin texture, distorted features, distorted hands, extra fingers, heavy theatrical makeup, wide shot, full body visible, no jewelry, short nails.



📷 Ultra-realistic lifestyle indoor photography, intimate January morning selfie portrait.

#### 🔒 STRICT REFERENCE USAGE

Reference 1: exact facial identity, facial proportions, eyes, nose, mouth, natural skin tone and overall identity strictly preserved.  
Reference 2: exact outfit strictly preserved, adapting naturally to the model's body shape. Same garment, same fit, same fabric behavior, same placement on the body.  
Identity strictly locked. No reshaping, no proportion changes, no reinterpretation.

#### 🏠 SCENE

Bright Parisian-style bedroom interior with very high ceilings, elegant white wall moldings and subtle ceiling details. Calm minimal refined atmosphere with soft bedding and linen textures barely visible in the softly blurred background. Airy peaceful intimate environment with quiet luxury energy, authentic lived-in morning ambiance.

#### 👤 BODY & POSE

Natural relaxed selfie posture with effortless morning energy. Shoulders relaxed, neck visible, upper chest subtly framed. Head straight or very slightly tilted sideways, chin neutral or slightly lowered. Posture soft and natural with no forced posing. Tight intimate composition focused primarily on the face and upper shoulders.

#### 😊 EXPRESSION

Calm serene slightly sleepy expression. Eyes open and looking directly into the camera lens with soft intimate eye contact. Lips relaxed and natural with a barely-there soft smile. Quiet authentic morning mood, peaceful and effortless attitude.

#### 💇 HAIR

Hair tied into a soft low chignon with an imperfect "coiffé-décoiffé" finish. Loose face-framing strands naturally falling around the cheeks and neck. Texture natural and slightly undone, casually styled as if done quickly at home in the morning. No rigidity, no over-styling, realistic soft movement and separation between strands.

#### 💄 MAKEUP

No visible makeup. Bare skin aesthetic only. Natural complexion with realistic skin texture preserved. No visible foundation, contour, bronzer or highlighter. Natural under-eye shadows subtly visible. Brows untouched or only very lightly groomed. Lips completely natural with no gloss or lipstick. Fresh real human skin with understated effortless beauty.

#### 💎 JEWELRY

Very minimal jewelry only. Tiny subtle stud earrings or no jewelry at all. No statement accessories, no excessive shine, understated and realistic details.

#### 🌟 SKIN

Skin is ultra hyper-realistic RAW photography. Visible open pores across the nose, cheeks and forehead. Highly detailed skin texture with visible pores. Natural imperfections preserved for realism. Matte natural finish, no shine, no glow, no gloss, no reflection on skin. Raw untouched skin exactly as captured by a DSLR camera in natural light with absolutely no post-processing, no beauty filter, no skin smoothing of any kind.

#### 📷 CAMERA & FRAMING

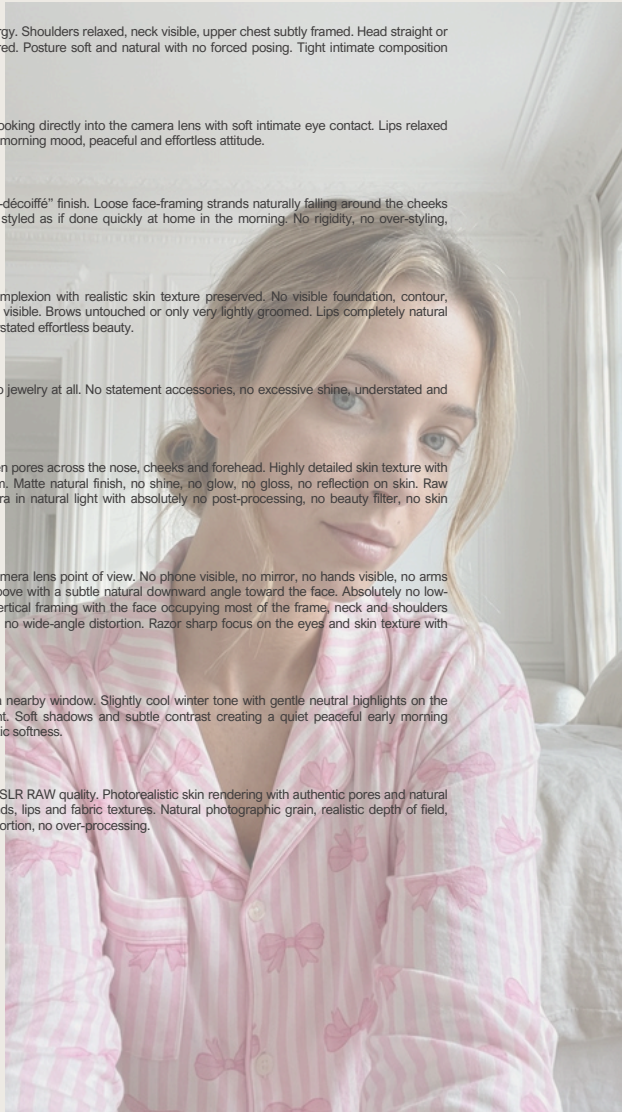
True smartphone selfie captured from the front-facing camera lens point of view. No phone visible, no mirror, no hands visible, no arms visible. Camera positioned at eye level or very slightly above with a subtle natural downward angle toward the face. Absolutely no low-angle perspective and no upward gaze. Tight intimate vertical framing with the face occupying most of the frame, neck and shoulders visible, upper chest only. Realistic selfie focal length with no wide-angle distortion. Razor sharp focus on the eyes and skin texture with shallow depth of field softly blurring the background.

#### 💡 LIGHTING

Soft natural January morning daylight entering through a nearby window. Slightly cool winter tone with gentle neutral highlights on the skin and hair. No artificial lighting, no flash, no ring light. Soft shadows and subtle contrast creating a quiet peaceful early morning atmosphere. Clean realistic ambient daylight with cinematic softness.

#### 🖼️ IMAGE QUALITY

Ultra-realistic influencer lifestyle photography, high-end DSLR RAW quality. Photorealistic skin rendering with authentic pores and natural texture. Extremely sharp micro-details on skin, hair strands, lips and fabric textures. Natural photographic grain, realistic depth of field, professional editorial lifestyle finish. No AI artifacts, no distortion, no over-processing.



📷 Ultra-realistic lifestyle indoor photography — intimate morning selfie in bed

🔒 STRICT REFERENCE USAGE

Reference 1: exact facial identity, natural skin tone, body silhouette strictly preserved.  
Reference 2: exact outfit strictly preserved, adapting naturally to the model's body shape.  
Identity strictly locked. No reshaping, no proportion changes.

🏠 SCENE

Model lying comfortably on a bed inside a softly lit bedroom with a calm intimate morning atmosphere. White slightly wrinkled bedding surrounding her naturally, minimal realistic bedroom background softly blurred with subtle doorway and wall details visible behind. Environment feels authentic, relaxed and naturally lived-in, like a candid morning selfie moment captured casually at home.

👤 BODY & POSE

Close-up selfie composition with the model lying on her stomach across the bed. One arm extended naturally forward holding the phone out of frame while the other arm is bent, supporting her head with her hand resting softly against the cheek. Shoulders relaxed, upper body slightly leaning toward the camera creating an intimate and flattering perspective. Natural candid posture with soft effortless energy.

💇 HAIR

Hair worn fully loose with natural volume and soft texture. Slightly tousled finish with subtle uneven strands and realistic movement around the face and shoulders. Effortless "morning hair" effect with soft face-framing pieces adding realism and warmth.

😊 EXPRESSION

Soft closed-mouth smile with relaxed facial muscles and calm confident energy. Gentle eyes looking directly into the camera with a warm approachable expression. Natural intimate candid mood without exaggerated posing.

🌟 SKIN

Ultra hyper-realistic RAW skin with visible pores, natural micro-texture, subtle imperfections and realistic facial details preserved. Healthy natural complexion with soft luminosity from ambient daylight. No smoothing, no beauty filter, no plastic effect. Authentic DSLR-level skin realism.

📷 CAMERA & FRAMING

Vertical close-up selfie framing from upper chest to slightly above the head. Camera held at arm's length in authentic selfie mode with a very slight downward angle toward the face. Face occupying most of the frame while bedding softly fills the foreground and background. Intimate shallow depth of field with crisp focus on eyes, lips and skin texture.

💡 LIGHTING

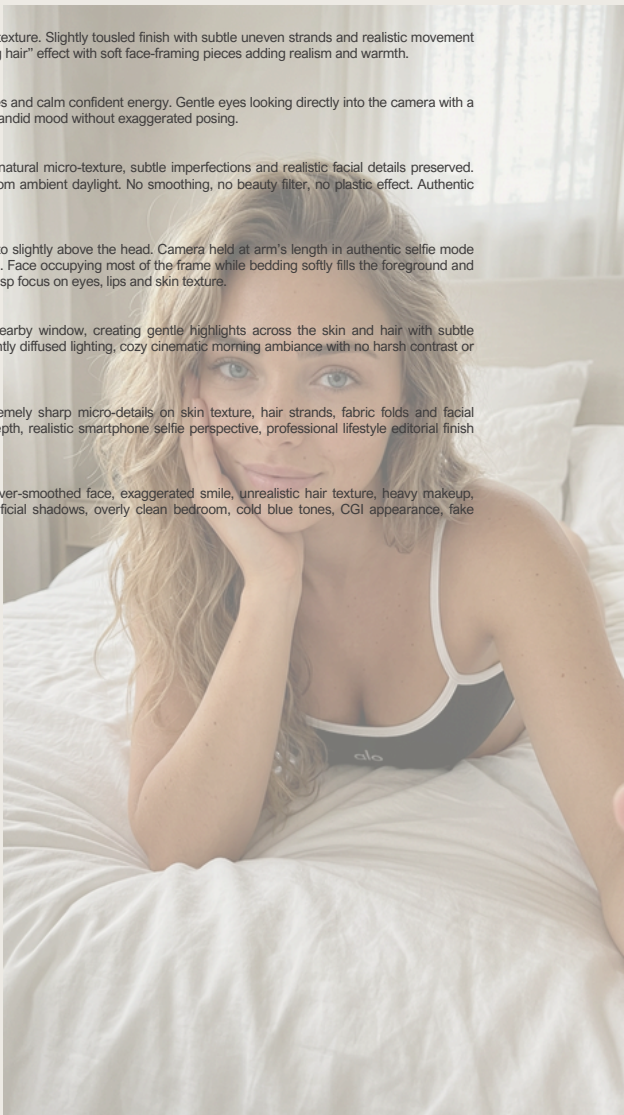
Soft natural daylight entering indirectly from a nearby window, creating gentle highlights across the skin and hair with subtle realistic shadows. Warm neutral indoor tones, slightly diffused lighting, cozy cinematic morning ambiance with no harsh contrast or artificial flash effect.

🖼️ IMAGE QUALITY

Ultra-realistic DSLR RAW photography with extremely sharp micro-details on skin texture, hair strands, fabric folds and facial features. Authentic photographic grain, natural depth, realistic smartphone selfie perspective, professional lifestyle editorial finish with no AI artifacts or distortion.

🚫 NEGATIVE

studio lighting, ring light reflection, plastic skin, over-smoothed face, exaggerated smile, unrealistic hair texture, heavy makeup, distorted anatomy, extra fingers, blurry eyes, artificial shadows, overly clean bedroom, cold blue tones, CGI appearance, fake beauty filter



📷 Ultra-realistic lifestyle outdoor photography, close-up selfie portrait against a wall.

🔒 STRICT REFERENCE USAGE

Reference 1: exact facial identity, natural skin tone, body silhouette strictly preserved.  
Reference 2: exact outfit strictly preserved, adapting naturally to the model's body shape.  
Identity strictly locked. No reshaping, no proportion changes.

🏠 SCENE

Model standing against a rough textured white concrete or stucco wall, bright outdoor setting, strong natural sunlight. Casual and effortless outdoor lifestyle atmosphere.

👤 BODY & POSE

Three-quarter portrait, framing from mid-chest to just above the top of the head. Model standing, body slightly angled, one arm raised with the hand held flat horizontally above the forehead as if shielding the eyes from the sun, elbow bent, forearm visible. Other arm relaxed at the side. Head slightly lowered, chin tucked slightly, gaze directed downward and forward through the shadow created by the raised hand, confident and nonchalant attitude.

💇 HAIR

Long hair, same length as reference strictly preserved, sleek and smooth texture, straight with natural body and soft movement, top section slightly swept back with natural lift, falling freely over both shoulders and down the chest, individual strand definition clearly visible, glossy and polished finish.

💎 JEWELRY

Small gold hoop earring on the visible ear, delicate and minimal. Gold bracelet on the wrist of the raised arm, elegant and understated. Delicate gold chain necklace resting at the collarbone, fine chain with a small round gold pendant featuring a cat paw engraving, clearly visible and realistic.

💅 NAILS

Long oval shaped nails, soft nude to light pink finish, clean and polished, elegant length.

💄 MAKEUP

Full glam makeup, bold and precisely defined thick brows, dramatically voluminous and elongated lashes, subtle warm eyeshadow, strong sculpted contour on the cheekbones and jawline, warm bronzer, intense golden highlight on the high points of the face. Warm nude to mauve glossy lip, full and defined, polished and striking editorial beauty look.

🌟 SKIN

Skin is ultra hyper-realistic RAW with visible pores, fine natural skin texture, natural micro-imperfections preserved, warm deeply bronzed sun-kissed complexion, healthy and radiant, no plastic effect, no over-smoothing, no beauty filter, maximum photographic realism.

📷 CAMERA & FRAMING

Vertical portrait, three-quarter shot from mid-chest to just above the head, camera at slight eye level or marginally below, natural focal length, no distortion. Model centered in frame, textured white wall filling the entire background, shallow depth of field, wall softly blurred, model in sharp tack focus.

💡 LIGHTING

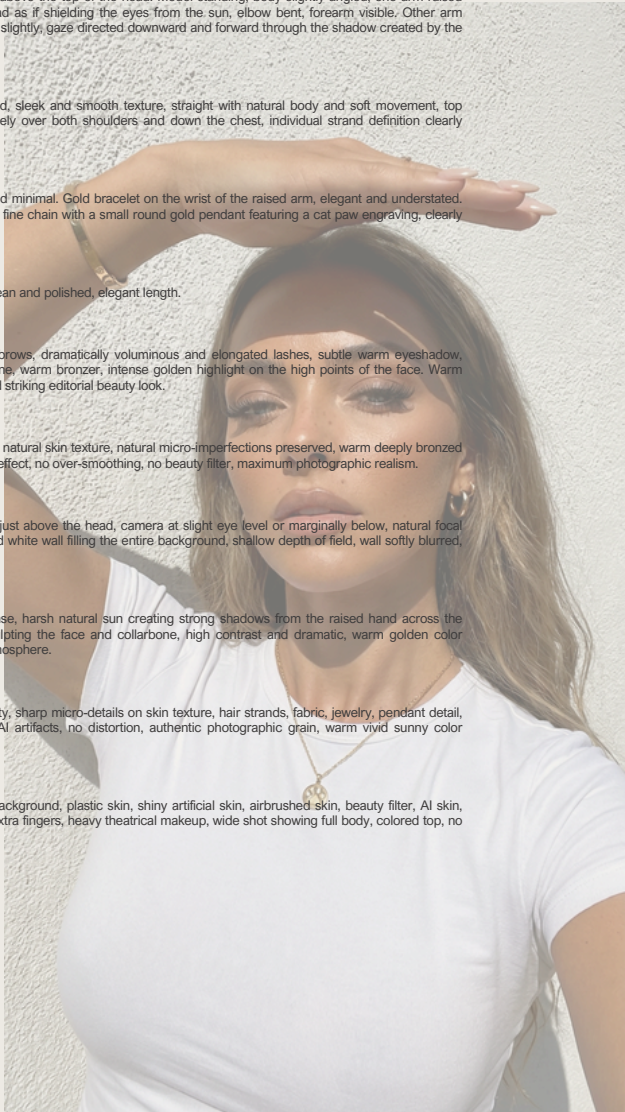
Strong bright direct outdoor sunlight, warm and intense, harsh natural sun creating strong shadows from the raised hand across the forehead and upper face, deep natural shadows sculpting the face and collarbone, high contrast and dramatic, warm golden color temperature throughout, vibrant and sun-drenched atmosphere.

🖼️ IMAGE QUALITY

Ultra-realistic photography, high-end DSLR RAW quality, sharp micro-details on skin texture, hair strands, fabric, jewelry, pendant detail, wall texture, professional editorial lifestyle finish, no AI artifacts, no distortion, authentic photographic grain, warm vivid sunny color grading.

🚫 NEGATIVE

Indoor setting, studio lighting, cold blue tones, dark background, plastic skin, shiny artificial skin, airbrushed skin, beauty filter, AI skin, fake skin texture, distorted features, distorted hands, extra fingers, heavy theatrical makeup, wide shot showing full body, colored top, no necklace, no pendant.



📷 Ultra-realistic luxury selfie beauty portrait, mirror selfie close-up.

#### 🔒 STRICT REFERENCE USAGE

Reference 1: exact facial identity, facial features, bone structure, proportions, skin tone and skin texture strictly preserved.  
Reference 2: exact outfit strictly preserved, adapting naturally to the model's body shape.  
Identity strictly locked. No reshaping, no reinterpretation, no stylization, no AI look.

#### 🏠 SCENE

Luxury minimalist indoor setting with soft neutral tones, refined modern beauty atmosphere. Clean elegant mirror environment with subtle warm beige or off-white background softly blurred behind the subject. Quiet luxury influencer aesthetic with intimate high-end beauty editorial energy.

#### 👉 BODY & POSE

Model standing upright in front of the mirror with relaxed squared shoulders and elongated neck posture. One arm raised naturally holding the iPhone close to the face. Other hand resting gently against the cheek with palm softly touching the skin and fingers extended naturally with no tension. Elegant feminine controlled gesture, effortless luxury influencer selfie pose.

#### 😊 EXPRESSION

Neutral confident sensual expression with softly puckered lips creating a subtle kiss expression. No exaggerated pout, no teeth visible. Eyes looking directly into the phone screen with calm modern confidence. Relaxed facial muscles, composed and editorial beauty attitude.

#### 💇 HAIR

Hair pulled tightly back with a sleek polished finish. Smooth clean texture combed straight away from the face with no loose strands visible. Minimalist sophisticated hairstyle with refined glossy structure and controlled elegance.

#### 💄 MAKEUP

Luxury clean-girl editorial makeup. Skin luminous while preserving realistic pores and natural texture. Soft sculpting on the cheekbones, jawline and nose. Refined subtle highlighter on the cheekbones and bridge of the nose. Minimal soft eye makeup with defined lashes and naturally brushed-up brows. Lips glossy, hydrated and smooth with a natural reflective shine. Fresh polished beauty aesthetic without heavy makeup.

#### 💅 NAILS

Medium-length almond-shaped nails with soft milky nude pink finish. Glossy salon-quality manicure with clean refined edges and realistic natural shine. Elegant understated luxury aesthetic.

#### 🌟 SKIN

Skin is ultra hyper-realistic RAW photography. Visible open pores across the nose, cheeks and forehead. Highly detailed skin texture with visible pores. Natural imperfections preserved for realism. Matte-to-luminous natural finish with realistic skin reflections only where light naturally hits the face. No plastic effect, no over-smoothing, no beauty filter, no skin blurring of any kind. Raw unretouched skin exactly as captured by a high-end smartphone camera in natural lighting.

#### 📱 PHONE

iPhone 17 Pro mirror selfie. Rear camera setup visible on the back of the phone with realistic proportions and premium titanium finish. Phone partially covering the right side of the face in the foreground. Authentic luxury smartphone selfie composition with realistic mobile camera perspective.

#### 📷 CAMERA & FRAMING

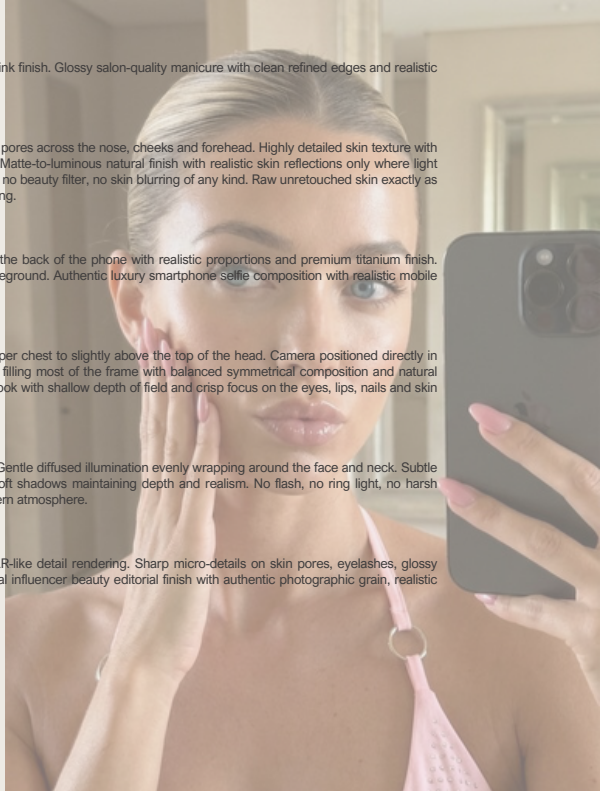
Vertical mirror selfie portrait with tight framing from the upper chest to slightly above the top of the head. Camera positioned directly in front of the face with a very subtle downward angle. Face filling most of the frame with balanced symmetrical composition and natural casual selfie proportions. Ultra-sharp mobile photography look with shallow depth of field and crisp focus on the eyes, lips, nails and skin texture. No wide-angle distortion.

#### 💡 LIGHTING

Soft natural indoor daylight with balanced neutral warmth. Gentle diffused illumination evenly wrapping around the face and neck. Subtle natural highlights on the skin, lips and cheekbones with soft shadows maintaining depth and realism. No flash, no ring light, no harsh studio effect. Elegant luxury beauty lighting with clean modern atmosphere.

#### 🖼️ IMAGE QUALITY

Ultra-realistic high-end smartphone photography with DSLR-like detail rendering. Sharp micro-details on skin pores, eyelashes, glossy lips, nail texture, hairline and phone reflections. Professional influencer beauty editorial finish with authentic photographic grain, realistic depth and no AI artifacts or distortion.



📷 Ultra-realistic lifestyle indoor photography, full-length mirror selfie portrait.

🔒 STRICT REFERENCE USAGE

Reference 1: exact facial identity, natural skin tone, facial proportions, body silhouette strictly preserved.

Reference 2: exact outfit strictly preserved, adapting naturally to the model's body shape.

Identity strictly locked. No reshaping, no proportion changes.

🏠 SCENE

Indoor setting, full-length mirror selfie inside a refined modern apartment. White door visible in the background with elegant white wall moldings and clean minimalist interior details. Neutral tones, subtle modern luxury atmosphere, uncluttered and realistic environment with soft natural depth.

👤 BODY & POSE

Model seated sideways on a white counter or ledge, lower body turned slightly away from the mirror while the upper torso twists subtly toward the reflection. Back elongated with a natural feminine spine curve, shoulders relaxed, neck extended naturally. One hand resting gently beside the hip on the surface, the other holding the iPhone 17 Pro at face level. Head slightly turned toward the mirror with neutral chin position. Elegant relaxed posture with realistic body proportions and authentic seated balance.

💇 HAIR

Hair styled into a sleek low bun gathered cleanly at the nape of the neck. Precise center or soft side parting, polished smooth finish with no frizz, refined and minimalist hairstyle with subtle natural shine and realistic strand definition.

💎 JEWELRY

Medium-sized gold hoop earrings, delicate gold bracelets visible on the wrist, minimal elegant jewelry styling with refined metallic reflections and realistic proportions.

💅 NAILS

Medium-length almond-shaped nails with glossy nude pink finish, clean and elegant manicure and natural shine and natural salon-quality appearance.

😊 EXPRESSION

Calm confident expression with relaxed lips and composed gaze directed toward the mirror. Soft feminine attitude, subtle sensual energy, effortless luxury influencer aesthetic, no exaggerated facial tension.

💄 MAKEUP

Natural warm glam makeup with visible skin texture and subtle healthy glow. Soft contour on the cheekbones, light highlight on the bridge of the nose, neutral eyeshadow tones softly blended, defined lashes, clean eyeliner close to the lash line, structured natural brows, satin-finish lips with natural fullness. Balanced polished beauty look without excessive makeup effect.

🌟 SKIN

Skin is ultra hyper-realistic RAW with visible pores, fine natural skin texture, natural micro-imperfections preserved, realistic complexion and authentic skin depth. No plastic effect, no over-smoothing, no beauty filter, maximum photographic realism.

📱 PHONE

iPhone 17 Pro with visible orange phone case held naturally in the hand at face level during the mirror selfie. Realistic proportions, authentic smartphone reflections and camera detail.

📷 CAMERA & FRAMING

Vertical portrait orientation, framing from upper thighs to slightly above the top of the head. Natural smartphone mirror selfie perspective with realistic proportions and no wide-angle distortion. Body positioned sideways with profile and back visible while maintaining sharp focus on the face and upper body. Background softly detailed with shallow depth of field and realistic mirror coherence.

💡 LIGHTING

Soft natural indoor lighting evenly illuminating the face, back and silhouette. Gentle shadow definition creating realistic depth and contour across the body and facial structure. No flash, no harsh shadows, subtle warm neutral tones creating a calm elegant atmosphere.

🖼️ IMAGE QUALITY

Ultra-realistic photography, high-end DSLR RAW quality with authentic smartphone selfie rendering. Sharp micro-details on visible pores, hair strands, jewelry reflections, nail texture, fabric folds and mirror reflections. Natural photographic grain, no AI artifacts, no distortion, perfect anatomy and realistic mirror coherence.

🚫 NEGATIVE

Deformed hands, extra fingers, distorted spine, unrealistic waist, exaggerated curves, warped mirror reflection, plastic skin, over-smoothed skin, blurry face, artificial lighting, flash glare, low resolution, distorted anatomy, unrealistic proportions, AI skin texture, messy environment, wide-angle distortion



📷 Ultra-realistic luxury lifestyle selfie photography, indoor modern apartment setting.

🔒 STRICT REFERENCE USAGE

Reference 1: exact facial identity, natural skin tone, facial proportions and skin texture strictly preserved.  
Reference 2: exact outfit strictly preserved, adapting naturally to the model's body shape and posture.  
Identity strictly locked. No reshaping, no proportion changes, no outfit reinterpretation, no skin tone modification.

🏠 SCENE

Model reclining on a modern curved sofa inside a bright luxury apartment lobby or refined contemporary living space. Large floor-to-ceiling windows and glass doors visible in the background with soft urban exterior subtly blurred outside. Beige stone or marble flooring, neutral-toned walls, minimalist upscale furniture and elegant architectural lines creating a clean airy atmosphere. Interior feels realistic, expensive and naturally lived-in without appearing staged.

👤 BODY & POSE

Model lying slightly angled across the sofa in a relaxed semi-reclined posture. One arm bent naturally behind the head, elbow relaxed, creating an effortless confident silhouette. Shoulders open with subtle natural posture tension, chest slightly forward and waist softly curved against the sofa cushions. Legs partially visible and naturally positioned out of frame. Head tilted slightly to one side with calm composed body language and relaxed feminine energy.

😊 EXPRESSION

Calm and subtly seductive expression with relaxed lips and no smile. Gaze directed toward the phone camera through the sunglasses, giving a confident effortless luxury influencer attitude. Expression remains natural and controlled, not exaggerated or posed.

💇 HAIR

Long smooth hair with soft natural flow and subtle volume. Hair spread naturally across the shoulder and sofa with gentle movement and realistic strand separation. Glossy healthy texture with softly layered ends framing the face and collarbone. Effortless polished finish with authentic flyaways and dimensional shine.

💄 MAKEUP

Natural glam makeup with realistic luminous skin texture and subtle healthy radiance. Soft matte complexion with delicate glow on the cheekbones and bridge of the nose. Light contour naturally defining the facial structure, soft blush diffused across the cheeks, defined lashes with subtle eyeliner, softly groomed brows and nude satin lips with hydrated realistic texture. Clean editorial beauty aesthetic without excessive makeup effect.

👜 ACCESSORIES

Slim rectangular black sunglasses with glossy finish, positioned naturally on the face with realistic reflections from the surrounding daylight. Modern fashion-forward luxury aesthetic.

🌟 SKIN

Skin is ultra hyper-realistic RAW with visible pores, fine natural skin texture, natural micro-imperfections preserved, authentic complexion depth and realistic facial dimension. No plastic effect, no over-smoothing, no beauty filter, no artificial glow, maximum photographic realism.

📷 CAMERA & FRAMING

Vertical selfie composition captured from a smartphone front-camera perspective. Camera held slightly above and in front of the face, angled gently downward creating a realistic top-down selfie effect. Tight framing from the head to mid-torso with the face positioned near the center of the frame. Natural handheld asymmetry preserved with subtle realistic smartphone lens distortion and intimate influencer-style framing.

📐 ANGLE & LENS EFFECT

Authentic wide-angle smartphone selfie perspective with slight natural elongation of the arm and torso typical of front-facing mobile photography. Casual handheld composition with realistic depth and perspective, avoiding excessive distortion while maintaining an immersive close-up feel.

💡 LIGHTING

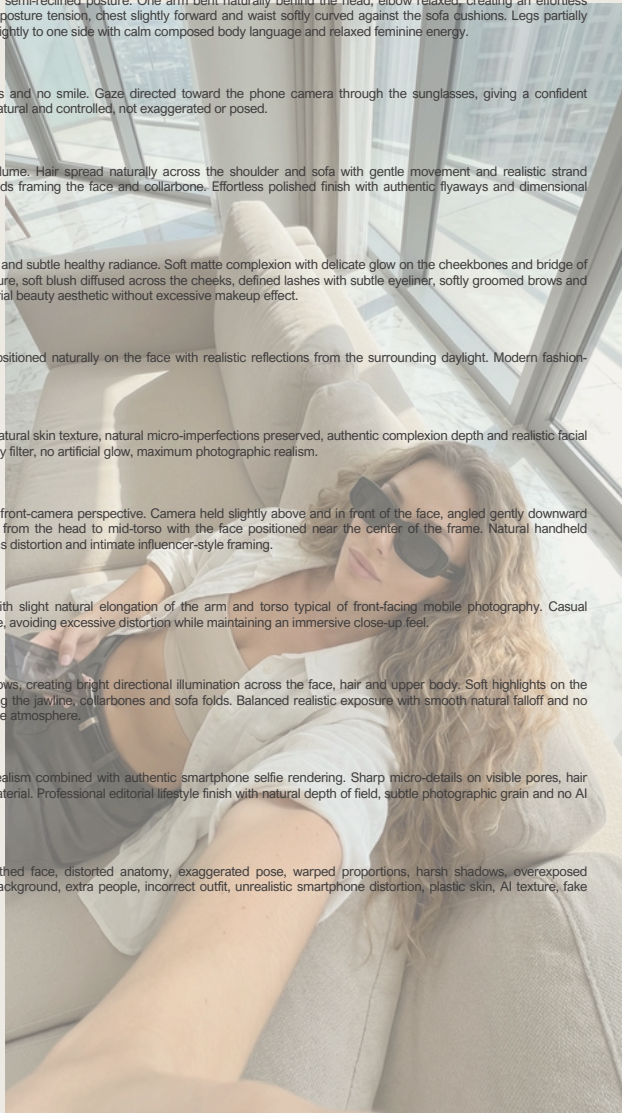
Strong natural daylight entering through the large windows, creating bright directional illumination across the face, hair and upper body. Soft highlights on the skin and glossy hair texture with gentle shadows sculpting the jawline, collarbones and sofa folds. Balanced realistic exposure with smooth natural falloff and no harsh overexposed areas. Luxurious warm-neutral daytime atmosphere.

🖼️ IMAGE QUALITY

Ultra-realistic photography with high-end DSLR RAW realism combined with authentic smartphone selfie rendering. Sharp micro-details on visible pores, hair strands, fabric texture, sunglasses reflections and sofa material. Professional editorial lifestyle finish with natural depth of field, subtle photographic grain and no AI artifacts or distortion.

🚫 NEGATIVE

Blurry image, low resolution, artificial skin, over-smoothed face, distorted anatomy, exaggerated pose, warped proportions, harsh shadows, overexposed highlights, unnatural lighting, heavy makeup, cluttered background, extra people, incorrect outfit, unrealistic smartphone distortion, plastic skin, AI texture, fake reflections, studio lighting



📷 Ultra-realistic lifestyle indoor photography, close-up low-angle selfie portrait.

#### 🔒 STRICT REFERENCE USAGE

Reference 1: exact facial identity, natural skin tone, body silhouette strictly preserved.  
Reference 2: exact outfit strictly preserved, adapting naturally to the model's body shape.  
Identity strictly locked. No reshaping, no proportion changes.

#### 🏠 SCENE

Model lying down or reclining on a bed or sofa inside a bright modern interior. Large window with soft natural daylight visible in the background, white walls and white ceiling partially visible above her. Clean and minimal apartment atmosphere with airy neutral tones, realistic lived-in softness and intimate cozy indoor energy.

#### 👤 BODY & POSE

Extreme close-up low-angle selfie perspective, camera held very low beneath chin level and angled upward toward the face. Face filling nearly the entire frame with dramatic immersive perspective. Head tilted slightly, chin subtly lowered toward the camera, creating intense direct eye contact downward into the lens. Lips softly pursed in a relaxed pout or kiss expression. Shoulders barely visible at the bottom edge of the frame with relaxed reclined posture and effortless feminine body language.

#### 💇 HAIR

Hair completely loose and naturally spread around the face and shoulders with soft voluminous movement. Lived-in texture with realistic separation between strands, natural root volume and slightly tousled finish. Hair cascading freely along both sides of the face and blending into the bedding or sofa surface, creating a sensual effortless appearance without appearing overstyled.

#### 🕶 GLASSES

Small narrow oval cat-eye sunglasses with tiny dark tinted lenses and thin dark frame. Glasses resting low on the nose bridge with the eyes clearly visible above the frame looking downward into the camera. Editorial cool-girl aesthetic with realistic reflections and authentic proportions.

#### 😊 EXPRESSION

Lips softly pursed in a subtle pout, no smile. Intense confident gaze directed straight downward into the camera over the sunglasses. Mysterious alluring expression with calm effortless attitude and understated sensuality.

#### 💄 MAKEUP

Soft glam makeup with bold defined brows, extremely voluminous lashes and softly sculpted eyes. Nude to soft mauve lips with hydrated satin texture enhancing the pout naturally. Warm bronzer and subtle blush softly contouring the cheeks with delicate natural highlight on the cheekbones. Polished editorial beauty look while maintaining realistic skin dimension.

#### ✂ SKIN

Skin is ultra hyper-realistic RAW with visible pores, fine natural skin texture, natural micro-details and subtle imperfections preserved, warm healthy sun-kissed glow, authentic complexion depth and realistic facial texture. Absolutely no smoothing, no blur, no plastic effect, no beauty filter, maximum photographic realism.

#### 💅 NAILS

Medium-length almond-shaped nails with glossy nude pink finish, clean elegant manicure with realistic shine and natural salon-quality appearance.

#### 📷 CAMERA & FRAMING

Vertical portrait composition with extreme close-up framing from just below the shoulders to above the head. Dramatic low upward angle with the camera positioned beneath the chin pointing upward toward the face. Face and hair occupying most of the frame while ceiling lines and window light softly appear in the background. Shallow depth of field with razor sharp focus on the eyes, lips and skin texture.

#### 💡 LIGHTING

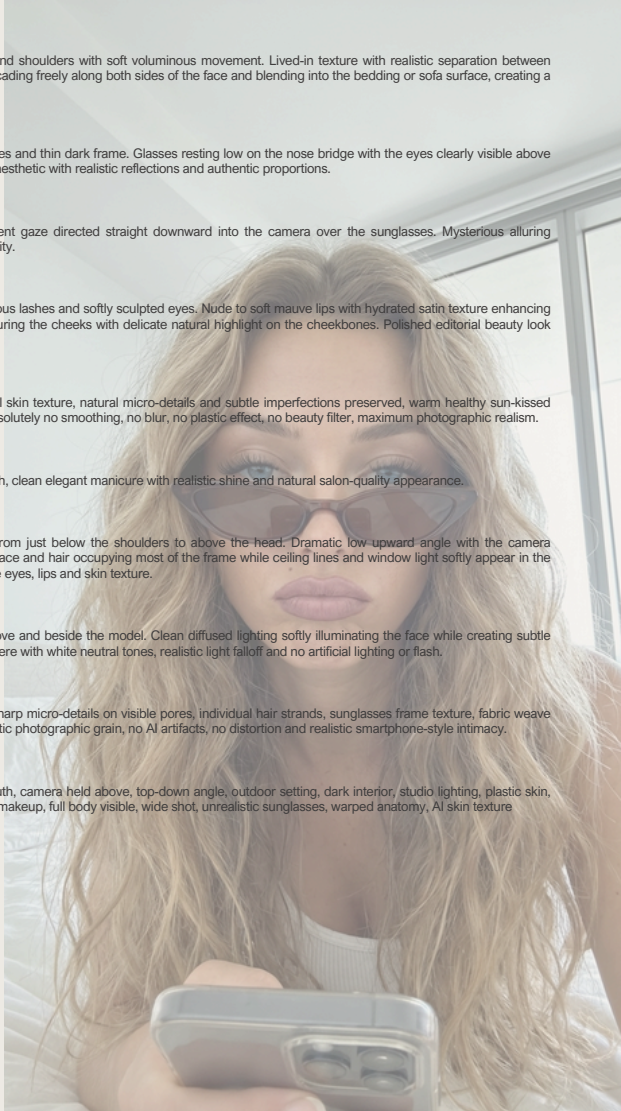
Bright soft natural daylight entering from a nearby window above and beside the model. Clean diffused lighting softly illuminating the face while creating subtle shadows beneath the chin and nose. Bright airy indoor atmosphere with white neutral tones, realistic light falloff and no artificial lighting or flash.

#### 🖼 IMAGE QUALITY

Ultra-realistic photography, high-end DSLR RAW quality with sharp micro-details on visible pores, individual hair strands, sunglasses frame texture, fabric weave and skin texture. Professional editorial lifestyle finish with authentic photographic grain, no AI artifacts, no distortion and realistic smartphone-style intimacy.

#### 🚫 NEGATIVE

Hair tied up, ponytail, bun, updo, smiling expression, open mouth, camera held above, top-down angle, outdoor setting, dark interior, studio lighting, plastic skin, over-smoothed complexion, distorted features, heavy theatrical makeup, full body visible, wide shot, unrealistic sunglasses, warped anatomy, AI skin texture



📷 Ultra-realistic lifestyle indoor photography, close-up low-angle selfie portrait.

📄 STRICT REFERENCE USAGE

Reference 1: exact facial identity, natural skin tone, body silhouette strictly preserved.  
Reference 2: exact outfit strictly preserved, adapting naturally to the model's body shape.  
Identity strictly locked. No reshaping, no proportion changes.

🏠 SCENE

Model lying down or reclining on a bed or sofa, bright indoor setting with a large window softly visible in the background allowing natural daylight to flood the room. White walls and white ceiling partially visible above her, creating a clean minimalist apartment atmosphere with airy natural depth and intimate cozy energy.

👤 BODY & POSE

Extreme close-up low-angle selfie perspective with the camera held very low beneath chin level and angled upward toward the face. Face filling nearly the entire frame from a dramatic immersive upward angle. Head slightly tilted with the chin subtly lowered toward the camera. Eyes looking directly downward into the lens with an intense seductive gaze. Lips softly pursed into a subtle pout or kiss expression with relaxed effortless attitude. Shoulders barely visible at the lower edge of the frame, maintaining a natural reclined posture.

💇 HAIR

Hair completely loose and flowing freely around the face and shoulders with natural volume and soft movement. Lived-in tousled texture with realistic strand separation and natural root lift. Hair cascading naturally across both sides of the face and blending softly into the bedding or sofa surface, creating an undone sensual finish without appearing overly styled.

👓 GLASSES

Small narrow oval cat-eye sunglasses with very small dark tinted lenses and thin dark frame. Glasses worn low on the nose bridge with the eyes clearly visible above the frame while looking downward into the camera. Editorial cool-girl aesthetic with subtle realistic reflections and authentic proportions.

💎 JEWELRY

Delicate gold chain necklace with a small heart pendant resting naturally at the collarbone. Elegant and subtle jewelry styling with realistic metallic reflections and refined feminine detail.

😊 EXPRESSION

Lips softly pursed in a pout with no smile. Intense confident gaze directed downward into the lens over the sunglasses. Mysterious alluring expression with calm composed energy and effortless cool attitude.

💄 MAKEUP

Soft glam makeup with bold defined brows, extremely voluminous lashes and softly sculpted eyes. Nude to soft mauve lips with smooth satin texture enhancing the pout naturally. Warm bronzer and subtle blush softly defining the cheeks with delicate natural highlight on the cheekbones. Polished editorial beauty aesthetic while maintaining realistic facial texture.

🌟 SKIN

Skin is ultra hyper-realistic RAW with visible pores, fine natural skin texture, natural micro-details and subtle imperfections preserved, warm healthy sun-kissed glow and authentic complexion depth. Absolutely no smoothing, no blur, no plastic effect, no beauty filter, maximum photographic realism.

💅 NAILS

Medium-length almond-shaped nails with glossy nude pink finish, elegant clean manicure with realistic shine and natural salon-quality appearance.

📷 CAMERA & FRAMING

Vertical portrait composition with extreme close-up framing. Camera positioned below the chin pointing upward toward the face, creating a dramatic low-angle selfie effect. Face and hair filling nearly the entire frame while the ceiling and soft window light source remain faintly visible in the upper background. Shallow depth of field with razor-sharp focus on the eyes, lips and skin texture while the environment stays softly blurred.

💡 LIGHTING

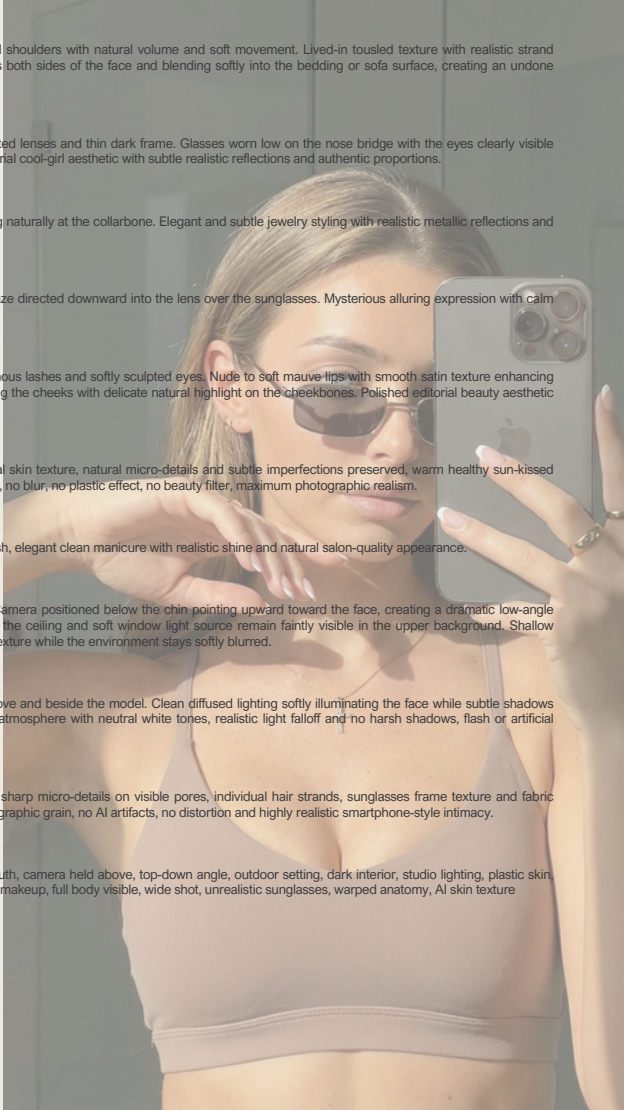
Bright soft natural daylight entering from a nearby window above and beside the model. Clean diffused lighting softly illuminating the face while subtle shadows form beneath the chin and along the nose. Bright airy indoor atmosphere with neutral white tones, realistic light falloff and no harsh shadows, flash or artificial lighting.

🖼️ IMAGE QUALITY

Ultra-realistic photography, high-end DSLR RAW quality with sharp micro-details on visible pores, individual hair strands, sunglasses frame texture and fabric weave. Professional editorial lifestyle finish with authentic photographic grain, no AI artifacts, no distortion and highly realistic smartphone-style intimacy.

⚠️ NEGATIVE

Hair tied up, ponytail, bun, updo, smiling expression, open mouth, camera held above, top-down angle, outdoor setting, dark interior, studio lighting, plastic skin, over-smoothed complexion, distorted features, heavy theatrical makeup, full body visible, wide shot, unrealistic sunglasses, warped anatomy, AI skin texture



🔒 STRICT REFERENCE USAGE

Reference 1: exact facial identity only — preserve exact facial features, facial asymmetry, bone structure, eyes, nose, lips, jawline, natural skin tone, and ultra-realistic skin micro-texture strictly preserved. No facial alteration.

Reference 2: exact outfit strictly preserved, adapting naturally to the model's body proportions and silhouette. No redesign, no reinterpretation. Identity strictly locked. Body proportions strictly locked. No reshaping, no proportion changes.

📷 CAMERA & FRAMING

Vertical 9:16 composition. Close-up to medium close-up framing from the top of the head to the upper chest. Authentic handheld selfie aesthetic with a highly natural smartphone capture feel. Camera positioned slightly below face level and angled upward for a subtle low-angle perspective. Distance consistent with realistic arm-length selfie capture (approximately 50–70 cm). Slightly off-center composition with natural asymmetry, avoiding perfectly symmetrical framing.

The arm holding the phone rests casually along the top edge of the sofa backrest, stabilizing the framing while preserving a relaxed natural selfie perspective. Foreground depth visible: the second hand appears slightly closer to the lens with realistic soft focus falloff. Smartphone front-camera lens equivalent (24–26mm), including subtle natural perspective distortion. Eyes and facial features in razor-sharp focus with realistic depth falloff toward the foreground and background. Very subtle edge softness and realistic lens behavior, no artificial blur.

🧘 POSTURE & BODY POSITION

Model seated comfortably on a modern sofa inside an elegant apartment. Upper body slightly angled in a soft three-quarter orientation rather than fully front-facing. Shoulders relaxed, posture effortless and naturally feminine. Selfie arm positioned casually along the sofa backrest with elbow slightly bent, creating a grounded and believable pose.

Second arm moving naturally in front of the body as if speaking or explaining something. Fingers relaxed, softly curved, fluid and conversational, never stiff or posed. Body language open, confident, warm and authentic.

😊 EXPRESSION

Soft genuine smile with visible teeth. Teeth realistic with natural tones and subtle imperfections, no artificial whitening. Expression warm, confident, approachable and candid. Slight asymmetry in the smile enhancing realism. Eyes looking directly into the lens with subtle micro-expressions visible around the cheeks and eyes. The overall feeling resembles a naturally captured video frame rather than a posed image.

💇 HAIR

Hair fully swept to one side with soft natural movement. Fine silky texture with airy lightness. Neither perfectly straight nor curled, featuring subtle bends and natural irregular movement. Individual strands delicately separated, creating realistic depth and softness. Slight natural root lift adding volume. Lengths falling fluidly over one shoulder. A few thin loose strands naturally framing the face for an effortless editorial effect. Hair appears lightweight and naturally moving rather than fixed or overly styled. Highly detailed strand definition visible throughout.

💄 MAKEUP

Soft glam makeup with an extremely natural finish. Skin remains luminous while preserving realistic texture and pores. Subtle sun-kissed warmth with delicate natural tonal variation. Foundation seamlessly blended while allowing real skin detail to remain visible. Highlight diffused naturally into the skin with no shimmer effect. Contour extremely soft and realistic. Under-eye area preserved with slight natural creasing. Brows detailed with visible individual hairs. Eyes softly defined with blended neutral tones and naturally enhanced lashes. Lips hydrated with soft natural definition and visible lip texture.

🧴 SKIN

Skin is ultra hyper-realistic RAW photography with visible pores across the nose, cheeks and forehead. Highly detailed skin texture with visible pores and preserved natural imperfections. Ultra-fine skin grain visible across the face. Subtle natural tonal variations and micro-details maintained for maximum realism. No smoothing, no blur, no plastic effect, no beauty filter. Realistic skin-light interaction with physically accurate soft diffusion and subsurface scattering. Fine facial hair and baby hairs subtly visible. Raw DSLR-quality realism with authentic human texture.

💅 NAILS

Medium-length almond-shaped nails with a classic French manicure. Natural sheer nude base with soft clean white tips and realistic glossy shine. Elegant, refined and highly realistic salon-quality finish.

💎 JEWELRY

Thin gold necklace with a delicate flower pendant resting naturally against the chest. Multiple fine gold rings with realistic light reflections and subtle imperfections. Jewelry reflects daylight softly and naturally without artificial shine.

🏠 SCENE & ENVIRONMENT

Elegant Parisian apartment interior with high ceilings and refined white Haussmann-style moldings visible in the softly blurred background. Large windows flooding the space with daylight. Soft curtains diffusing the light naturally. Modern neutral-toned sofa with clean lines. Balanced mix of contemporary minimalism and classic Parisian architecture. Layered depth visible throughout the composition: foreground hand → subject → sofa → architectural background. Background softly blurred but structurally realistic and coherent.

💡 LIGHTING

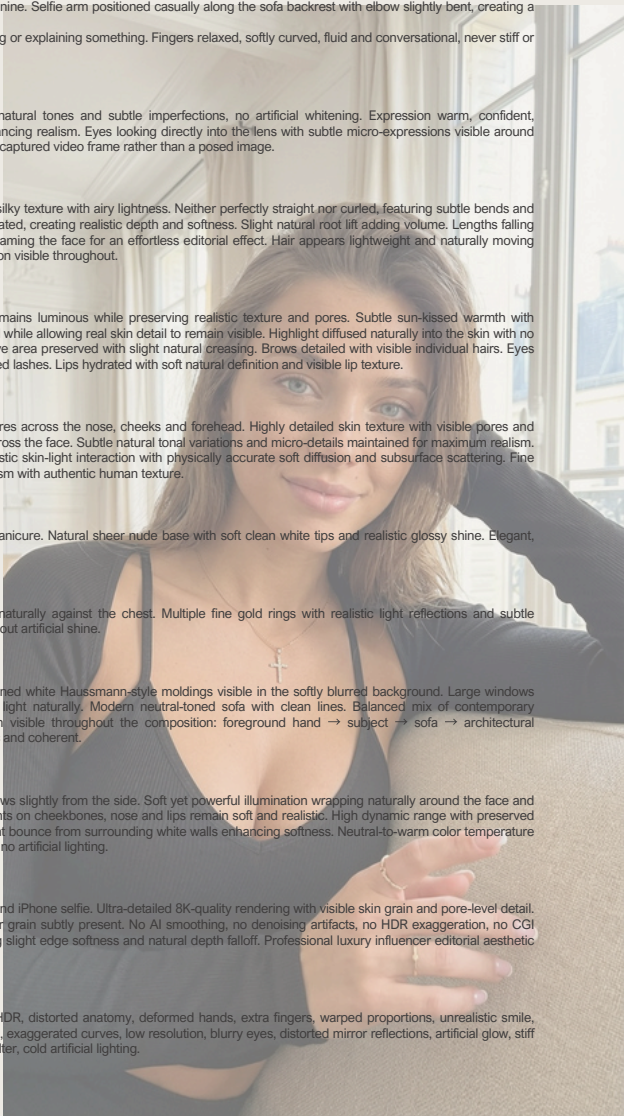
Bright abundant natural daylight entering through large windows from the side. Soft yet powerful illumination wrapping naturally around the face and body. Minimal shadow gradients with no harsh edges. Highlights on cheekbones, nose and lips remain soft and realistic. High dynamic range with preserved shadow detail and fully controlled highlights. Subtle natural light bounce from surrounding white walls enhancing softness. Neutral-to-warm color temperature creating an airy, luminous and authentic atmosphere. No flash, no artificial lighting.

🖼️ IMAGE QUALITY

Extreme photorealism indistinguishable from a genuine high-end iPhone selfie. Ultra-detailed 8K-quality rendering with visible skin grain and pore-level detail. Individual hair strands sharply resolved. Fine cinematic sensor grain subtly present. No AI smoothing, no denoising artifacts, no HDR exaggeration, no CGI appearance. Realistic smartphone lens imperfections including slight edge softness and natural depth falloff. Professional luxury influencer editorial aesthetic while remaining fully authentic and believable.

⚠️ NEGATIVE

Plastic skin, AI skin texture, over-smoothed skin, excessive HDR, distorted anatomy, deformed hands, extra fingers, warped proportions, unrealistic smile, fake teeth whitening, harsh flash, studio lighting, CGI rendering, exaggerated curves, low resolution, blurry eyes, distorted mirror reflections, artificial glow, stiff posing, overprocessed image, unrealistic hair texture, beauty filter, cold artificial lighting.



## 📷 ULTRA-REALISTIC MIRROR SELFIE — STRICT REPLICATION BASED ON REFERENCE SET

### 📄 STRICT REFERENCE USAGE

Reference 1: exact facial identity strictly preserved — same facial features, bone structure, facial proportions, eyes, nose, lips, jawline, natural asymmetry and realistic skin texture.

Reference 2: exact body silhouette and natural proportions strictly preserved. No reshaping, no exaggerated curves, no body modification.

Reference 3: exact outfit strictly preserved with identical fit, fabric behavior and placement on the body. Identity strictly locked. No facial alteration. No proportion changes.

### 📷 CAMERA & FRAMING

Vertical mirror selfie composition captured with a smartphone. Phone held naturally in the right hand at chest to shoulder height. Front camera perspective visible through the mirror reflection. Framing from mid-thigh or upper hips to slightly above the top of the head. Natural influencer-style bathroom mirror selfie crop. Camera positioned slightly above face level with a subtle downward angle. Smartphone lens equivalent to a 26–28mm front-facing camera with slight realistic perspective distortion from arm-length distance. Sharp focus on the face, hair and upper body while the background remains softly diffused.

### 🧑 POSTURE & BODY POSITION

Model standing naturally in front of a luxury bathroom mirror. Right arm bent holding the phone in a relaxed and effortless manner. Left arm relaxed and slightly extended with the hand resting naturally on the marble or beige sink counter. One leg lifted and bent at the knee with the foot resting casually on the sink ledge. Hips shifted subtly to one side creating a natural feminine S-curve silhouette. Torso upright yet relaxed. Shoulders naturally aligned with a confident but casual influencer posture. Neck elongated with elegant posture consistency.

### 😊 HEAD & EXPRESSION

Head slightly tilted with the chin subtly lifted. Face directed naturally toward the mirror. Lips softly parted with a relaxed sensual finish. Expression calm, confident and composed. Eyes directed toward the phone screen, creating authentic selfie realism. No exaggerated facial tension, no forced smile.

### 💇 HAIR

Medium-length voluminous hair with defined natural curls and soft structured bounce. Organic side part with natural root volume. Hair framing the face with realistic density and movement. Texture polished yet natural, avoiding any overly styled or artificial finish. Individual curls and strands sharply visible for maximum realism.

### 💄 MAKEUP

Professional soft luxury glam makeup. Flawless yet realistic sculpted complexion with preserved skin texture and visible pores. Soft bronzer subtly defining cheekbones and jawline. Light contour enhancing natural facial structure. Refined highlighter applied delicately on cheekbones, nose bridge and cupid's bow. Brows naturally defined and structured. Neutral-toned eyeshadow softly blended. Lashes enhanced and elegant without excessive drama. Lips full with a glossy finish reflecting the soft ambient light naturally.

### ✨ SKIN

Skin is ultra hyper-realistic RAW photography with visible pores, fine skin grain and preserved natural micro-texture. Natural imperfections subtly maintained for realism. No plastic skin, no beauty filter, no excessive smoothing. Realistic light interaction across the skin with authentic highlights and shadows. Soft healthy complexion with professional editorial realism.

### 📎 ACCESSORIES

Medium-sized gold hoop earrings. Multiple layered delicate gold necklaces resting naturally against the chest. Elegant minimal gold jewelry with realistic metallic reflections. No handbag visible.

### 🏠 ENVIRONMENT

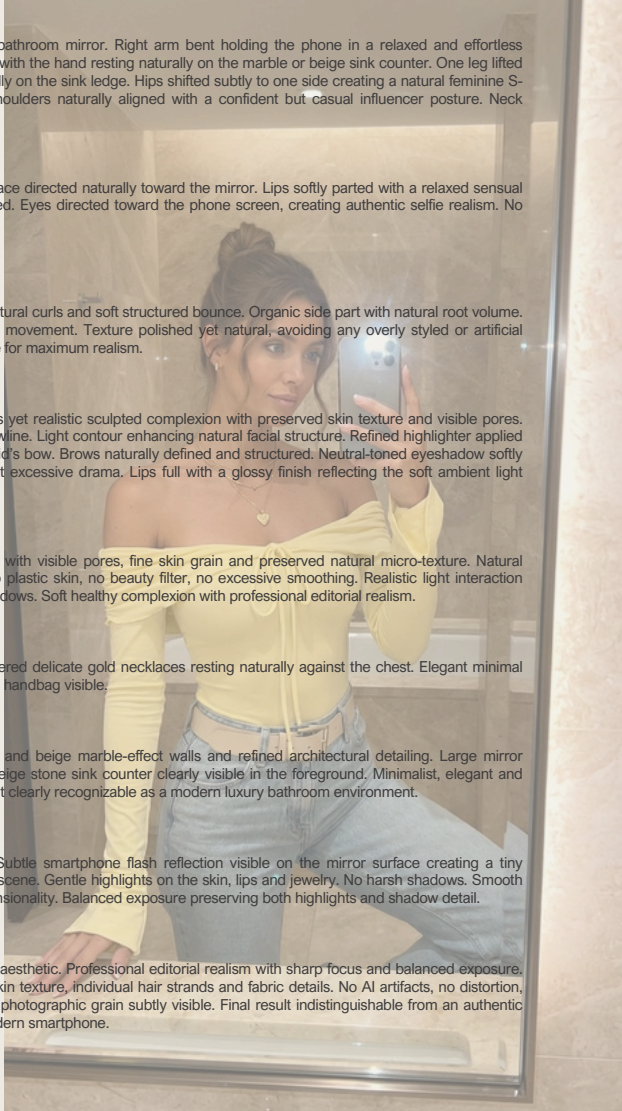
Luxury high-end bathroom interior with white and beige marble-effect walls and refined architectural detailing. Large mirror occupying most of the wall space. Marble or beige stone sink counter clearly visible in the foreground. Minimalist, elegant and clean atmosphere. Background softly blurred but clearly recognizable as a modern luxury bathroom environment.

### 💡 LIGHTING

Soft warm-neutral indoor bathroom lighting. Subtle smartphone flash reflection visible on the mirror surface creating a tiny realistic burst of light without overpowering the scene. Gentle highlights on the skin, lips and jewelry. No harsh shadows. Smooth light gradients creating realistic depth and dimensionality. Balanced exposure preserving both highlights and shadow detail.

### 🖼️ IMAGE QUALITY

Ultra-realistic high-end influencer photography aesthetic. Professional editorial realism with sharp focus and balanced exposure. 8K ultra-detailed rendering with visible pores, skin texture, individual hair strands and fabric details. No AI artifacts, no distortion, no oversmoothing, no fake HDR effect. Natural photographic grain subtly visible. Final result indistinguishable from an authentic luxury influencer mirror selfie captured on a modern smartphone.



## 📷 ULTRA-REALISTIC SELFIE-STYLE PORTRAIT

### 🔒 STRICT REFERENCE USAGE

Ref 1: exact facial identity and natural skin tone only.  
Ref 2: exact outfit/body reference only.  
Identity locked. Skin tone strictly preserved. No facial or outfit change.

### 🌟 SCENE

Minimal outdoor setting with only a clean clear blue sky visible in the background, no distractions, no buildings, no objects. Intimate and natural atmosphere with the focus entirely on the model's face and upper body. Open-air feeling with a clean minimalist composition.

### 👤 POSE & SELFIE STYLE

Arm extended naturally toward the camera holding the phone, visible slight foreshortening of the arm in the foreground creating realistic selfie perspective. Relaxed posture with shoulders slightly forward. Head subtly tilted with a calm effortless attitude. Expression soft, neutral to slightly introspective, direct eye contact with the lens. Framing intentionally imperfect like a genuine handheld selfie capture.

### 💇 HAIR

Long hair with a natural slightly messy "undone" effect. Texture soft and irregular, neither perfectly straight nor curly. Subtle volume with lightly tousled movement as if casually styled outdoors. A few loose strands naturally falling around the face for added realism and softness. Hair reacts naturally to outdoor air with visible individual strands and soft organic separation.

### 💄 MAKEUP

Natural skin-focused makeup with extremely light foundation preserving real skin texture. Soft mascara and minimal eye definition. Barely-there blush with natural flushed warmth. Lips soft and natural with a hydrated satin finish. Effortless clean beauty aesthetic with no heavy glam effect.

### 🌿 SKIN & REALISM

Skin is ultra hyper-realistic RAW photography with highly detailed visible pores and natural micro-imperfections preserved. No smoothing, no plastic effect, no beauty filter. Realistic tonal variation throughout the face with soft highlights naturally appearing on the cheekbones and nose. Authentic human skin response to daylight with subtle depth and realistic texture transitions. Fine facial hairs and natural skin grain subtly visible.

### 📷 CAMERA & FRAMING

Vertical portrait composition with tight selfie framing from the top of the head down to mid-arm. Extended arm partially visible in the foreground with realistic soft blur caused by depth perspective. Face centered slightly above mid-frame. Close-up selfie composition with shallow depth of field and natural smartphone framing behavior.

### 📐 ANGLE

Low-angle selfie perspective with the camera positioned slightly below face level, creating a subtle dominant and immersive viewpoint. Mild wide-angle distortion consistent with a smartphone front camera lens. Natural handheld asymmetry preserved for realism.

### 💡 LIGHTING

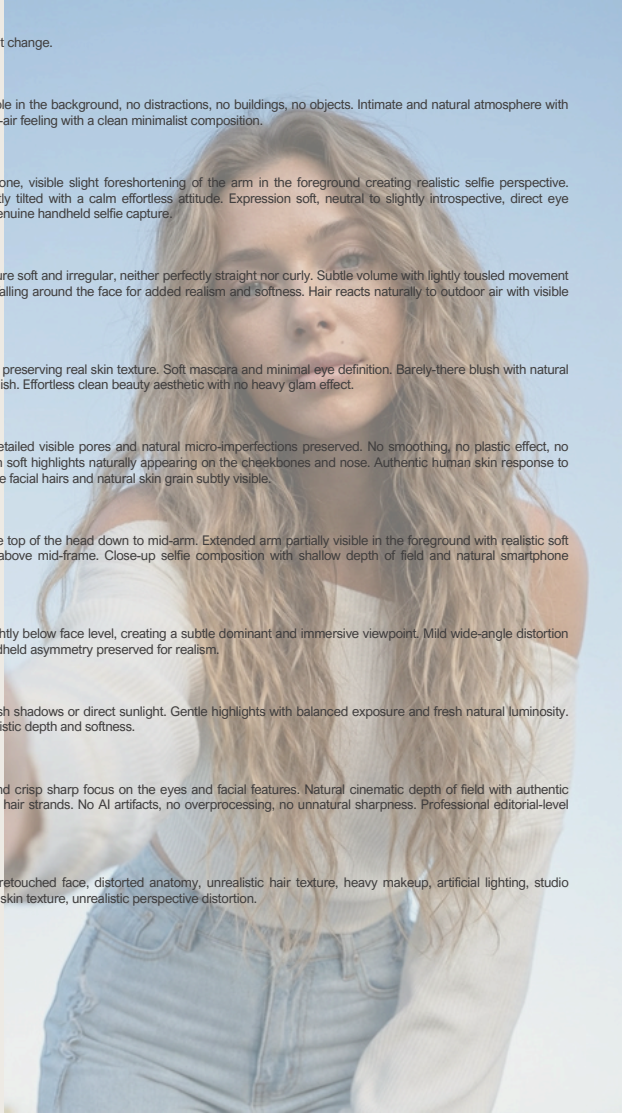
Soft natural daylight evenly diffused across the face. No harsh shadows or direct sunlight. Gentle highlights with balanced exposure and fresh natural luminosity. Smooth natural light falloff across facial features creating realistic depth and softness.

### 📷 IMAGE QUALITY

Ultra-realistic photography with extremely high resolution and crisp sharp focus on the eyes and facial features. Natural cinematic depth of field with authentic smartphone clarity. Visible micro-details in the skin, lips and hair strands. No AI artifacts, no overprocessing, no unnatural sharpness. Professional editorial-level realism while maintaining an authentic candid selfie feel.

### 🚫 NEGATIVE

Overexposed highlights, harsh shadows, plastic skin, over-retouched face, distorted anatomy, unrealistic hair texture, heavy makeup, artificial lighting, studio background, extra limbs, text, watermark, AI smoothing, fake skin texture, unrealistic perspective distortion.



## 📷 ULTRA-REALISTIC BEAUTY MIRROR SELFIE PORTRAIT

### 🔒 STRICT REFERENCE USAGE

Reference 1: exact facial identity, facial proportions, natural skin tone and realistic skin texture strictly preserved. Same eyes, nose, lips, jawline and facial harmony.

Reference 2: exact outfit strictly preserved with identical clothing, fit, fabric behavior and placement on the body. Identity strictly locked. No reshaping, no facial modification, no proportion changes.

### 🏠 SCENE & ENVIRONMENT

Modern luxury residential elevator interior with minimalist architecture and clean reflective metallic surfaces. Brushed stainless steel walls with subtle reflections and elegant symmetry. Soft indirect ceiling lighting creating a calm upscale atmosphere. Elevator interior uncluttered and refined with muted neutral tones and a modern luxury aesthetic. Mirror surface perfectly clean with realistic reflections and depth. Ambient lighting softly bouncing off the metal walls, creating a cinematic and polished environment.

### 🧍 BODY & POSTURE

Model standing naturally in front of the elevator mirror in a relaxed three-quarter profile pose. Upper body subtly turned toward the mirror while the head angles gently toward the phone. Shoulders relaxed and naturally lowered with an elongated neck posture. Confident and composed body language with an effortless luxury influencer aesthetic. One arm raised naturally holding the phone close to face level while maintaining authentic mirror selfie positioning.

### 😊 EXPRESSION

Calm confident expression with a subtle aloof attitude. Lips softly closed with a relaxed natural fullness. Eyes focused naturally toward the phone screen. Expression modern, effortless and editorial with authentic influencer energy. No exaggerated facial tension or forced emotion.

### 💇 HAIR

Hair pulled into a sleek high ponytail with an ultra-smooth polished finish. Hair fully brushed back tightly with clean sleek roots and no visible frizz or flyaways. Slight soft volume at the crown adding elegance and structure. Ponytail falling naturally down the back with realistic movement and visible strand definition. Sophisticated modern hairstyle with luxury editorial precision.

### 💄 MAKEUP

Very natural "no-makeup makeup" beauty look. Fresh luminous complexion with realistic skin texture fully preserved. Soft bronzer subtly warming the face and enhancing cheekbones naturally. Brows lightly groomed while maintaining realistic hair texture. Lashes softly defined with light mascara. Lips natural with a soft natural satin finish. Makeup clean, understated and believable.

### 🌟 SKIN & REALISM

Skin is ultra hyper-realistic RAW photography with visible pores, fine skin grain and preserved micro-imperfections. Realistic tonal variation across the cheeks, nose, forehead and jawline. No smoothing, no beauty filter, no plastic effect. Natural skin response to soft indoor lighting with physically accurate highlights and realistic shadow transitions. Fine facial hairs and subtle skin texture fully visible for maximum realism.

### 💎 JEWELRY & DETAILS

Multiple delicate gold earrings with four visible ear piercings on one ear, each adorned with small refined gold jewelry pieces. Elegant gold rings worn naturally on the hand holding the phone with realistic metallic reflections and subtle luxury detailing.

### 💅 NAILS

Short to medium-length French manicure with a natural soft pink nude base and clean crisp white tips. Realistic glossy finish with authentic nail curvature and natural reflections from the elevator lighting.

### 📱 PHONE & CASE

iPhone 17 Pro held vertically in one hand in a natural mirror selfie grip. Phone partially covering one side of the face without hiding the lips. Ultra-detailed Rhode phone case clearly visible — smooth matte silicone texture with a luxury minimalist finish. Integrated Rhode lip treatment holder attached seamlessly to the back of the case, visibly containing a Rhode peptide lip tint/gloss tube in its signature sculptural slot. Case design modern, aesthetic and instantly recognizable with realistic soft-touch material, subtle embossed "rhode" branding and authentic reflections. Gloss tube positioned securely inside the built-in holder with realistic transparency, shine and cosmetic packaging detail. Fingers naturally wrapped around the phone with realistic pressure and positioning.

### 💡 LIGHTING

Soft indoor elevator lighting combined with subtle overhead illumination creating gentle highlights across the skin, hair and metallic surfaces. Soft shadows sculpting the jawline, cheekbones and neck naturally. Realistic reflections visible on the mirror, jewelry, nails, phone and Rhode case. Balanced exposure with cinematic luxury ambiance. No harsh flash, no overexposed highlights.

### 📷 CAMERA & FRAMING

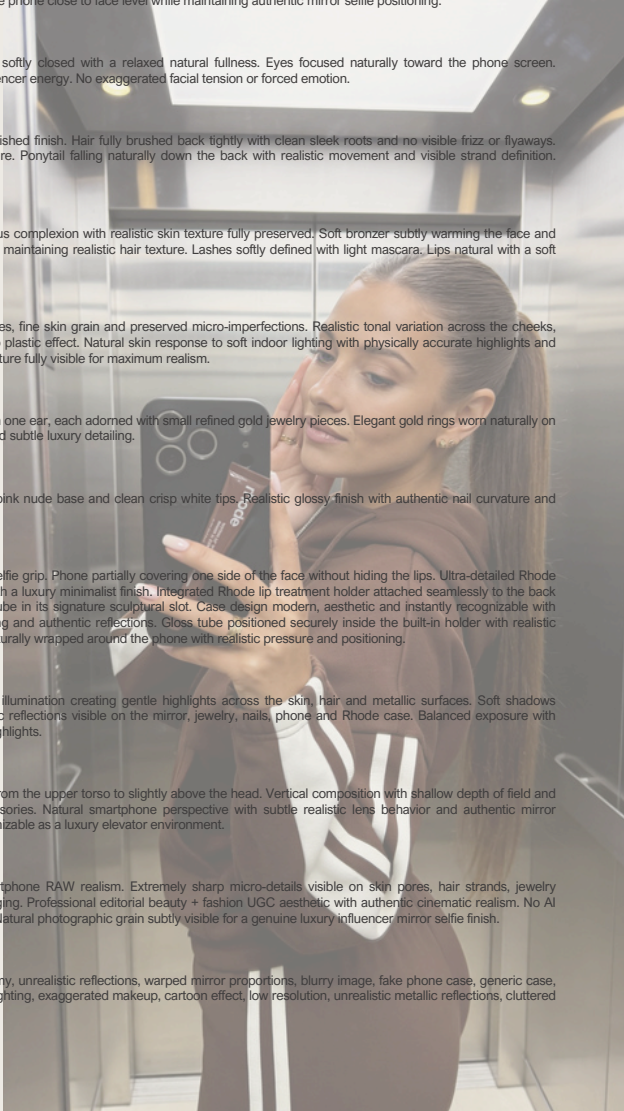
Mirror selfie composition with tight medium close-up framing from the upper torso to slightly above the head. Vertical composition with shallow depth of field and sharp focus on the face, lips, hand, nails, phone and accessories. Natural smartphone perspective with subtle realistic lens behavior and authentic mirror proportions. Background softly diffused while remaining recognizable as a luxury elevator environment.

### 🖼️ IMAGE QUALITY

Ultra-realistic luxury beauty photography with high-end smartphone RAW realism. Extremely sharp micro-details visible on skin pores, hair strands, jewelry reflections, nail texture, Rhode case material and gloss packaging. Professional editorial beauty + fashion UGC aesthetic with authentic cinematic realism. No AI artifacts, no oversmoothing, no distortion, no fake HDR effect. Natural photographic grain subtly visible for a genuine luxury influencer mirror selfie finish.

### ⚠️ NEGATIVE

Plastic skin, beauty filter, over-smoothed face, distorted anatomy, unrealistic reflections, warped mirror proportions, blurry image, fake phone case, generic case, missing Rhode gloss holder, extra fingers, harsh flash, studio lighting, exaggerated makeup, cartoon effect, low resolution, unrealistic metallic reflections, cluttered background, AI-generated texture artifacts.



## 📷 ULTRA-REALISTIC LOW-ANGLE DESK PORTRAIT

### 🔒 STRICT REFERENCE USAGE

Reference 1: exact facial identity, natural skin tone and facial proportions strictly preserved. Same eyes, nose, lips, jawline and realistic facial harmony.  
Reference 2: exact outfit and body proportions strictly preserved. Same silhouette, same clothing fit and placement.  
Identity strictly locked. No reshaping, no facial modification, no proportion changes.

### 🏠 SCENE & ENVIRONMENT

Model seated indoors behind a desk in a refined modern luxury bedroom or apartment interior. Elegant white ceiling and wall moldings visible in the background, blending classic Parisian-inspired architecture with modern furniture and luxury decor elements. Soft neutral tones throughout the room with subtle decorative pieces and a calm upscale atmosphere. Clean aesthetic with a balanced mix of vintage and contemporary furniture. Background softly blurred but still recognizable and realistic.

### 👤 BODY & POSTURE

Model seated naturally behind the desk, upper body facing directly toward the camera. Relaxed but confident posture with shoulders naturally lowered. Both hands resting softly on the desk surface in the foreground, fingers relaxed and elegantly positioned. Upper body slightly leaning forward toward the camera, creating a more immersive and intimate perspective. Natural feminine posture with realistic proportions and body balance.

### 😊 EXPRESSION

Calm confident expression with direct eye contact toward the camera lens. Lips softly closed or very slightly parted with a natural full shape. Expression neutral, subtly seductive and effortless. No smile. Eyes relaxed and focused, creating an intimate and modern influencer-style atmosphere.

### 💇 HAIR

Very long hair with a voluminous tousled texture and effortless movement. Soft natural body with slightly undone styling, neither perfectly straight nor curly. Hair cascading naturally over the shoulders and chest with visible individual strands and realistic density. Root volume subtle but present, creating a soft glamorous silhouette around the face. Natural lived-in texture with a luxurious editorial finish.

### 💄 MAKEUP

Soft glam makeup with realistic skin finish. Defined brows with individual hair detail preserved. Long voluminous lashes enhanced with subtle mascara and soft eyeliner close to the lash line. Warm neutral tones around the eyes blended naturally. Soft contour sculpting the cheekbones and jawline while remaining realistic. Lips softly defined with a nude satin finish and natural hydration effect. Makeup polished yet believable.

### ✨ SKIN & REALISM

Skin is ultra hyper-realistic RAW photography with visible pores, natural skin grain and preserved micro-imperfections. Realistic tonal variation across the cheeks, nose and forehead. No plastic skin, no beauty filter, no excessive smoothing. Natural human skin response to indoor lighting with subtle soft highlights and realistic depth. Fine facial hairs and micro-texture subtly visible for maximum realism.

### 💎 JEWELRY & DETAILS

Large thick gold hoop earrings with realistic metallic reflections. Thin silver necklace with a small heart-shaped pendant resting naturally against the chest. Diamond ring visible on the ring finger with subtle realistic reflections. Elegant layered jewelry styling with a refined luxury aesthetic.

### 💅 NAILS

Long almond-shaped nails with a classic French manicure. Natural nude base with clean bright white tips and realistic glossy finish. Nails sharply detailed and naturally positioned on the desk surface.

### 📷 CAMERA & FRAMING

Vertical close-up portrait framing from chest level to slightly above the top of the head. Camera positioned low on the desk surface, angled upward toward the model creating a dramatic but realistic low-angle perspective. Natural smartphone lens behavior with subtle perspective depth. Hands visible in the foreground adding dimensionality and realism. Face and upper body in sharp focus while the background remains softly diffused.

### 💡 LIGHTING

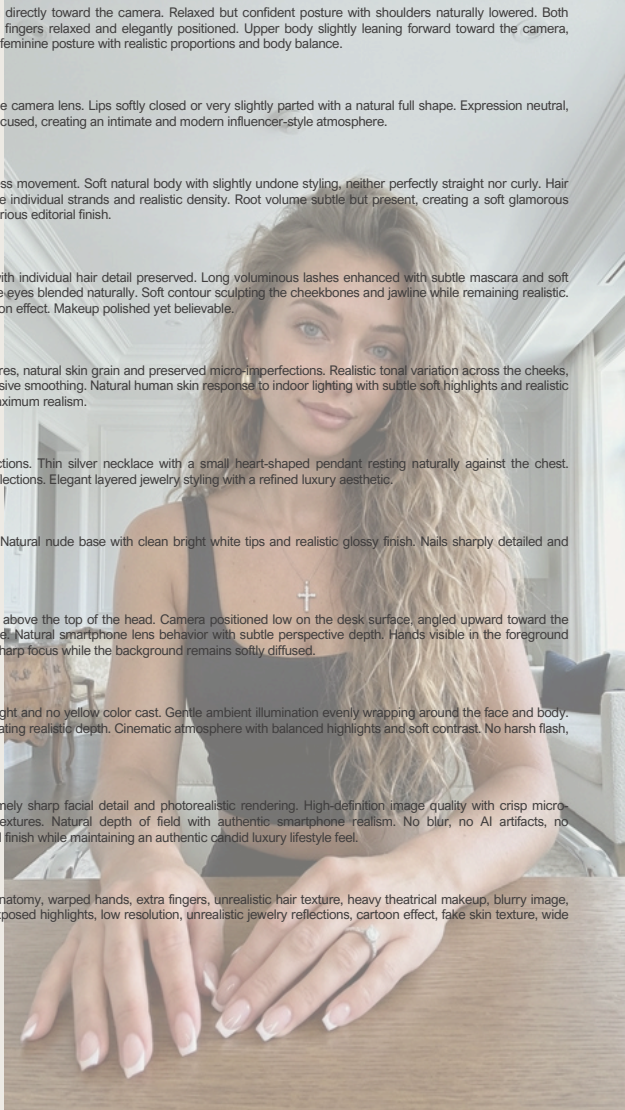
Soft natural indoor lighting with neutral tones. No direct sunlight and no yellow color cast. Gentle ambient illumination evenly wrapping around the face and body. Subtle shadows under the chin and along facial contours creating realistic depth. Cinematic atmosphere with balanced highlights and soft contrast. No harsh flash, no studio lighting.

### 🖼️ IMAGE QUALITY

Ultra-realistic raw iPhone photography aesthetic with extremely sharp facial detail and photorealistic rendering. High-definition image quality with crisp micro-details on pores, hair strands, jewelry, nails and fabric textures. Natural depth of field with authentic smartphone realism. No blur, no AI artifacts, no overprocessing, no unrealistic HDR effect. Cinematic editorial finish while maintaining an authentic candid luxury lifestyle feel.

### ⚠️ NEGATIVE

Plastic skin, over-smoothed face, AI beauty filter, distorted anatomy, warped hands, extra fingers, unrealistic hair texture, heavy theatrical makeup, blurry image, yellow lighting, studio backdrop, exaggerated curves, overexposed highlights, low resolution, unrealistic jewelry reflections, cartoon effect, fake skin texture, wide full-body shot.



Reference 1: exact facial identity, natural skin tone, facial proportions and overall appearance strictly preserved.

Reference 2: exact outfit and clothing styling strictly preserved.

Identity strictly locked. No reshaping, no proportion changes. No outfit reinterpretation.

#### 📍 SCENE & ENVIRONMENT

Ultra-realistic lifestyle photography at a modern urban fuel station in an elegant Parisian neighborhood. Clean city atmosphere with refined Haussmann-style buildings visible in the background, featuring tall windows, white stone facades, wrought iron balconies, and subtle architectural moldings. Modern fuel station canopy with a flat white ceiling creating soft shade above the vehicle. Minimal clutter, polished environment, luxury everyday aesthetic. Clear blue sky visible beyond the station canopy, warm late-afternoon ambiance.

#### 🚗 VEHICLE & OBJECTS

Modern black compact city car parked beside the fuel pump, sleek glossy paint with realistic reflections, refined urban aesthetic rather than a luxury SUV. Compact European city-car proportions, elegant and minimal design, rear side of the vehicle facing the camera. Driver-side rear door slightly open toward the viewer. Fuel nozzle inserted into the vehicle with the hose extending diagonally toward the pump. Subtle metallic reflections visible across the bodywork and windows. Clean realistic urban car detailing.

#### 👤 MODEL POSITION & POSTURE

Model standing beside the rear side of the vehicle with a confident yet relaxed posture. Torso slightly angled toward the camera creating natural body dimension. One leg stepping slightly forward for a dynamic feminine stance. One hand holding the fuel nozzle naturally near the fuel cap while the other hand rests softly near the waistline. Relaxed shoulders, elongated posture, effortless luxury lifestyle attitude. Head slightly tilted with calm confident energy.

#### 📷 CAMERA & FRAMING

Vertical portrait composition. Medium full-body framing from head to upper thighs. Eye-level camera angle with natural smartphone/editorial perspective. No distortion. Subject positioned slightly off-center with the car occupying part of the background. Sharp focus on the model and upper body while the background remains softly natural with subtle depth separation.

#### 😊 EXPRESSION

Calm and confident facial expression. Lips softly closed with a naturally full appearance. Direct gaze toward the camera lens. Effortless and modern influencer energy, subtle luxury lifestyle attitude without exaggerated posing.

#### 💇 HAIR

Very long natural straight hair flowing past the chest with soft movement and realistic strand separation. Smooth texture with subtle natural volume at the roots. No curls, no excessive styling, no rigid perfection. Hair moving naturally with slight softness from the outdoor air. Glossy healthy finish with highly detailed individual strands visible.

#### 💄 MAKEUP

Soft glam everyday makeup with polished editorial realism. Defined brows with natural hair texture preserved. Light bronzer softly sculpting the cheekbones and jawline. Subtle blush adding warmth to the complexion. Defined lashes with natural mascara effect. Nude satin lips with realistic texture and hydration. Clean luminous complexion without heavy makeup effect.

#### ✨ SKIN (ULTRA REALISM — IMPORTANT)

Skin is ultra hyper-realistic RAW photography with visible pores and highly detailed natural skin texture.

Visible pore structure across the cheeks, nose, forehead, and chin.

Natural micro-imperfections preserved for realism.

Subtle tonal variations and authentic skin depth.

Warm healthy sun-kissed complexion with realistic light interaction.

No plastic effect, no over-smoothing, no beauty filter, no AI skin texture.

Natural matte-to-satin skin finish exactly like real DSLR photography captured in outdoor natural light.

Fine facial hairs and realistic skin grain subtly visible.

#### 💎 ACCESSORIES & DETAILS

Minimal elegant jewelry with subtle metallic reflections. Natural realistic manicure with clean polished finish. Fuel nozzle and vehicle reflections rendered with realistic lighting interaction and material detail.

#### ☀️ LIGHTING

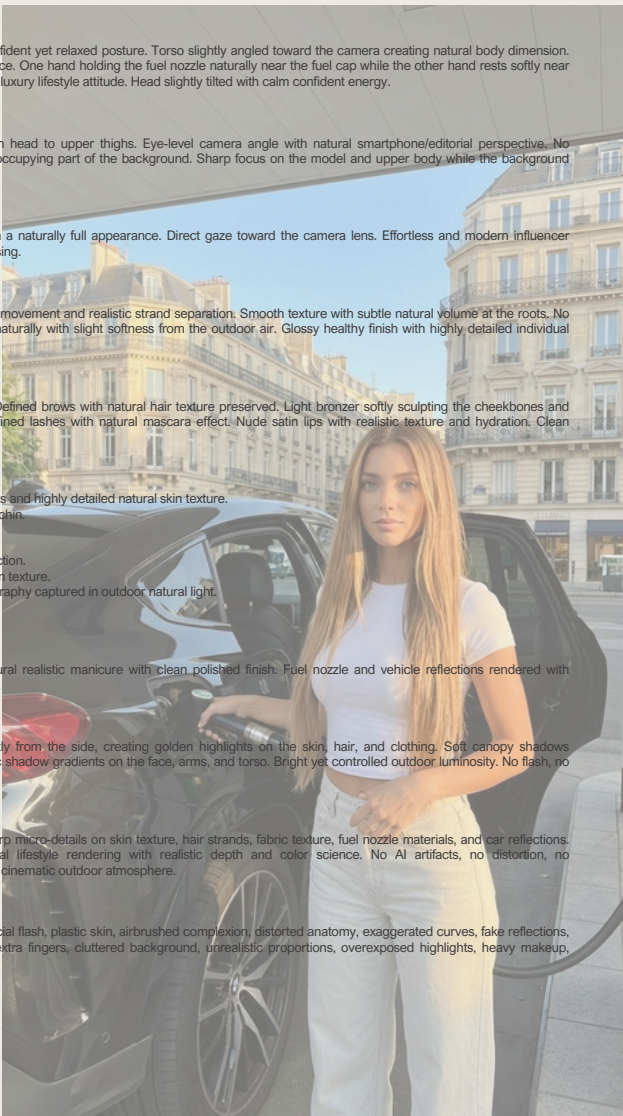
Warm late-afternoon natural sunlight striking the model softly from the side, creating golden highlights on the skin, hair, and clothing. Soft canopy shadows balancing the exposure naturally. Gentle contrast with realistic shadow gradients on the face, arms, and torso. Bright yet controlled outdoor luminosity. No flash, no artificial lighting.

#### 🖼️ IMAGE QUALITY

Ultra-realistic photography, high-end DSLR RAW quality. Sharp micro-details on skin texture, hair strands, fabric texture, fuel nozzle materials, and car reflections. Natural photographic grain preserved. Professional editorial lifestyle rendering with realistic depth and color science. No AI artifacts, no distortion, no overprocessing. Luxury influencer-style realism with authentic cinematic outdoor atmosphere.

#### ⚠️ NEGATIVE

Luxury SUV, BMW X6, oversized vehicle, studio lighting, artificial flash, plastic skin, airbrushed complexion, distorted anatomy, exaggerated curves, fake reflections, AI skin texture, blurry face, low resolution, warped hands, extra fingers, cluttered background, unrealistic proportions, overexposed highlights, heavy makeup, unrealistic hair texture.



■ ULTRA-REALISTIC IMAGE

STRICT REFERENCE USAGE

Ref 1: exact facial identity and natural skin tone only.  
Ref 2: exact car interior environment only.  
Ref 3: exact outfit only.

Identity locked.  
Skin tone strictly preserved from reference.  
No tanning. No warming effect.  
No facial structure change.  
No outfit change.  
No environment reinterpretation.

📍 SCENE

Model seated naturally in the driver seat inside the exact luxury vehicle interior from Reference 2. Back resting straight against the seat with relaxed shoulders and authentic posture. Both hands placed naturally on the steering wheel with realistic finger positioning and relaxed wrists. Elegant luxury automotive atmosphere with refined interior materials visible softly around her. Premium stitching, dashboard textures, steering wheel detailing, and subtle reflections visible throughout the cabin. Calm, modern upscale driving mood.

■ CAMERA & FRAMING

Vertical portrait composition, framed from mid-torso to slightly above the head. Perspective captured from the passenger seat or centered dashboard viewpoint. Natural smartphone/editorial lens compression with absolutely no wide-angle distortion. Face positioned near the center of the frame with the steering wheel partially visible in the foreground. Interior remains softly secondary while still recognizable and luxurious. Razor-sharp focus on eyes, lips, lashes, and skin texture with subtle depth falloff toward the background.

👤 POSTURE & BODY POSITION

Natural seated driving posture. Spine elongated but relaxed. Shoulders soft and effortless. Arms naturally bent toward the steering wheel without stiffness. Head facing slightly toward the camera while maintaining realistic driving positioning. Neck elongated and elegant. Body language calm, confident, modern, and authentic.

😊 EXPRESSION

Neutral and composed luxury beauty expression. Lips softly closed with natural fullness. Eyes calm and confident, looking softly toward the camera. Relaxed facial muscles with subtle effortless elegance. Modern editorial automotive campaign energy.

💇 HAIR

Long straight hair with fluid natural movement and highly detailed strand definition. Middle part perfectly balanced. One soft strand falling naturally across the front of the face adding realism and softness. Smooth glossy finish with subtle natural volume at the roots. Hair gently moving as if touched by soft ambient air inside the vehicle. No stiffness, no over-styling.

💄 MAKEUP

Natural glam luxury makeup with refined editorial softness. Mascara enhancing lashes with elegant length and definition. Soft shimmering golden eyeshadow delicately blended across the eyelids creating subtle reflective warmth. Brows naturally structured and softly groomed. Nude lipstick with refined satin finish and realistic lip texture. Very subtle blush and soft contour gently sculpting the cheekbones and jawline. Clean luminous complexion without heavy makeup effect.

🌟 SKIN RENDERING PRIORITY

Skin tone strictly preserved from Reference 1 with no tanning or artificial warmth added.

Skin is ultra hyper-realistic RAW photography with visible pores and highly detailed natural skin texture.

Fine pore structure visible across cheeks, forehead, nose, and chin.

Natural tonal variation and realistic skin depth preserved.

Healthy luminous finish created only through natural lighting interaction.

No bronzing, no artificial warmth, no smoothing, no blur, no plastic effect.

Micro-details realism with subtle facial texture, natural skin grain, and authentic human skin rendering.

☀️ LIGHTING — HIGH PRIORITY

Soft natural daylight entering through the car windows creating bright diffused illumination throughout the cabin. Neutral color balance with clean whites and realistic skin tones. Soft highlights enhancing the natural skin texture and glossy hair finish. Gentle shadows sculpting the cheekbones, jawline, and neck naturally. Elegant luxury magazine lighting style with balanced exposure and realistic depth. No harsh direct sunlight, no flash, no artificial lighting.

🚫 IMAGE QUALITY

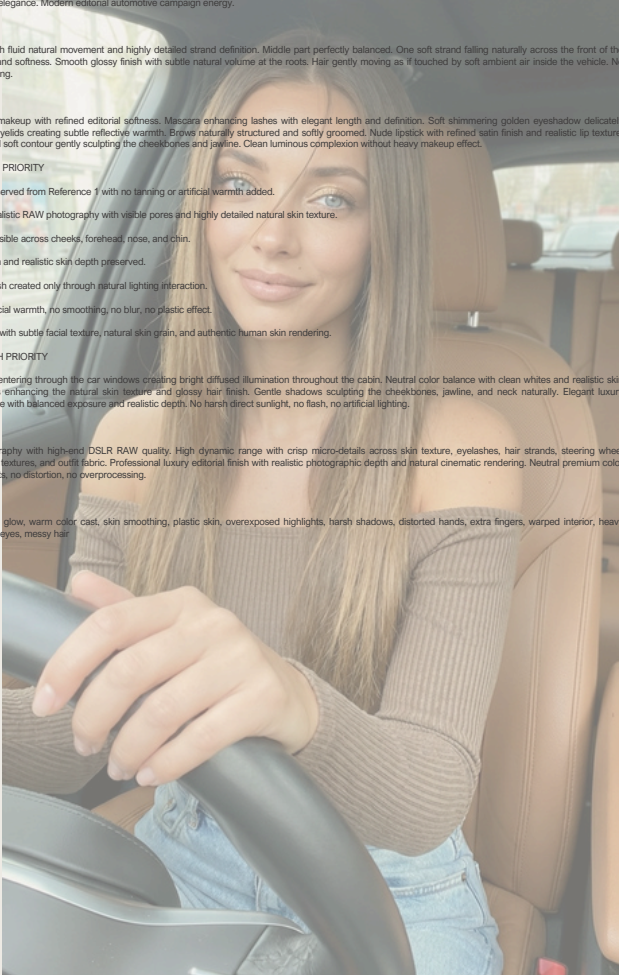
Ultra-realistic photography with high-end DSLR RAW quality. High dynamic range with crisp micro-details across skin texture, eyelashes, hair strands, steering wheel materials, dashboard textures, and outfit fabric. Professional luxury editorial finish with realistic photographic depth and natural cinematic rendering. Neutral premium color grading. No AI artifacts, no distortion, no overprocessing.

⚠️ NEGATIVE

tanned skin, bronzed glow, warm color cast, skin smoothing, plastic skin, overexposed highlights, harsh shadows, distorted hands, extra fingers, warped interior, heavy makeup, dark smoky eyes, messy hair

Pour ce prompt fais une capture d'écran de la photo ci-dessous. Mets la en deuxième photo de référence. Et en 3 eme tes vêtements.

Après énormément de tentatives il est compliqué de garder une cohérence de cet angle pour un positionnement réaliste. Donc le meilleur moyen est celui-ci !!!!!



## 📷 ULTRA-REALISTIC LIFESTYLE TRAVEL PORTRAIT

### 🔒 STRICT REFERENCE USAGE

Reference 1: exact facial identity, natural skin tone, facial proportions, and skin texture strictly preserved.

Reference 2: exact outfit and clothing styling strictly preserved.

Identity fully locked. No facial modifications, no reshaping, no body distortion, no outfit reinterpretation. Same female model across the entire carousel.

### 📍 LOCATION & CONTEXT

Scene taking place in the authentic town center of Paredes de Coura, Portugal, during a small local outdoor market day. Warm southern European atmosphere with modest market stands, local fruits and vegetables, subtle Portuguese daily-life ambience. Refined but realistic environment with no tourist clichés. Traditional stone pavement, muted storefront colors, handwritten price signs, and soft local architecture visible in the background. A few softly blurred people moving naturally throughout the market creating a candid real-life atmosphere.

### 🎬 SCENE & ACTION

Model standing naturally beside a local fruit stand in the middle of purchasing a small tray of mini kiwis. One hand gently reaching toward or holding the tray while the other rests naturally near the stand. The interaction feels spontaneous, documentary-style, and completely unposed. Realistic market moment captured naturally as if photographed during everyday travel.

### 🧍 POSTURE & BODY POSITION

Body oriented toward the market vendor with a relaxed feminine posture. Shoulders soft and natural. Head slightly inclined toward the fruit stand while observing the mini kiwis attentively. Spine relaxed with authentic body language. One arm softly bent while interacting with the tray. Elegant but effortless stance consistent with candid travel photography.

### 😊 EXPRESSION & GAZE

Calm, attentive, naturally engaged expression. Eyes focused on the tray of mini kiwis rather than the camera. Lips softly relaxed and naturally closed. Genuine quiet concentration creating a believable candid travel moment. No posed influencer expression.

### 📷 CAMERA & FRAMING

Non-selfie external camera perspective. Medium shot framing from mid-torso upward. Natural eye-level camera position from a soft 3/4 side profile angle. Slight subject separation with softly blurred background creating realistic depth. Natural lens compression with no distortion. Subject sharply focused while the market environment remains atmospheric and softly diffused.

### 💇 HAIR (TRAVEL LOOSE FURFURE)

Hair styled in a low loose ponytail with an effortless lived-in finish. Soft strands naturally framing the face and moving gently with the outdoor air. Natural lightweight texture with realistic flyaways and subtle movement. Casual practical hairstyle appropriate for daytime travel. No over-styling, no rigid perfection.

### 💄 MAKEUP (DAYTIME TRAVEL LOOK)

Fresh natural outdoor makeup with visible realistic skin texture.

Light complexion base preserving natural pores and tonal variation. Soft warm blush creating a subtle sun-kissed healthy appearance. No contouring, no dramatic makeup. Brows natural and lightly groomed with individual hairs visible. Mascara only, no heavy eyeshadow. Lips finished with a sheer tinted balm or soft satin texture. Clean effortless beauty aesthetic with authentic realism.

### 🌟 SKIN (ULTRA REALISM — IMPORTANT)

Skin is ultra hyper-realistic RAW photography with highly detailed natural skin texture and visible pores. Natural micro-imperfections preserved for realism. Subtle tonal variation across cheeks, nose, forehead, and chin. Healthy realistic outdoor skin rendering with authentic daylight interaction. No plastic effect, no smoothing, no AI skin texture, no overprocessing. Fine facial hairs and true-to-life skin grain subtly visible.

### 💎 JEWELRY & ACCESSORIES

Multiple delicate gold rings worn across several fingers with realistic metallic reflections. Refined gold bracelet visible on the wrist with understated elegant detailing. Multiple gold earrings layered naturally on each ear including small hoops, huggies, and studs. Soft satin scrunchie worn around the wrist with a subtle sheen and neutral pastel tone. Accessories remain elegant, balanced, realistic, and naturally integrated into the candid travel aesthetic.

### 🍷 PROPS

Small tray filled with realistic mini kiwis clearly visible in the scene. Detailed fruit texture with natural imperfections and authentic coloration. Market produce displayed naturally around the stand with believable arrangement and realism.

### 🏡 BACKGROUND & ENVIRONMENT

Authentic Portuguese market atmosphere with local fruit and vegetable stands, subtle signage, stone pavement, and understated architectural details. Elegant small-town ambience with softly blurred passersby creating natural depth and realism. Warm European lifestyle atmosphere without exaggerated styling.

### ☀️ LIGHTING

Soft natural daylight with a slightly warm outdoor tone. Gentle market lighting conditions with balanced exposure and soft shadows. Realistic daylight diffusion across the face, hair, clothing, and fruit textures. No harsh sunlight, no flash, no artificial lighting. Natural soft shadow transitions preserving realism and depth.

### 🖼️ IMAGE QUALITY

Ultra-realistic high-end travel lifestyle photography. Editorial-quality realism with candid documentary energy. Extremely sharp micro-details across skin texture, hair strands, jewelry reflections, fruit textures, and fabric fibers. Natural photographic grain preserved. High-resolution cinematic rendering with realistic depth of field and authentic color science. No AI artifacts, no distortion, no overprocessing.



📷 Ultra-realistic lifestyle outdoor photography — golden hour beach city candid with iPhone

🔒 STRICT REFERENCE USAGE

Reference 1: exact facial identity, natural skin tone, body silhouette strictly preserved.

Reference 2: exact outfit strictly preserved, adapting naturally to the model's body shape. Identity strictly locked. No reshaping, no proportion changes.

🏠 SCENE

Model seated casually on a low stone wall in a lively downtown beach area during golden hour. Elegant urban coastal atmosphere with soft city movement and subtle beach elements blended together naturally. Warm stone pavement, distant palm trees, outdoor café terraces and blurred pedestrians visible in the background. The ocean and sandy beach subtly visible further behind through creamy cinematic blur. A denim tote bag resting naturally beside her on the wall. Atmosphere feels peaceful yet alive, modern, youthful and authentic.

👤 BODY & POSE

Mid-distance candid composition. Model seated naturally on the stone wall with relaxed posture, shoulders dropped and body slightly leaned forward while holding an iPhone 16 Pro with both hands. Legs relaxed with one knee slightly angled outward for natural asymmetry. Fully immersed in her phone with realistic casual body language. Effortless contemporary street-style energy.

💇 HAIR

Hair tied back neatly in a natural relaxed hairstyle with soft realistic texture. Slight loose strands subtly moving around the face and neck with the outdoor breeze. Clean effortless finish, polished but natural.

👗 OUTFIT

Outfit strictly based on Reference 2.

Accurately preserve the clothing style, silhouette, fit, textures, materials, layering, accessories and overall fashion aesthetic. Natural fabric behavior with realistic folds, tension and light interaction.

💍 JEWELRY

Multiple delicate gold rings and thin bracelets reflecting the warm golden sunlight naturally. Elegant layered minimalist jewelry aesthetic.

📱 PHONE

iPhone 16 Pro clearly visible in both hands. Realistic metallic reflections on the edges and natural screen glow subtly illuminating the fingers.

😊 EXPRESSION

Calm focused expression while looking down at the phone screen. Relaxed lips, soft concentrated gaze and peaceful candid energy. Natural effortless mood without exaggerated posing.

💄 MAKEUP

Soft natural glam makeup with warm sun-kissed skin, lightly defined brows, subtle mascara, soft peach blush and nude satin lips. Fresh editorial beauty aesthetic with realistic skin finish.

🌟 SKIN

Ultra hyper-realistic RAW skin with visible pores, natural micro-texture and preserved imperfections. Warm healthy golden-hour glow, no smoothing, no plastic effect, authentic DSLR realism.

📷 CAMERA & FRAMING

Vertical mid-distance shot capturing the model seated on the stone wall within the lively urban beach environment. Medium depth of field with sharp focus on the subject while the city and beach background softly fade into creamy cinematic bokeh. Natural editorial framing with immersive environmental depth.

💡 LIGHTING

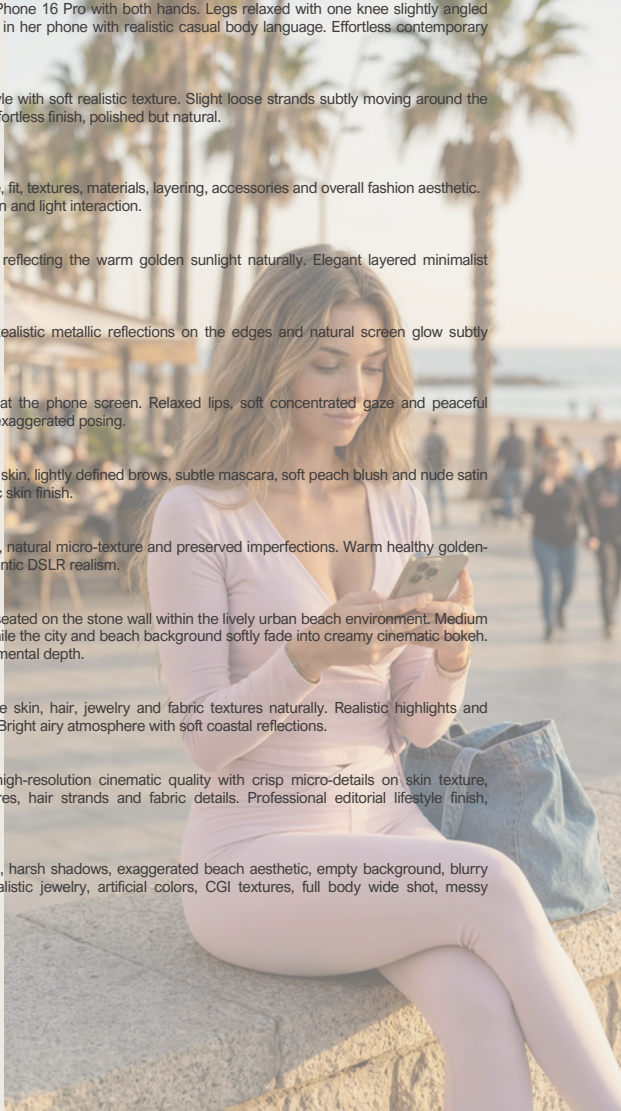
Soft warm golden hour sunlight illuminating the skin, hair, jewelry and fabric textures naturally. Realistic highlights and shadows creating cinematic depth and warmth. Bright airy atmosphere with soft coastal reflections.

🖼️ IMAGE QUALITY

Ultra-realistic DSLR RAW photography, ultra high-resolution cinematic quality with crisp micro-details on skin texture, jewelry reflections, phone edges, stone textures, hair strands and fabric details. Professional editorial lifestyle finish, authentic film grain, no AI artifacts, no distortion.

🚫 NEGATIVE

studio lighting, plastic skin, over-smoothed face, harsh shadows, exaggerated beach aesthetic, empty background, blurry phone, distorted anatomy, extra fingers, unrealistic jewelry, artificial colors, CGI textures, full body wide shot, messy composition, fake boke



## 📷 ULTRA-REALISTIC LUXURY TRAVEL LIFESTYLE PHOTOGRAPHY

### 🔒 REFERENCE USAGE (STRICT)

Reference image 1: use strictly for the female model's facial identity, facial proportions, bone structure, eyes, lips, jawline, natural asymmetry, and exact skin tone.

Reference image 2: use strictly for the outfit and overall clothing fit. Preserve the exact garment, denim structure, stitching, fit, fabric tension, silhouette, and placement on the body. No redesign. No reinterpretation.

Identity locked. Skin tone strictly preserved. No facial modifications. No body reshaping. Maximum realism.

### 🌿 SCENE & ENVIRONMENT

Outdoor terrace café located on the Bordeaux riverside promenade ("Quais des Marques" atmosphere). Elegant French city ambiance with limestone Haussmann-style buildings, cobblestone pavement, riverside walkway, subtle urban activity, softly blurred pedestrians, and a few people walking dogs in the background.

Model seated on a woven Parisian-style café chair at a small round terrace table. Luxury but natural European summer lifestyle aesthetic. Candid and effortless atmosphere.

### 👤 POSE & BODY POSITION

Model seated naturally at the terrace table. Torso upright but relaxed, shoulders soft and natural, elegant posture. One forearm resting softly on the table, the other hand holding a clear glass of iced tea close to the lips with a straw naturally placed between them. Hand relaxed with realistic finger positioning. Expression calm, thoughtful, relaxed. Eyes looking toward the horizon, not toward the camera. Natural candid moment.

### 📷 CAMERA & FRAMING

Vertical portrait composition (9:16). Medium portrait framing from slightly above the head down to upper thighs. Natural eye-level perspective with realistic 50mm lens rendering. No wide-angle distortion.

Sharp focus on eyes, lips, hand, iced tea glass, jewelry, and skin texture. Background softly blurred with realistic depth-of-field separation.

### 💇 HAIR

Long voluminous hair falling below the chest. Soft luxury blowout finish with natural movement and subtle bends. Slight lift at the roots. A few delicate strands framing the face. Highly detailed individual strands visible.

### 💄 MAKEUP & SKIN REALISM

Soft luxury natural glam makeup. Defined lashes with subtle mascara, soft neutral eyeshadow, natural brows with visible hair texture, nude satin lips. Skin rendered in ultra-photorealistic RAW quality with visible pores, real skin grain, subtle tonal variation, natural under-eye texture, soft peach fuzz, realistic highlights and shadow transitions. No smoothing, no plastic effect, no beauty filter.

### 💎 JEWELRY & DETAILS

Layered gold jewelry including a thin gold choker, medium-length chain, and a long delicate necklace with a small gold heart pendant. Gold rings, thin bracelets, elegant gold wristwatch, and long silver dangling earrings. French manicure with almond-shaped nails, glossy nude-pink base, and crisp white tips.

### 🍹 TABLE & OBJECT DETAILS

Clear glass filled with iced tea and visible condensation. Transparent straw inside the drink. Ice Tea can placed upright on the café table beside the model with realistic reflections and accurate proportions.

### ☀️ LIGHTING

Soft natural late-afternoon daylight. Warm but balanced sunlight creating realistic highlights on skin, hair, jewelry, and glass. Gentle shadows sculpting the face naturally. No flash, no harsh overexposure.

### 🎨 IMAGE QUALITY & AESTHETIC

Ultra-realistic luxury lifestyle photography. Editorial travel aesthetic. High dynamic range, 8K detail, visible micro-details on skin pores, denim stitching, hair strands, jewelry reflections, and cobblestone texture. Authentic luxury influencer/travel mood. No AI artifacts, no unrealistic HDR effect, no distortion.

### ❌ NEGATIVE PROMPT

plastic skin, over-smoothed face, AI texture, anatomy distortion, extra fingers, warped hands, blurry eyes, unrealistic reflections, HDR effect, low resolution, exaggerated curves, fake lighting, wide-angle distortion, beauty filter, cartoon skin, overprocessed image



## 📷 ULTRA-REALISTIC LUXURY CAFÉ LIFESTYLE PHOTOGRAPHY

### 🔒 REFERENCE USAGE (STRICT)

Reference image 1: use strictly for the female model's facial identity, facial proportions, bone structure, eyes, lips, jawline, natural asymmetry, and exact skin tone. Preserve authentic facial harmony and all natural micro-details. No facial modification, no added beauty marks, no identity drift.

Reference image 2: use strictly for the outfit only. Preserve the exact garment, fit, structure, fabric behavior, folds, stitching, and silhouette exactly as shown in the reference. No redesign or reinterpretation.

Identity locked. Skin tone strictly preserved. No body reshaping. Ultra-photorealistic realism only.

### 📷 CAMERA & FRAMING

Vertical composition, medium full-body framing from mid-thigh to slightly above the head. Camera positioned slightly behind the model at a soft three-quarter back angle, allowing partial visibility of her side profile. Natural 50mm full-frame lens rendering with subtle compression and zero distortion. Balanced editorial framing with realistic negative space and natural perspective.

Sharp focus on face, hair texture, hands, coffee cup, and outfit details. Background softly blurred with realistic depth separation.

### 👤 POSE & BODY POSITION

Model standing naturally at a wooden café counter. Body facing the counter while the torso remains subtly angled. Weight resting naturally on one leg creating a soft feminine hip shift.

One arm bent upward holding a ceramic coffee cup close to the lips in a relaxed sipping gesture. Opposite arm relaxed naturally near the waist. Shoulders soft, posture elegant, casual, and confident.

Head turned slightly sideways revealing a delicate partial profile. Expression calm, serene, and candid as if captured naturally during a quiet café moment.

### 💇 HAIRSTYLE

Long structured braid beginning from mid-crown and flowing down the back. Thick braid with soft realistic texture and slightly loosened sections creating natural volume and movement.

Subtle flyaways around the crown and nape for realism. Soft root lift adding depth and dimension. Polished yet effortless finish with individually visible strands.

### 💄 MAKEUP & SKIN REALISM

Refined soft natural glam makeup with extremely realistic skin rendering. Visible pores, authentic skin grain, subtle tonal variations, natural under-eye texture, and delicate facial micro-details preserved.

No smoothing, no blur, no plastic skin, no beauty filter.

Soft contour naturally defining cheekbones, lightly groomed brows with visible hair texture, subtle mascara, soft neutral eyelids, naturally hydrated lips with a delicate sheen.

Skin reacts naturally to light with realistic subsurface scattering, soft highlight transitions, and true-to-life texture.

### 💎 JEWELRY & DETAILS

Elegant medium-sized earrings subtly catching the ambient café light with soft realistic reflections. Minimal refined jewelry styling enhancing the luxury editorial atmosphere without overpowering the scene.

### ☕ ENVIRONMENT & BACKGROUND

Elevated artisanal vintage café interior with warm wooden counters and refined European boutique café atmosphere. Open cream-colored shelves displaying handcrafted ceramic pottery. Glass pastry domes with pastries inside. Espresso machine softly visible in the background.

Woven bar stools tucked beneath the counter. Soft ambient customer activity suggesting a lively brunch atmosphere while remaining visually subtle. Background softly blurred but structurally realistic and detailed.

### 💡 LIGHTING

Warm diffused daylight mixed with soft indoor ambient café lighting. Directional natural window light entering from the side, creating soft highlights along the hair, cheekbones, shoulders, and coffee cup.

Gentle realistic shadows adding natural depth and dimension. High dynamic range with balanced exposure and soft light falloff. No harsh contrast, no artificial flash.

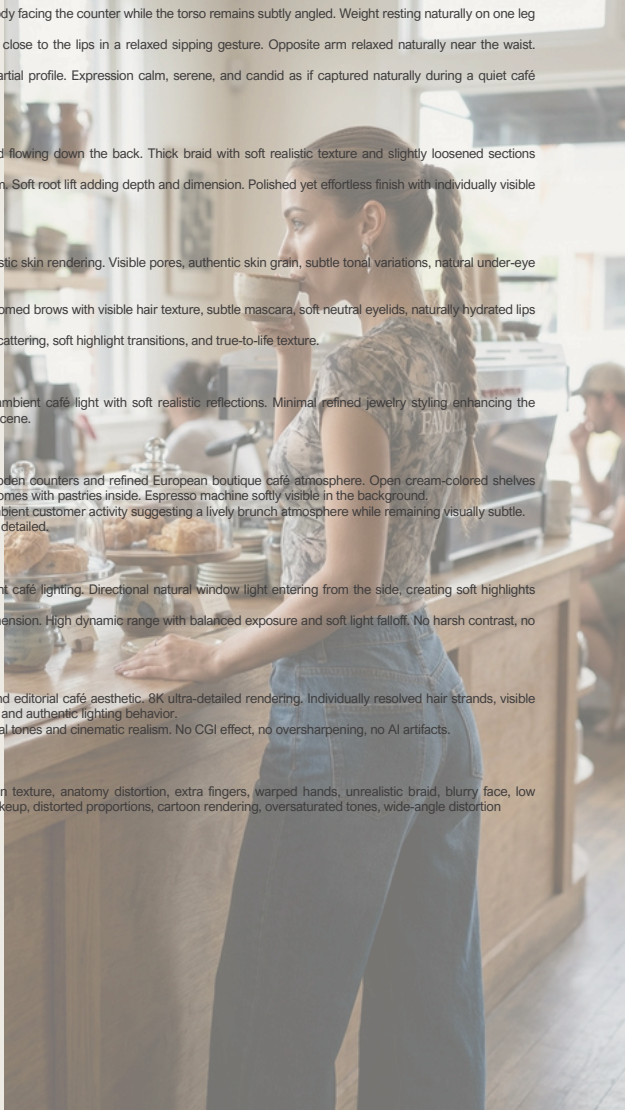
### 🖼️ IMAGE QUALITY & AESTHETIC

Ultra-realistic luxury lifestyle photography with high-end editorial café aesthetic. 8K ultra-detailed rendering. Individually resolved hair strands, visible skin pores, realistic fabric textures, ceramic reflections, and authentic lighting behavior.

Professional magazine-quality color grading with natural tones and cinematic realism. No CGI effect, no oversharpening, no AI artifacts.

### ❌ NEGATIVE PROMPT

plastic skin, over-smoothed face, beauty filter, AI skin texture, anatomy distortion, extra fingers, warped hands, unrealistic braid, blurry face, low resolution, HDR effect, artificial lighting, heavy glam makeup, distorted proportions, cartoon rendering, oversaturated tones, wide-angle distortion



## ULTRA-REALISTIC LIFESTYLE TRAVEL PHOTOGRAPHY

### REFERENCE USAGE (STRICT)

Reference image 1: use strictly for the female model's facial identity, facial proportions, bone structure, eyes, lips, jawline, natural asymmetry, exact skin tone, body proportions, silhouette, posture, and overall physique coherence. Preserve authentic identity and anatomy with zero alteration. Female model exactly 165 cm tall (1m65) with realistic feminine proportions and natural curves.

Reference image 2: use strictly for the outfit only. Preserve the exact garment, fit, structure, fabric behavior, folds, styling, and silhouette exactly as shown in the reference. No reinterpretation or modification.

Identify locked.

Body proportions locked.  
Outfit locked.

### BODY & PHYSIQUE

Feminine, healthy, naturally soft physique with realistic curves and balanced anatomy.  
Rounded shoulders with soft fullness, natural upper arms, smooth waist and midsection with subtle natural belly curve.  
Soft hips and thighs with realistic transitions and slightly close-together thighs.  
Natural chest volume balanced with the silhouette.  
No exaggerated curves, no visible bones, no unrealistic muscle definition.  
Perfect anatomical realism and natural posture.

### LOCATION & ENVIRONMENT

Scene taking place in the town center of Portugal, during a local outdoor market day.  
Authentic Portuguese small-town atmosphere with modest produce stalls, muted southern European tones, local fruits and vegetables, and understated signage.  
Warm candid travel ambience with no tourist clichés.  
A few softly blurred people naturally walking through the market in the background creating authentic everyday life energy.

### SCENE & ACTION

Model standing beside a local produce stand while buying a small tray of mini kiwis.  
One hand naturally reaching toward or holding the tray.  
Moment captured candidly as if photographed during a real travel day.  
Relaxed and unposed interaction with the market environment.

### CAMERA & FRAMING

Vertical composition.  
Non-selfie photograph captured by an external camera.  
Medium shot framing from mid-high to slightly above the head.  
Natural eye-level perspective with realistic 50mm lens rendering and subtle depth compression.  
No wide-angle distortion.  
Sharp focus on face, hands, outfit, and mini kiwis while the background remains softly blurred and realistic.

### POSTURE & GAZE

Body oriented toward the market stand and vendor.  
Weight resting naturally on one leg creating subtle asymmetry and realistic posture.  
Head slightly inclined toward the tray of mini kiwis.  
Gaze focused on the fruit instead of the camera.  
Expression calm, attentive, soft, and naturally engaged in the moment.  
Elegant relaxed feminine posture with authentic travel energy.

### HAIRSTYLE

Hair styled in a low loose ponytail with soft natural movement.  
A few fine strands naturally framing the face.  
Effortless practical travel hairstyle with light movement from outdoor air.  
Natural texture with realistic strand separation and soft volume.

### MAKEUP & SKIN REALISM

Fresh natural daytime makeup with extremely realistic skin rendering.  
Ultra hyper-realistic RAW skin with visible pores.  
Visible skin grain, natural tonal variation, subtle under-eye texture, and realistic facial micro-details preserved.  
Soft warm blush with a natural sun-kissed effect.  
No contouring.  
Brows lightly groomed with visible individual hairs.  
Light mascara only, no dramatic eyeshadow.  
Lips hydrated with a sheer satin tinted balm finish.  
No smudging, no plastic skin, no beauty filter, no artificial glow.

### JEWELRY & ACCESSORIES

Multiple delicate gold rings worn naturally across several fingers with realistic metallic reflections.  
Elegant gold bracelet on the wrist.  
Layered small gold earrings including hoops, studs, and huggies on each ear.  
Soft satin scrunchies worn around the wrist in a neutral or pastel tone.  
Accessories refined, realistic, balanced, and naturally integrated into the lifestyle scene.

### PROPS

Small tray of mini kiwis clearly visible with realistic fruit texture, natural imperfections, and authentic color variation.  
Market produce displayed naturally around the stand.

### LIGHTING

Soft natural outdoor daylight with slightly warm tones.  
Balanced highlights and gentle shadows consistent with an outdoor Portuguese market atmosphere.  
No harsh sunlight, no flash, no artificial lighting.  
Natural light falloff across the face, body, and environment with realistic shadow physics.

### IMAGE QUALITY & AESTHETIC

Ultra-realistic high-end travel lifestyle photography.  
Authentic candid editorial atmosphere with luxury influencer realism.  
8K ultra-detailed rendering with visible skin pores, fine hair strands, realistic jewelry reflections, and authentic fabric textures.  
Professional natural color grading with realistic dynamic range and lifelike contrast.  
No AI artifacts, no distortion, no oversharpening, no CGI appearance.

### NEGATIVE PROMPT

identity drift, facial variation, distorted anatomy, exaggerated curves, extra fingers, warped hands, blurry skin texture, plastic skin, over-smoothed face, beauty filter, artificial lighting, HDR effect, low resolution, unrealistic hair texture, distorted fruit proportions, oversaturated colors, CGI rendering, wide-angle distortion



📷 Ultra-realistic lifestyle supermarket photography — candid checkout moment, busy everyday atmosphere

#### 🔒 STRICT REFERENCE USAGE

Reference 1: exact facial identity, natural skin tone, body silhouette strictly preserved.

Reference 2: exact outfit strictly preserved, adapting naturally to the model's body shape. Identity strictly locked. No reshaping, no proportion changes.

#### 🏠 SCENE

Model standing at a supermarket checkout line inside a modern grocery store with realistic busy atmosphere. Multiple checkout lanes visible in the softly blurred background, customers waiting with shopping carts, cashiers scanning items, shelves filled with products and bright supermarket lighting overhead. Shopping cart beside the model partially filled with realistic groceries and everyday products. Conveyor belt crowded with various items: fresh vegetables, fruits, pasta packs, bread, yogurt, bottled water, cereal boxes, hygiene products, shower gel, shampoo bottles, cleaning products and snacks. Some items already grouped naturally on the belt while others remain inside the cart. Environment feels authentic, slightly chaotic and naturally lived-in like a real grocery run after a long day.

#### 👤 BODY & POSE

Model standing slightly angled toward the checkout belt while unloading groceries naturally from the cart. One hand placing an item onto the conveyor belt while the other rests briefly on the cart handle or holds another product. Shoulders slightly tense with realistic tired posture. Body language subtle and natural, giving the feeling she wants to finish quickly and leave. Slight asymmetry in stance for candid realism.

#### 💇 HAIR

Hair tied into a practical messy low bun or claw-clip updo with subtle loose strands escaping naturally around the face and neck. Slightly imperfect realistic everyday hairstyle, soft texture visible under supermarket lighting.

#### 💍 JEWELRY

Minimal everyday gold jewelry: small hoop earrings, delicate necklace and thin bracelet. Understated and realistic.

#### 💅 NAILS

Short natural rounded nails with nude beige glossy manicure. Clean but realistic everyday appearance.

#### 😊 EXPRESSION

Neutral to slightly tired expression. Lips relaxed and closed, eyes focused on unloading groceries rather than the camera. Subtle exhausted or rushed energy without exaggeration. No smile. Calm but mentally occupied atmosphere.

#### 💄 MAKEUP

Very soft natural makeup with lightly tired under-eyes, subtle mascara, brushed brows, soft blush and natural nude lips. Realistic everyday beauty look, not overly glam.

#### 🌟 SKIN

Skin is ultra hyper-realistic RAW with visible pores, fine natural texture, preserved micro-imperfections, realistic under-eye texture, warm healthy complexion, no smoothing, no beauty filter, maximum photographic realism.

#### 📷 CAMERA & FRAMING

Vertical medium-wide shot captured slightly from the side of the checkout lane. Camera positioned around chest level for immersive candid perspective. Model and conveyor belt clearly visible with crowded grocery details in the foreground and softly blurred supermarket activity in the background. Slight documentary-style realism.

#### 💡 LIGHTING

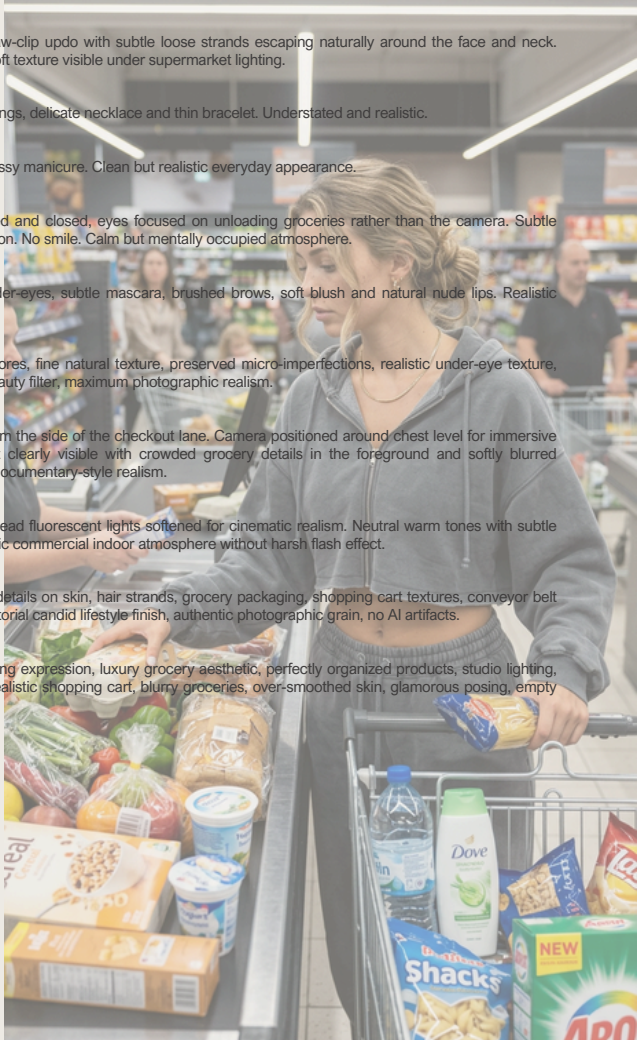
Realistic supermarket lighting with bright overhead fluorescent lights softened for cinematic realism. Neutral warm tones with subtle reflections on packaging, hair and skin. Authentic commercial indoor atmosphere without harsh flash effect.

#### 🖼️ IMAGE QUALITY

Ultra-realistic DSLR RAW quality, sharp micro-details on skin, hair strands, grocery packaging, shopping cart textures, conveyor belt details and supermarket lighting reflections. Editorial candid lifestyle finish, authentic photographic grain, no AI artifacts.

#### 🚫 NEGATIVE

empty supermarket, empty conveyor belt, smiling expression, luxury grocery aesthetic, perfectly organized products, studio lighting, plastic skin, distorted hands, extra fingers, unrealistic shopping cart, blurry groceries, over-smoothed skin, glamorous posing, empty background



📷 Ultra-realistic lifestyle indoor photography — elegant candid cleaning moment in refined home interior

🔒 STRICT REFERENCE USAGE

Reference 1: exact facial identity, natural skin tone, body silhouette strictly preserved.  
Reference 2: exact outfit strictly preserved, adapting naturally to the model's body shape.  
Identity strictly locked. No reshaping, no proportion changes.

🏠 SCENE

Warm elegant home interior with a refined lived-in atmosphere. Model standing beside a vintage wooden dresser with rich natural wood texture and subtle antique detailing. Above the dresser hangs a large ornate gold mirror with intricate carved details and realistic aged metallic reflections. On the dresser sits a ceramic pot containing a vibrant green houseplant along with minimalist decorative objects and a framed artwork featuring the word "HOME" in elegant typography instead of a cat portrait. Environment feels cozy, feminine and naturally curated without appearing overly staged. Soft realistic household details subtly visible in the room creating warmth and authenticity.

Mirror reflection remains physically coherent and realistic with accurate perspective, lighting behavior and body positioning.

👤 BODY & POSE

Full-body side-profile candid pose with the model focused naturally on dusting the dresser surface. One arm extended forward holding a feather duster while the other rests more naturally near the furniture for balance. Body posture relaxed but engaged in movement, shoulders soft, head slightly lowered toward the cleaning action. Natural domestic energy captured mid-motion with realistic interaction between the hands, gloves, furniture and duster. She is not looking at the camera.

💇 HAIR

Hair styled into two clean ponytails with natural texture and subtle softness. Slight flyaways and delicate loose strands preserved for realism. Hairstyle feels casual, youthful and naturally styled rather than overly polished.

💎 JEWELRY

Minimal delicate jewelry with subtle gold accents such as thin rings or small earrings. Understated feminine details with realistic metallic reflections.

😊 EXPRESSION

Calm focused expression with relaxed facial muscles and natural concentration. Soft candid domestic atmosphere with effortless realistic energy. No exaggerated smile or posed expression.

💄 MAKEUP

Very soft natural makeup with lightly defined brows, subtle mascara, warm blush tones and nude lips. Authentic everyday beauty aesthetic with realistic skin texture preserved.

🌟 SKIN

Skin is ultra hyper-realistic RAW with visible pores, fine natural skin texture, preserved micro-imperfections and realistic complexion variation. Natural healthy tone with authentic interaction between skin and warm daylight. No smoothing, no plastic effect, no beauty filter, maximum DSLR photographic realism.

📷 CAMERA & FRAMING

Vertical medium full-body composition captured from a soft side angle slightly behind the model to emphasize the profile posture and mirror depth. Camera positioned around waist to chest level for realistic proportions and immersive perspective. Reflection visible subtly within the ornate mirror while remaining physically accurate and coherent with the scene. Shallow depth of field with crisp focus on the subject and dresser details while the background softly fades into cinematic blur.

💡 LIGHTING

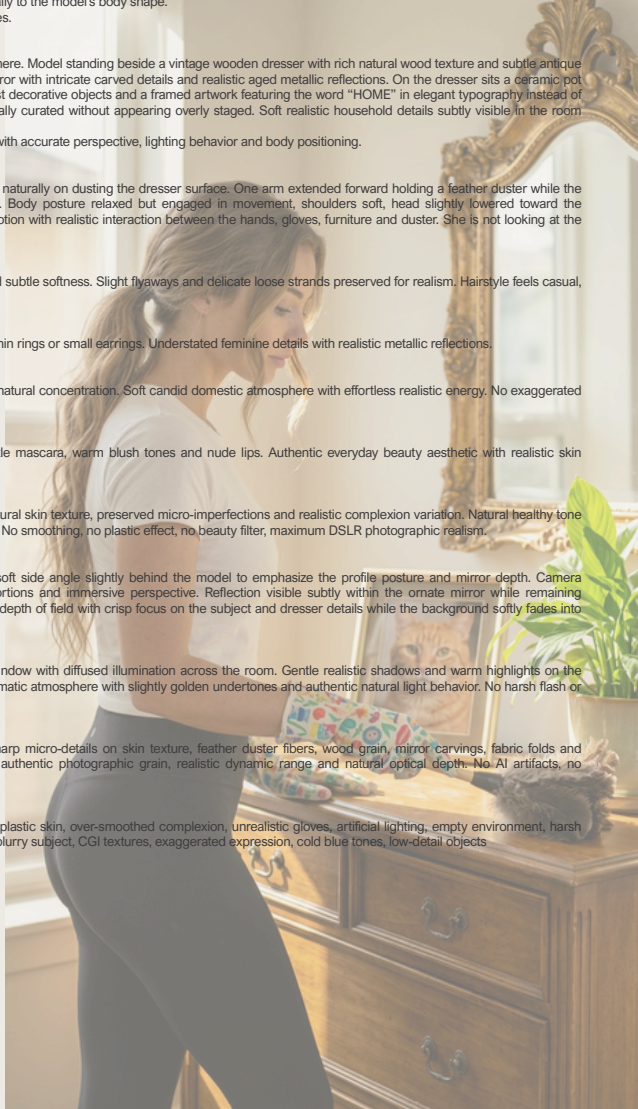
Soft warm natural daylight entering from a nearby side window with diffused illumination across the room. Gentle realistic shadows and warm highlights on the wood textures, gold mirror frame, hair and skin. Cozy cinematic atmosphere with slightly golden undertones and authentic natural light behavior. No harsh flash or artificial overexposure.

🖼️ IMAGE QUALITY

Ultra-realistic DSLR RAW photography with extremely sharp micro-details on skin texture, feather duster fibers, wood grain, mirror carvings, fabric folds and household décor. Cinematic editorial lifestyle finish with authentic photographic grain, realistic dynamic range and natural optical depth. No AI artifacts, no distortion, no unrealistic reflections.

⚠️ NEGATIVE

broken mirror reflection, distorted anatomy, extra fingers, plastic skin, over-smoothed complexion, unrealistic gloves, artificial lighting, empty environment, harsh flash, unrealistic luxury palace décor, messy composition, blurry subject, CGI textures, exaggerated expression, cold blue tones, low-detail objects



📄 REFERENCE USAGE (STRICT)

Reference image 1: Use strictly for the female model's facial identity, facial proportions, bone structure, eyes, lips, jawline, natural asymmetry, and exact natural skin tone. Preserve authentic facial harmony and all natural facial micro-details with zero alteration.  
Reference image 2: Use strictly for the outfit, body proportions, silhouette, posture, and overall physique coherence. Preserve exact clothing fit, structure, folds, texture, and natural body proportions exactly as shown in the reference.

Identity locked.  
Skin tone strictly preserved.  
No facial modification.  
No outfit reinterpretation.  
No unrealistic retouching.

🏠 SCENE & ENVIRONMENT

Refined indoor setting with elegant minimalist luxury apartment atmosphere.  
Visible white wall and ceiling moldings adding subtle Parisian-inspired sophistication.  
Clean cabinetry and understated interior design details softly visible in the background.  
Modern lampshade partially visible in the upper corner creating natural depth and realism.  
Background softly blurred while remaining readable and realistic, creating a cozy high-end morning routine aesthetic.

📷 CAMERA & FRAMING

Vertical social-media-style composition.  
Selfie perspective with smartphone camera held slightly above chest to face level and angled gently downward toward the face.  
Tight medium close-up framing from mid-chest to slightly above the head.  
Natural smartphone lens rendering with slight wide-angle effect but no distortion.  
Sharp focus on eyes, lips, skin texture, glass, and fingertips.  
Background softly blurred with realistic shallow depth of field.

👤 POSE & COMPOSITION

Model positioned naturally in the center of the frame.  
Shoulders relaxed with the body slightly angled.  
Head gently tilted with calm direct eye contact into the camera.  
Lips softly parted creating a natural effortless expression.  
One hand holding a transparent glass close to the lips during a mid-sip moment.  
Fingers relaxed and realistic with natural positioning.  
Pose feels candid, intimate, controlled, and authentically lifestyle-oriented.

💇 HAIRSTYLE

Long smooth hair with a soft luxury blowout finish.  
Natural volume and subtle lift at the roots.  
Hair flowing naturally around the shoulders with realistic strand separation.  
One side softly tucked behind the face creating a polished effortless effect.  
Healthy glossy finish without appearing artificial.

💄 MAKEUP & SKIN REALISM

Fresh skincare-focused natural glam makeup.  
Ultra hyper-realistic RAW skin with visible pores.  
Visible natural skin grain, slight redness, subtle under-eye texture, fine lines, and authentic facial micro-details preserved.  
Small patches of skincare cream intentionally visible on the forehead, cheeks, and nose, unblended for realistic morning-routine authenticity.  
No smoothing, no blur, no plastic skin, no beauty filter.

Brows softly groomed with visible hair texture.  
Light mascara and subtle eyeliner naturally enhancing the eyes.  
Minimal blush with almost invisible contour.  
Lips hydrated with a natural glossy finish and realistic lip texture.

🥤 DETAILS & PROPS

Transparent glass containing a smooth green beverage with realistic liquid density and condensation droplets visible on the surface.  
Transparent straw positioned naturally between the lips.  
Realistic reflections and light refraction visible through the glass.

👕 OUTFIT

Soft plush bathrobe with thick textured fabric and realistic folds.  
Slightly open neckline creating a cozy luxury-homewear aesthetic.  
Fabric appears soft, voluminous, and naturally weighted.

💡 LIGHTING

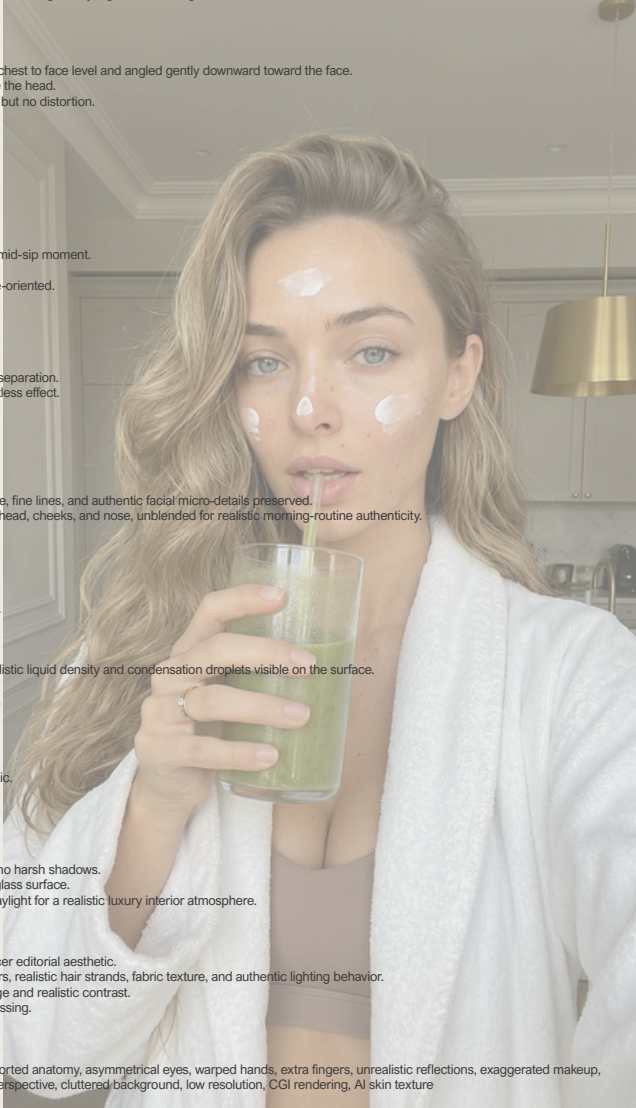
Soft natural daylight entering from the front and side.  
Even diffused illumination across the face and upper body with no harsh shadows.  
Balanced exposure with gentle highlights on the skin, lips, and glass surface.  
Subtle warm ambient glow from the lamp softly blending with daylight for a realistic luxury interior atmosphere.

🖼️ IMAGE QUALITY & AESTHETIC

Ultra-realistic luxury lifestyle photography with high-end influencer editorial aesthetic.  
8K ultra-detailed rendering with visible skin pores, fine facial hairs, realistic hair strands, fabric texture, and authentic lighting behavior.  
Professional natural HDR rendering with balanced dynamic range and realistic contrast.  
No AI artifacts, no CGI effect, no oversharpening, no over-processing.

❌ NEGATIVE PROMPT

plastic skin, over-smoothed face, beauty filter, artificial glow, distorted anatomy, asymmetrical eyes, warped hands, extra fingers, unrealistic reflections, exaggerated makeup, harsh shadows, overexposed highlights, blurry face, incorrect perspective, cluttered background, low resolution, CGI rendering, AI skin texture



## 📷 ULTRA-REALISTIC MIRROR SELFIE PORTRAIT

### 📄 REFERENCE USAGE (STRICT)

Reference image 1: use strictly for the female model's facial identity, facial proportions, bone structure, eyes, lips, jawline, natural asymmetry, and exact natural skin tone. Preserve authentic facial harmony and realistic facial micro-details with zero alteration.

Identity locked.

Skin tone strictly preserved.

No facial modification.

No unrealistic retouching.

### 🏠 SCENE & ENVIRONMENT

Modern luxury bathroom interior with clean minimalist aesthetic.

Large bathroom mirror with subtle realistic reflections.

Soft neutral tones, refined countertops, elegant contemporary finishes, and uncluttered surroundings.

Atmosphere intimate and authentic, capturing a realistic morning routine moment.

### 📷 CAMERA & FRAMING

Vertical mirror selfie composition.

Medium close-up framing from mid-torso to slightly above the head.

Natural smartphone perspective with realistic focal length and no distortion.

iPhone 17 clearly visible in the mirror reflection, partially covering part of the face naturally.

Sharp focus on skin texture, toothbrush, wet hair, and reflections.

Background softly detailed but secondary to the subject.

### 👤 POSE & ACTION

Model standing naturally in front of the mirror.

One hand holding the iPhone 17 at chest-to-face level.

Other hand holding a toothbrush inside the mouth mid-motion during brushing.

Relaxed casual posture with slightly relaxed shoulders and natural body positioning.

Expression candid and effortless like a genuine luxury lifestyle selfie.

### 💇 HAIRSTYLE

Wet freshly washed hair with realistic damp texture.

Hair slicked naturally backward with soft wet strands framing parts of the face and neck.

Visible natural clumping and moisture separation in the strands.

Clean hairline and realistic shine caused by water, not artificial gloss.

### 💄 MAKEUP & SKIN REALISM

No visible makeup.

Ultra hyper-realistic RAW skin with visible pores.

Natural skin grain, slight redness, realistic tonal variation, and authentic facial micro-details preserved.

Soft natural healthy glow with slight realistic morning skin shine.

No smoothing, no beauty filter, no plastic effect.

### 😊 EXPRESSION

Calm relaxed morning expression.

Eyes naturally softened and directed toward the phone screen.

Lips partially occupied by the toothbrush creating an authentic candid lifestyle moment.

Effortless intimate UGC influencer energy.

### 👕 CLOTHING

Soft luxury bathrobe or towel-wrap styling with realistic textured fabric.

Thick plush cotton material with visible weave and natural folds.

Bathrobe slightly oversized and loosely wrapped around the body for a cozy relaxed silhouette.

Open neckline subtly revealing the collarbone and upper chest naturally.

Fabric appears soft, absorbent, and freshly worn after a shower with realistic fabric weight and texture.

### 💡 LIGHTING

Soft diffused natural bathroom lighting.

Balanced illumination with realistic mirror reflections and gentle highlights on damp skin and wet hair.

No flash.

No harsh shadows.

Natural light falloff creating subtle depth and realistic bathroom atmosphere.

### 🖼️ IMAGE QUALITY & AESTHETIC

Ultra-realistic luxury UGC influencer photography.

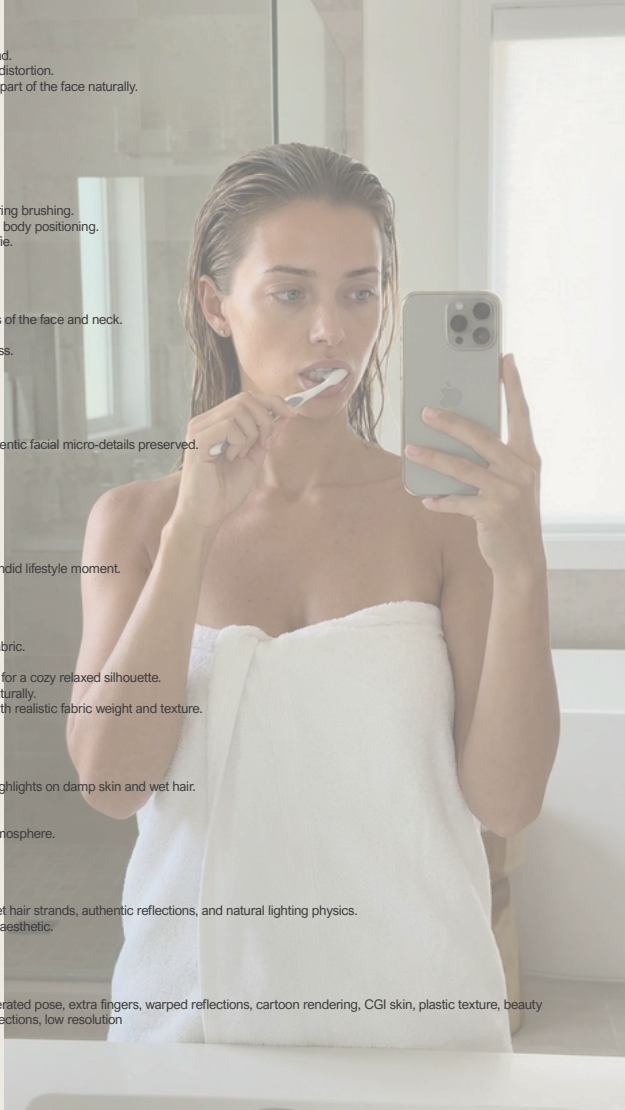
High-end lifestyle realism with crisp skin micro-texture, realistic wet hair strands, authentic reflections, and natural lighting physics.

8K detailed rendering with professional smartphone photography aesthetic.

No CGI look, no oversharpening, no AI artifacts.

### ❌ NEGATIVE PROMPT

heavy makeup, dry hair, studio lighting, distorted anatomy, exaggerated pose, extra fingers, warped reflections, cartoon rendering, CGI skin, plastic texture, beauty filter, over-smoothed face, unrealistic bathroom lighting, blurry reflections, low resolution



## 📺 ULTRA-REALISTIC MIRROR BEAUTY PORTRAIT

### 📌 REFERENCE USAGE (STRICT)

Reference image 1: use strictly for the female model's facial identity, facial proportions, bone structure, eyes, nose, lips, jawline, exact skin tone, and overall facial harmony. Preserve authentic identity with zero variation.  
Reference image 2: use strictly for the outfit, body proportions, silhouette, posture, and overall physique coherence. Preserve exact clothing fit, structure, folds, and natural body proportions exactly as shown in the reference.

Identity locked. No facial modification. No body distortion. No outfit reinterpretation.

### 🏠 SCENE & ENVIRONMENT

Warm intimate indoor bedroom or dressing-area atmosphere with refined luxury lifestyle aesthetic. Neutral-toned walls with soft warm ambient and elegant minimalist styling. Scene centered around a decorative standing mirror positioned vertically in front of the model.

#### Mirror details:

- oval-shaped mirror
- ornate vintage-style frame
- carved metallic or antique-inspired finish
- romantic and refined aesthetic

Viewer sees the model primarily through the mirror reflection. Part of the real model's shoulder and damp hair visible softly out of focus at the right edge of the frame, reinforcing realistic mirror perspective. No clutter. Clean elegant self-care environment.

### 📷 CAMERA & FRAMING

Vertical Instagram-style portrait orientation. Camera positioned slightly behind and to the side of the model, shooting toward the mirror surface. Mirror occupying most of the composition with the reflected face centered naturally inside it. Framing from upper chest to slightly above the head. **Shoulders, neckline, and upper torso** visible.

Natural smartphone or compact-camera realism. No wide-angle distortion. Realistic proportions and authentic depth rendering. Sharp focus on the reflected face and lips while mirror edges and foreground elements remain softly diffused.

### 🧍 POSTURE & BODY POSITION

Model standing naturally in front of the mirror with relaxed shoulders and calm posture. Upper body facing directly toward the reflection. One hand raised naturally toward the lips holding a lipstick or lip balm mid-application. Elbow softly bent with realistic relaxed hand positioning. Other arm naturally relaxed and mostly out of frame. Pose intimate, candid, feminine, and effortless like a genuine morning self-care moment.

### 😊 HEAD POSITION & EXPRESSION

Head aligned naturally toward the mirror. Chin neutral and relaxed. Soft genuine smile with slightly visible teeth. Relaxed cheeks and warm natural expression. Eyes open and focused softly on her own reflection. Mood calm, confident, intimate, and naturally elegant.

### 💇 HAIRSTYLE

Wet or damp hair freshly washed with realistic moisture texture. Hair slicked softly backward from the forehead with natural separation between strands. Glossy damp finish with realistic wet reflections. Hair tucked slightly behind the ears while the lengths fall naturally over the shoulders. No blowout volume, no styled curls, no rigid structure. Authentic freshly showered texture with detailed strand definition.

### 💄 MAKEUP & SKIN REALISM

Fresh natural beauty makeup with clean luxury skincare aesthetic. Ultra hyper-realistic RAW skin with visible pores. Visible skin grain, realistic tonal variation, subtle under-eye texture, faint natural redness, and authentic facial micro-details preserved. Soft healthy glow naturally catching the sunlight.

#### Eyes:

- minimal eye makeup
- softly enhanced lashes
- clean natural eyelids
- brows lightly groomed with visible hair texture

#### Lips:

- naturally full shape
- soft satin hydrated finish
- lipstick or balm being applied mid-motion
- subtle realistic shine catching the light

No heavy contouring. No dramatic glam. No smoothing, no plastic effect, no beauty filter.

### 💡 LIGHTING

Strong warm natural sunlight entering from one side of the room. Side lighting coming from the left side of the mirror. Golden-hour warmth illuminating the face, shoulders, chest, and lips. Soft realistic shadows sculpting the facial structure naturally. Subtle glowing highlights across damp skin and wet hair. No artificial lights. No flash. Natural light falloff with realistic indoor sun physics.

### 🪞 MIRROR DETAILS

Mirror glass clean with subtle realistic reflections and soft sunlight highlights. Vintage ornate frame fully visible around the reflection adding romantic editorial atmosphere. Optional subtle handwritten lipstick mark or delicate text on the mirror surface for realism, without overpowering the portrait.

### 🖼️ IMAGE QUALITY & AESTHETIC

Ultra-realistic luxury lifestyle beauty photography. High-end influencer editorial realism with intimate self-care atmosphere. 8K ultra-detailed rendering with visible skin pores, wet hair strands, realistic reflections, and authentic lighting behavior. Professional natural color grading with realistic contrast and soft cinematic warmth. No CGI appearance, no AI artifacts, no oversharpening, no unrealistic blur.

### ❌ NEGATIVE PROMPT

plastic skin, beauty filter, over-smoothed face, distorted anatomy, warped mirror reflection, exaggerated makeup, dry hair, cartoon rendering, CGI look, artificial lighting, flash photography, blurry facial details, asymmetrical eyes, extra fingers, unrealistic reflections, low resolution, oversaturated tones

etc



## ULTRA-REALISTIC HIGH-END BEAUTY LIFESTYLE EDITORIAL

### REFERENCE USAGE (STRICT)

Reference 1: use strictly for the female model's facial identity only. Preserve the exact facial features, facial proportions, bone structure, eyes, lips, jawline, natural asymmetry, and skin tone. Same woman, no identity variation.

Reference 2: use strictly for the outfit and upper body silhouette only. Exact clothing replication required with the same fabric, structure, fit, proportions, folds, neckline, and styling. No reinterpretation or redesign. Identity locked. Outfit locked. Natural anatomy preserved.

### SCENE & ENVIRONMENT

Ultra-realistic luxury beauty lifestyle scene inside an elegant Parisian apartment interior with high ceilings, classic Haussmann-style moldings, warm white and soft beige tones, and a refined minimalist lived-in luxury atmosphere. A large ornate gold mirror is positioned vertically behind the vanity area, creating a sophisticated beauty-editorial ambiance. The mirror frame is vintage-inspired with elegant carved gold detailing and realistic reflective surfaces. A softly styled vanity table is positioned beneath the mirror with naturally arranged beauty products and accessories.

### ACTION & COMPOSITION

The model is standing in front of the mirror applying makeup in a candid luxury beauty moment. One hand is holding a beauty product such as a lip gloss, blush stick, or skincare item while the other hand rests lightly near the vanity or softly touches the face. The gesture feels natural and fluid, captured mid-motion with realistic interaction between the model and her reflection. Visible beauty products from Rhode and Rare Beauty are placed naturally on the vanity with realistic branding placement and proportional sizing, creating an authentic luxury beauty environment. The mirror reflection is fully realistic and anatomically coherent.

### CAMERA & FRAMING

Vertical editorial composition with medium framing from mid-torso to slightly above the head. Camera positioned at eye level with a luxury 85mm portrait lens aesthetic, natural depth compression, and no wide-angle distortion. Sharp focus on the eyes, lips, hands, makeup product, and skin texture while the background remains softly blurred with realistic depth-of-field falloff.

### HAIR

Hair styled in a loose elegant bun with a soft imperfect French-girl finish. A few natural strands escape around the face and neck, creating realistic softness and effortless sophistication. The texture shows realistic strand separation, subtle movement, and a polished yet natural appearance.

### MAKEUP & SKIN REALISM

Luxury editorial makeup with extremely realistic rendering. Ultra hyper-realistic RAW skin with visible pores, authentic skin grain, realistic micro-texture, subtle tonal variations, natural micro-imperfections, and physically accurate light interaction. No smoothing, no plastic skin, no AI beauty filter, and no artificial blur. The skin preserves pore-level realism across the cheeks, forehead, and nose, with soft natural shine on the high points of the face, realistic under-eye texture, fine skin grain, natural complexion transitions, and lifelike subsurface scattering. Makeup remains refined and realistic with a luminous skin finish, soft contouring, subtle highlights on the cheekbones and nose bridge, softly defined brows, minimal elegant eye makeup, and hydrated lips with a soft glossy or satin finish.

### LIGHTING

Soft natural daylight enters from a nearby side window while warm indoor ambient tones blend subtly into the scene. Gentle cinematic shadows sculpt the face and collarbones naturally. The lighting creates soft highlights on the skin, realistic reflective behavior on the mirror and beauty packaging, balanced exposure, and a luxury editorial atmosphere without harsh flash or over-lit studio effects.

### REALISM & DETAILS

Realistic mirror physics and reflections with perfect anatomical coherence. Natural hand positioning and realistic finger proportions. Visible micro-texture on skin, hair, fabrics, vanity objects, and reflective surfaces. The overall image feels like authentic luxury influencer/editorial photography captured in a real Parisian apartment.

### IMAGE QUALITY

Ultra-high resolution with extreme photorealism, sharp facial details, visible pores, fine skin texture, natural color grading, realistic depth, and cinematic rendering. No distortion, no AI artifacts, no oversharping, and no CGI appearance. Professional luxury beauty photography aesthetic with authentic realism.



## 📷 ULTRA-REALISTIC LUXURY LIFESTYLE BATHROOM PORTRAIT

### 🏠 REFERENCE USAGE (STRICT)

Reference 1: use strictly for the female model's facial identity only. Preserve the exact facial features, facial proportions, bone structure, eyes, lips, jawline, natural asymmetry, and exact natural skin tone. Same woman, no identity variation.

Reference 2: use strictly for the outfit, body proportions, silhouette, and overall body coherence only. Exact body structure and proportions must remain identical. No reshaping, no anatomy modification, no outfit reinterpretation. Identity locked. Skin tone strictly preserved with no tanning, bronzing, or warming effect.

### 🌟 SCENE & ENVIRONMENT

Ultra-realistic luxury lifestyle photography inside a refined Parisian-style bathroom combining classic Haussmann apartment elegance with modern renovation details. Light stone walls, subtle white moldings, vintage-inspired architectural finishes, and contemporary chrome fixtures create a clean and elevated atmosphere. A glass shower panel is visible in the background alongside a minimalist sink counter decorated with a curated soap dispenser and candle. The room feels slightly humid and freshly used after a shower, creating a quiet intimate luxury atmosphere with realistic moisture diffusion in the air.

### 👤 POSE & BODY POSITION

The model is standing naturally facing the camera with relaxed shoulders and confident feminine posture. A soft white bath towel is wrapped securely around the chest with realistic towel texture and natural fabric folds. Hands are gently placed in front of the body with fingers softly intertwined, creating a delicate and elegant silhouette. Head straight, chin neutral, gaze calm and confident directly toward the camera with a subtle effortless expression.

### 💇 HAIR

Hair wrapped in a luxury bath towel turban with realistic fabric tension and natural wrapping shape. Fine wet baby hairs visible around the hairline and temples, softly sticking to the skin to enhance post-shower realism. A few damp strands naturally escaping near the ears add softness and authenticity.

### 💄 MAKEUP & SKIN REALISM

Very minimal fresh post-shower beauty look with natural complexion and subtle healthy glow. Light mascara, softly groomed brows, and nude hydrated lips with no heavy contouring or dramatic makeup.

Ultra hyper-realistic RAW skin with visible pores, authentic skin grain, realistic micro-texture, natural tonal variations, slight post-shower hydration sheen, and physically accurate light interaction. No smoothing, no plastic skin, no beauty filter, and no artificial blur. Visible pore-level realism across cheeks, forehead, collarbones, shoulders, and chest area. Fine natural skin texture, subtle micro-imperfections, realistic under-eye texture, and natural complexion transitions preserved throughout. Skin appears naturally hydrated from steam and humidity while remaining completely realistic and editorial.

### ✂️ HANDS & NAILS

Short elegant nails with a refined French manicure. Clean natural nail beds, soft white tips, subtle gloss finish, understated luxury aesthetic. Hands fully realistic with natural finger proportions, visible knuckle texture, and accurate anatomy.

### 📷 CAMERA & FRAMING

Vertical portrait composition framed from the top of the head to mid-thigh. Centered framing with balanced composition and natural eye-level perspective. Slight smartphone or editorial portrait lens look with realistic proportions and no distortion. Sharp focus maintained on face, skin texture, lips, hands, and towel fabric while the background remains softly blurred with realistic depth-of-field falloff.

### 💡 LIGHTING

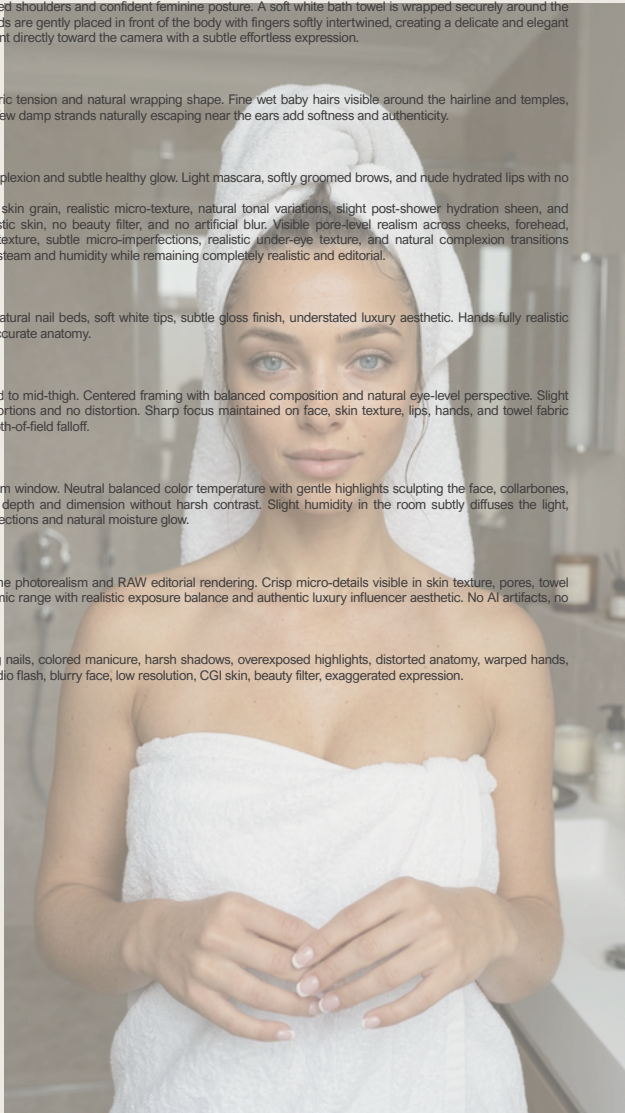
Soft diffused natural daylight entering from a nearby bathroom window. Neutral balanced color temperature with gentle highlights sculpting the face, collarbones, shoulders, and towel texture. Soft shadows create realistic depth and dimension without harsh contrast. Slight humidity in the room subtly diffuses the light, creating a cinematic luxury atmosphere with realistic skin reflections and natural moisture glow.

### 🔍 IMAGE QUALITY

Ultra-high-resolution luxury lifestyle photography with extreme photorealism and RAW editorial rendering. Crisp micro-details visible in skin texture, pores, towel fibers, damp baby hairs, and bathroom materials. High dynamic range with realistic exposure balance and authentic luxury influencer aesthetic. No AI artifacts, no distortion, no oversharpening, and no CGI appearance.

### ❌ NEGATIVE PROMPT

Over-smoothed skin, plastic texture, excessive makeup, long nails, colored manicure, harsh shadows, overexposed highlights, distorted anatomy, warped hands, extra fingers, unrealistic towel wrapping, artificial lighting, studio flash, blurry face, low resolution, CGI skin, beauty filter, exaggerated expression.



## 📷 ULTRA-REALISTIC LUXURY LIFESTYLE KITCHEN PORTRAIT

### 📄 REFERENCE USAGE (STRICT)

Reference 1: use strictly for the female model's facial identity only. Preserve the exact facial features, facial proportions, bone structure, eyes, lips, jawline, natural asymmetry, and skin realism. Same woman, no identity variation.

Reference 2: use strictly for the outfit, body proportions, silhouette, and overall anatomy coherence only. Exact clothing replication required with identical fit, structure, proportions, and styling. No outfit reinterpretation. Identity locked.

### 📍 SCENE & ENVIRONMENT

Ultra-realistic luxury lifestyle photography inside a modern high-end kitchen at night or in controlled indoor lighting conditions. No sunlight and no visible windows. Elegant contemporary kitchen design with refined materials, detailed cabinetry, soft ambient lighting, marble or stone countertops, modern appliances, and subtle luxury décor elements visible in the softly detailed background. Clean upscale atmosphere with realistic depth and lived-in authenticity.

The model is standing behind a large kitchen island, filling most of the frame from the belly upward. Kitchen island surface visible in the foreground with realistic culinary preparation details arranged naturally.

### 🍴 FOOD & OBJECT DETAILS

In front of the model, placed on a realistic wooden kitchen board, is a raw premium steak ready to be cooked. Around it are fresh raw ingredients prepared for cooking: potatoes, vegetables, herbs, garlic, and cooking elements arranged naturally like an authentic meal-prep moment. Food textures highly realistic with visible raw meat texture, moisture, vegetable details, and natural imperfections. Everything appears fresh and editorial-quality while remaining believable and candid.

### 👤 POSE & BODY POSITION

Model standing naturally behind the kitchen island with relaxed shoulders and confident posture. Upper body facing directly toward the camera. Head facing forward with calm confident eye contact directly into the lens. Expression soft, relaxed, modern, and effortlessly attractive.

### 💇 HAIR

Hair styled in a high ponytail falling over the chest with realistic volume and movement. Ponytail sleek at the roots with soft natural texture through the lengths. A few loose strands escaping naturally around the face and neckline add realism and softness. Hair highly detailed with visible individual strands and realistic shine.

### 🔗 ACCESSORIES & DETAILS

Elegant Van Cleef-style necklace resting naturally on the chest with realistic metallic reflections. Refined earrings visible. Long almond-shaped nails with glossy light pink manicure. Light pink Apple Watch worn on the wrist with realistic silicone texture and reflective screen detail.

### 💄 MAKEUP & SKIN REALISM

Natural luxury glam makeup with softly defined brows, subtle lashes, lightly enhanced lips, and fresh luminous complexion.

Skin is ultra hyper-realistic RAW with visible pores, slightly uneven texture, realistic skin grain, subtle tonal variation, authentic micro-imperfections, and physically accurate light interaction. Slightly tanned complexion with natural warmth preserved realistically. No smoothing, no plastic skin, no beauty filter, and no artificial blur. Visible pore-level realism across cheeks, forehead, chest, shoulders, and hands. Natural skin sheen and realistic texture transitions preserved throughout.

### 📷 CAMERA & FRAMING

Vertical close-up composition framed from belly to slightly above the head, with the model filling almost the entire frame. Camera positioned at natural eye level with realistic smartphone or editorial portrait lens behavior. Sharp focus on eyes, lips, skin texture, jewelry, nails, and food details. Background softly blurred while remaining detailed and recognizable. Natural depth-of-field falloff with realistic lens rendering and no distortion.

### 💡 LIGHTING

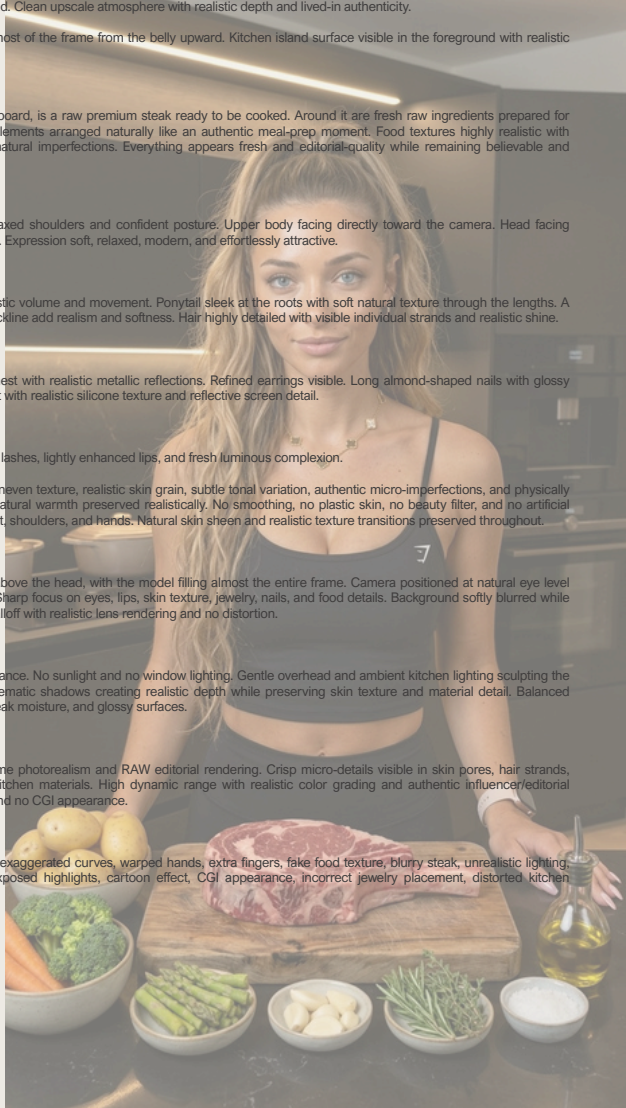
Soft controlled indoor lighting with warm-neutral luxury ambiance. No sunlight and no window lighting. Gentle overhead and ambient kitchen lighting sculpting the face, collarbones, hair, and food textures naturally. Soft cinematic shadows creating realistic depth while preserving skin texture and material detail. Balanced exposure with realistic highlights on jewelry, Apple Watch, steak moisture, and glossy surfaces.

### 👁️ IMAGE QUALITY

Ultra-high-resolution luxury lifestyle photography with extreme photorealism and RAW editorial rendering. Crisp micro-details visible in skin pores, hair strands, nails, jewelry, steak texture, vegetables, wood grain, and kitchen materials. High dynamic range with realistic color grading and authentic influence/editorial aesthetic. No AI artifacts, no distortion, no oversharpening, and no CGI appearance.

### ❌ NEGATIVE PROMPT

Plastic skin, over-smoothed complexion, distorted anatomy, exaggerated curves, warped hands, extra fingers, fake food texture, blurry steak, unrealistic lighting, messy background, low resolution, harsh shadows, overexposed highlights, cartoon effect, CGI appearance, incorrect jewelry placement, distorted kitchen proportions, artificial glamour filtering.



## RA0 ULTRA-REALISTIC NIGHTTIME SELFIE PORTRAIT

### 🔒 REFERENCE USAGE (STRICT)

Reference 1: use strictly for the female model's facial identity, upper body proportions, natural anatomy, facial structure, eyes, lips, jawline, and realistic skin texture only. Preserve exact identity, natural asymmetry, and authentic proportions. No facial modification or anatomy distortion.

### 🏠 SCENE & ENVIRONMENT

Ultra-realistic cozy nighttime bedroom atmosphere. The model is lying naturally in bed in a relaxed intimate setting with plain soft sheets and comfortable pillows. Minimalistic bedroom environment with a dark ambient atmosphere softly illuminated by a warm bedside lamp. Background remains simple, uncluttered, and softly blurred, creating a calm and authentic late-night mood.

### 📷 CAMERA & FRAMING

Authentic handheld selfie perspective with the arm naturally visible holding the phone. Vertical composition with tight-to-medium framing from the top of the head to the upper torso. Slight angle from above creating a flattering intimate nighttime perspective. Natural smartphone front-camera look with realistic depth-of-field and subtle lens softness. Sharp focus on the eyes, lips, skin texture, and facial features while the background softly falls out of focus.

### 🗣️ POSE & EXPRESSION

Model lying comfortably on the bed with head resting softly on a pillow and body slightly turned to one side. One hand naturally holding the phone while the other rests casually on the pillow or blanket. Expression soft, relaxed, and genuine with a subtle natural smile as if quietly saying goodnight. Eyes calm with soft direct gaze into the phone camera. Posture effortless and realistic.

### 💇 HAIR

Hair fully loose with a slightly messy tousled texture. Natural volume and soft irregular movement throughout the lengths. Fine strands visible around the face and pillow for realistic nighttime softness. Hair appears relaxed and lived-in rather than styled, with visible individual strands and authentic texture.

### 💄 MAKEUP & SKIN REALISM

Minimal natural makeup with subtle enhancement only. Fresh skin-focused beauty aesthetic with softly defined lashes and naturally hydrated lips.

Ultra hyper-realistic RAW skin with visible pores, authentic skin grain, realistic micro-texture, subtle tonal variations, and natural micro-imperfections preserved throughout the face and upper body. No smoothing, no plastic skin, no beauty filter, and no artificial blur. Skin reacts naturally to the warm bedside lighting with soft highlights, realistic shadow transitions, and physically accurate texture rendering.

### 💡 LIGHTING

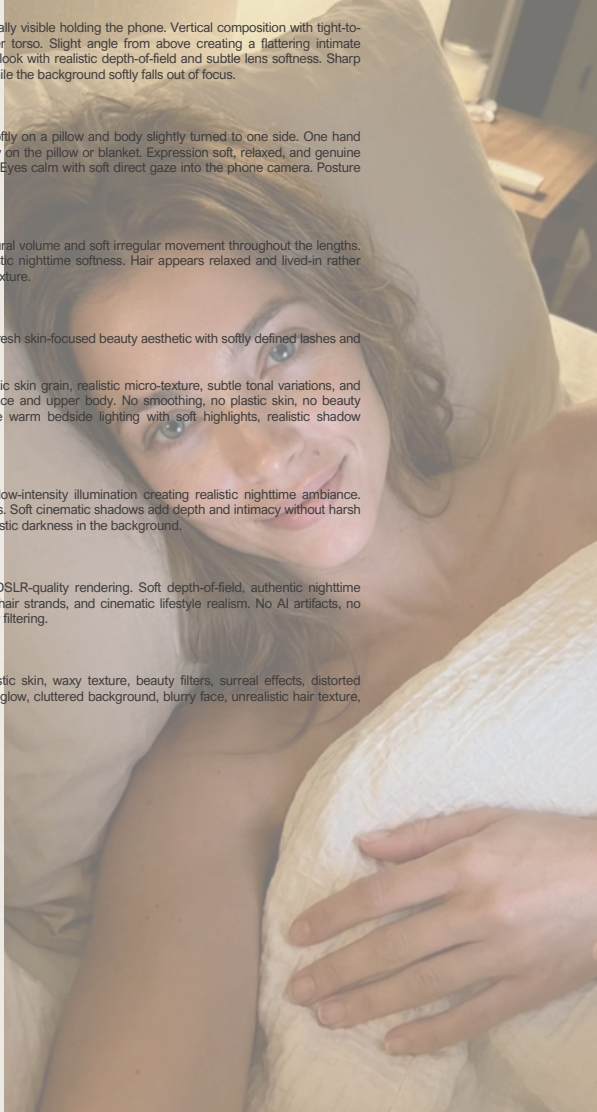
Dim warm bedside lamp lighting only. Soft directional low-intensity illumination creating realistic nighttime ambiance. Gentle highlights on the face, lips, hair, and pillow textures. Soft cinematic shadows add depth and intimacy without harsh contrast. Warm cozy light falloff across the room with realistic darkness in the background.

### 🎯 IMAGE QUALITY

Ultra-high-resolution realistic photography with natural DSLR-quality rendering. Soft depth-of-field, authentic nighttime color grading, sharp facial detail, visible pores, realistic hair strands, and cinematic lifestyle realism. No AI artifacts, no oversharpening, no CGI effect, and no unrealistic glamour filtering.

### ❌ NEGATIVE PROMPT

Overexposed lighting, harsh shadows, studio flash, plastic skin, waxy texture, beauty filters, surreal effects, distorted anatomy, extra fingers, exaggerated expression, artificial glow, cluttered background, blurry face, unrealistic hair texture, CGI appearance, overprocessed image.



## 📷 ULTRA-REALISTIC NIGHTTIME SELFIE PORTRAIT

### 📄 REFERENCE USAGE

Ref 1: exact facial identity only — preserve the same face, natural asymmetry, bone structure, lips, eyes, jawline, and authentic proportions with zero modification.

### 📷 CAMERA & FRAMING

Selfie-style angle, slightly from above, creating an intimate and natural perspective. Tight to medium framing from the top of the head to the upper torso. Natural smartphone selfie composition with realistic arm-length perspective and subtle depth falloff. Sharp focus on the eyes, lips, and facial features while the background remains softly blurred. Natural handheld framing with slight asymmetry for realism.

### 🛋️ POSE & EXPRESSION

Model lying comfortably in bed, head resting naturally on a pillow, body slightly turned to one side. Relaxed posture with shoulders soft and natural. Gentle soft smile, calm eyes, cozy "goodnight" atmosphere. One hand subtly visible near the blanket or pillow while the selfie arm remains outside the frame holding the phone naturally. Expression warm, intimate, effortless, and authentic.

### 👕 CLOTHING

Oversized loose grey T-shirt with soft cotton fabric and realistic folds. Relaxed fit naturally draping over the shoulders and upper torso. Slightly wrinkled lived-in texture enhancing the cozy nighttime atmosphere. Casual effortless homewear aesthetic.

### 💡 LIGHTING

Soft warm bedside lamp lighting only. Dim nighttime ambiance with realistic warm diffusion across the face and hair. Gentle shadows sculpting facial features naturally. Subtle highlights on cheekbones, lips, and eyes. No harsh lighting, no flash, no overexposure. Cozy low-light atmosphere with realistic light falloff.

### 🏠 BACKGROUND & ENVIRONMENT

Minimal cozy bedroom interior. Soft neutral bedding, plain pillow, slightly wrinkled sheets for realism. Darkened room softly illuminated by the bedside lamp. Background intentionally minimal and intimate with no clutter.

### 💇‍♀️ HAIR

Hair loose and slightly messy with natural tousled texture. Soft volume and visible individual strands across the pillow and shoulders. Effortless lived-in nighttime hair with subtle irregularity and realistic movement.

### ✨ SKIN & REALISM

Skin is ultra hyper-realistic RAW with visible pores, natural micro-texture, subtle unevenness, authentic skin grain, and realistic tonal variation. No smoothing, no beauty filter, no plastic skin effect. Fine natural details preserved across the face, lips, and under-eye area. Realistic low-light skin response with soft natural highlights.

### 💄 MAKEUP

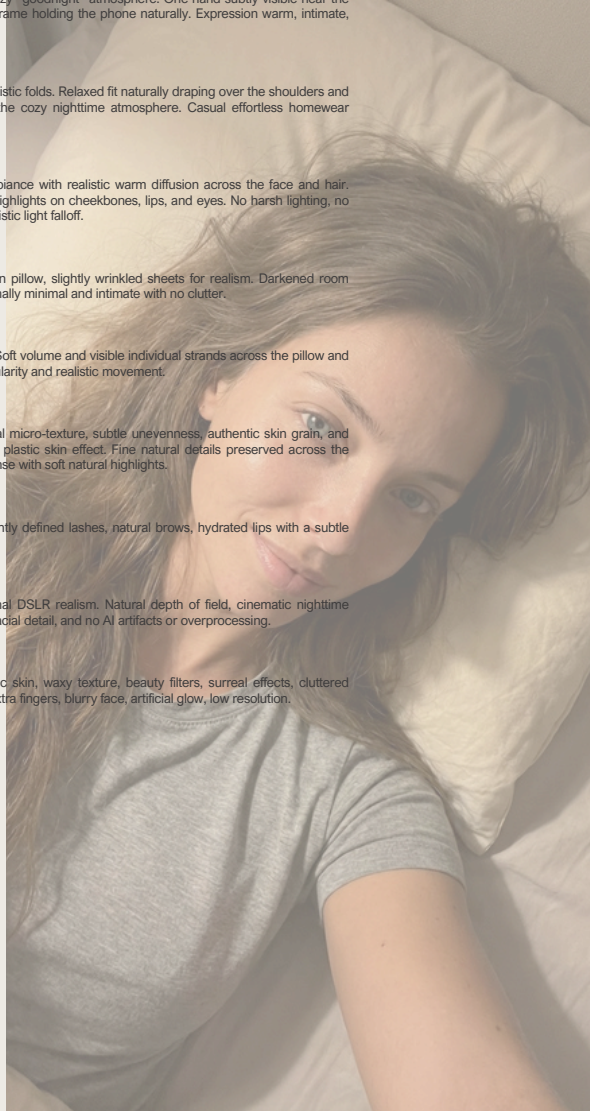
Very minimal natural makeup. Soft enhancement only: lightly defined lashes, natural brows, hydrated lips with a subtle sheen, fresh skin-focused beauty aesthetic.

### 📷 IMAGE QUALITY

Ultra-realistic high-resolution photography with professional DSLR realism. Natural depth of field, cinematic nighttime atmosphere, realistic sensor grain, authentic colors, sharp facial detail, and no AI artifacts or overprocessing.

### 🚫 NEGATIVE PROMPT

Overexposed lighting, harsh shadows, studio flash, plastic skin, waxy texture, beauty filters, surreal effects, cluttered background, exaggerated expression, distorted anatomy, extra fingers, blurry face, artificial glow, low resolution.



## 📷 ULTRA-REALISTIC COZY NIGHT SELFIE PORTRAIT

### 🔒 REFERENCE USAGE

Ref 1: exact facial identity only — preserve the same female model, identical facial structure, eyes, nose, lips, jawline, facial proportions, natural asymmetry, and authentic skin tone with zero modification.

Ref 2: exact outfit and accessories only — preserve the exact pajamas and glasses from the clothing reference image, including the same fit, fabric behavior, folds, proportions, and placement on the body. No redesign or reinterpretation.

### 📷 CAMERA & FRAMING

Realistic selfie-style portrait captured from the front camera point of view. No phone visible in the frame. Camera held naturally at arm's length, slightly above eye level with a soft downward angle. Tight intimate framing from the top of the head to the upper torso. Natural smartphone perspective with subtle realistic depth falloff and no distortion. Face remains the central focal point with softly blurred background details. Casual handheld composition with slight natural asymmetry, authentic and unstaged.

### 👤 POSTURE & EXPRESSION

Model seated comfortably on a sofa in a relaxed nighttime posture. Shoulders naturally lowered, upper body relaxed, head gently tilted with chin neutral. Eyes softly open looking directly toward the camera. Expression calm, peaceful, confident, and slightly tired in a cozy end-of-day way. Authentic intimate home atmosphere, natural and unposed.

### 💇 HAIR

Hair gathered into a loose slightly messy bun with a casual effortless feel. A few soft strands naturally falling around the face and temples. No polished styling, no over-groomed appearance. Cozy realistic at-home hairstyle with subtle natural irregularity.

### 🌟 SKIN & REALISM

Skin is ultra hyper-realistic RAW with visible pores, natural micro-texture, slight unevenness, authentic skin grain, soft tonal variation, and realistic under-eye shadows. Bare natural skin with no makeup effect, no smoothing, no beauty filter, and no plastic texture. Fine facial details preserved naturally including subtle imperfections and realistic nighttime skin response to warm indoor lighting.

### 💄 MAKEUP

No makeup. No foundation, no concealer, no mascara, no lipstick, no gloss, no contour, no blush, no highlighter. Natural brows untouched. Lips natural and hydrated with realistic texture only.

### 🏠 ENVIRONMENT

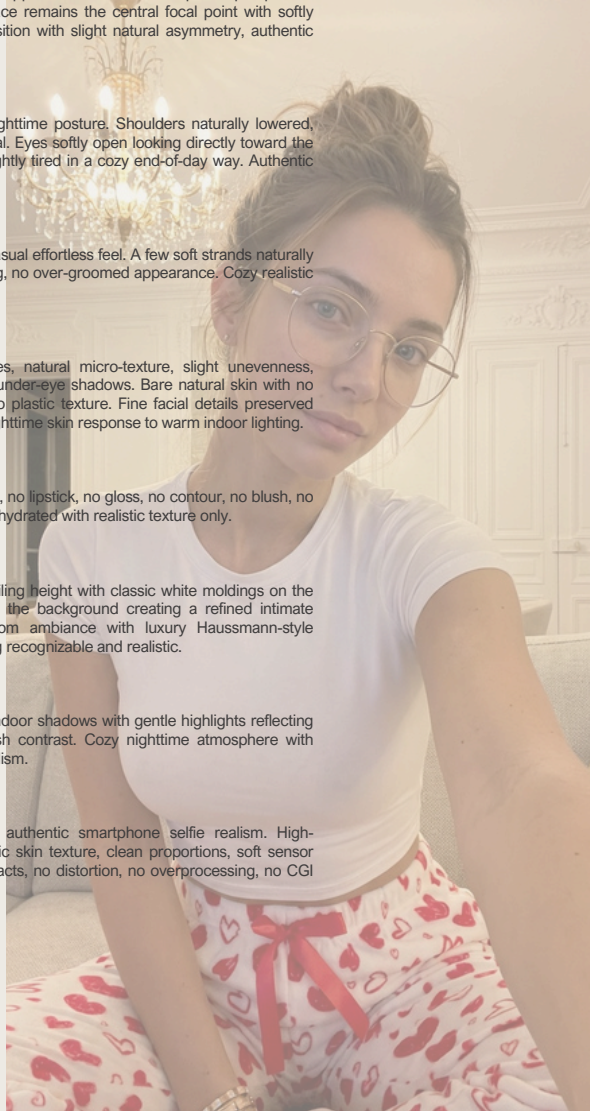
Elegant Parisian apartment interior at night. Large ceiling height with classic white moldings on the walls and ceiling. Warm chandelier softly glowing in the background creating a refined intimate atmosphere. Spacious calm living room or bedroom ambiance with luxury Haussmann-style architecture. Background softly blurred while remaining recognizable and realistic.

### 💡 LIGHTING

Warm artificial chandelier lighting only. Soft realistic indoor shadows with gentle highlights reflecting naturally on the skin and glasses. No flash, no harsh contrast. Cozy nighttime atmosphere with balanced warm illumination and cinematic low-light realism.

### 📷 IMAGE QUALITY

Ultra-realistic influencer lifestyle photography with authentic smartphone selfie realism. High-resolution image quality, natural depth of field, realistic skin texture, clean proportions, soft sensor grain, and professional low-light rendering. No AI artifacts, no distortion, no overprocessing, no CGI appearance.



V

## ULTRA-REALISTIC LUXURY INDOOR LIFESTYLE PHOTOGRAPHY

### REFERENCE USAGE

Ref 1: exact facial identity, natural skin tone, body silhouette, curves, facial proportions, and realistic anatomy strictly preserved. Same female model, identity fully locked with zero reshaping or proportion changes.

Ref 2: exact outfit and clothing styling strictly preserved, naturally adapting to the model's body shape with identical fit, folds, fabric behavior, and silhouette.

### SCENE & ENVIRONMENT

Model reclining on a large dark charcoal grey sofa inside an elegant Parisian-style apartment interior. Refined white walls with classic French moldings visible in the background, framed illustrated artwork adding personality, and tall lush green plants bringing natural contrast and depth. Soft cushions surrounding the model create a cozy, intimate, upscale atmosphere. Interior feels warm, lived-in, sophisticated, and cinematic rather than minimalistic.

### CAMERA & FRAMING

Vertical portrait composition with medium close-up framing only, never full body. Camera positioned slightly above sofa level with a soft 3/4 side-angle perspective. Framing from the top of the head down to mid-thigh maximum, strongly prioritizing the face, collarbone, shoulders, torso, and hands. Model occupies most of the frame while the background remains softly blurred but still identifiable. Strong shallow depth of field creating clear subject isolation and cinematic intimacy. Natural DSLR lens compression with no wide-angle distortion.

### POSTURE & BODY POSITION

Model reclined diagonally across the sofa with upper body slightly raised and naturally supported by cushions. Torso subtly twisted toward the camera creating a relaxed three-quarter angle. One arm bent upward holding the iPhone close to face level as if casually reading or responding to content. The other arm resting naturally along the sofa with relaxed elegant fingers. Head softly tilted toward the camera side creating a candid lifestyle composition. Legs mostly cropped out of frame due to the tighter portrait crop.

### PHONE & EARPHONES

Modern iPhone 17 Pro Max with realistic titanium finish and visible triple-lens camera module. Phone held naturally close to the face at a subtle angle. White wired earphones connected to the phone with realistic cable draping naturally across the torso and sofa cushions. Earbuds inserted into both ears in a subtle authentic way.

### HAIR

Long hair with identical length preserved from the reference image. Texture sleek but naturally imperfect with soft tousled movement and realistic strand separation. Slightly undone luxury finish — not perfectly straight and not curly. Hair falling naturally across shoulders and sofa cushions with soft shine and authentic volume.

### EXPRESSION

Natural candid mid-reaction expression with lips slightly parted as if speaking softly, reacting to something on the phone, or laughing quietly. Expression feels authentic, spontaneous, slightly amused or surprised, never overly posed.

### MAKEUP

Soft natural glam makeup with lightly defined brows, subtle mascara, soft eyeliner, and natural lashes. Nude-to-rosy lips with realistic hydrated texture. Light blush and subtle bronzer creating an effortless luxury everyday beauty aesthetic.

### SKIN & REALISM

Skin is ultra hyper-realistic RAW with visible pores, natural micro-texture, slight unevenness, authentic skin grain, and realistic tonal variation across cheeks, nose, forehead, and chin. Matte natural finish with no artificial glow, no smoothing, no beauty filter, and no plastic texture. Fine facial details and realistic skin structure fully preserved with DSLR RAW-level realism.

### LIGHTING

Warm moody indoor ambient lighting coming from a nearby lamp or indirect warm source. Soft golden illumination naturally shaping the face, collarbones, shoulders, and hands. Gentle realistic shadows creating cinematic depth and intimacy. No flash, no harsh highlights, no cold tones. Balanced warm indoor atmosphere with realistic light falloff.

### IMAGE QUALITY

Ultra-realistic DSLR RAW photography with extreme micro-detail visible in skin texture, hair strands, fabric folds, phone materials, earphone cables, plant leaves, and wall moldings. Cinematic editorial finish with subtle natural grain, perfectly controlled focus, realistic depth of field, and no AI artifacts or overprocessing.

### NEGATIVE PROMPT

Full body framing, distant composition, wide-angle distortion, studio lighting, cold blue tones, plastic skin, glossy skin, over-smoothed texture, beauty filters, distorted anatomy, extra fingers, warped hands, missing hands, missing phone, missing earphones, blurry face, overexposed highlights, artificial posing, empty minimalist background, low-resolution details, CGI appearance.



## 📺 ULTRA-REALISTIC HIGH-END INFLUENCER LIFESTYLE COOKING SCENE

### 🏠 REFERENCE USAGE

Ref 1: exact facial identity only — preserve the same female model, identical facial proportions, eyes, nose, lips, jawline, cheekbones, natural asymmetry, skin tone, and authentic facial structure with zero alteration.

Ref 2: exact clothing reference only — preserve the exact garment, fit, fabric behavior, folds, proportions, and placement on the body with no redesign or reinterpretation.

### 🔍 SCENE & ENVIRONMENT

Ultra-photorealistic lifestyle cooking moment inside a refined modern white kitchen with a realistic lived-in atmosphere. Elegant white cabinetry with subtle matte finish, light stone or marble countertops, modern chrome fixtures, and warm under-cabinet lighting. Kitchen filled with believable everyday cooking details creating an authentic high-end home environment: wooden cutting boards, olive oil bottles, spice jars, ceramic bowls, fresh vegetables, folded kitchen towels, cooking utensils in containers, salt and pepper mills, stainless-steel pans, glasses, fruit bowls, recipe ingredients, and subtle countertop clutter arranged naturally. Modern appliances integrated into the kitchen design with realistic reflections and textures. The environment feels warm, functional, luxurious, and genuinely inhabited rather than staged.

### 📷 CAMERA & FRAMING

Vertical lifestyle composition with medium framing from upper thighs or waist up depending on the pose. Camera positioned naturally at countertop height with realistic handheld or DSLR perspective. Slight natural lens compression with no wide-angle distortion. Face and upper body remain the visual focus while the kitchen softly surrounds the composition. Background slightly blurred but still highly detailed and recognizable.

### 👤 POSTURE & ACTION

Model standing naturally at the kitchen counter while cooking or preparing food. Body slightly angled toward the camera with relaxed shoulders and effortless posture. One hand interacting naturally with ingredients, cookware, or utensils while the other rests casually on the countertop. Gesture feels candid and mid-action rather than posed. Head slightly tilted with a soft relaxed smile creating an approachable influencer UGC atmosphere.

### 😊 EXPRESSION

Natural relaxed expression with a soft smile and calm eyes. Warm approachable energy with subtle confidence. Expression feels spontaneous and authentic like a real captured cooking moment.

### 💇 HAIR

Hair worn down with soft natural movement and subtle healthy shine. Gentle volume at the roots with realistic strand separation framing the face naturally. Effortless polished texture without excessive styling.

### 💄 MAKEUP

Light elegant nude makeup with realistic skin-focused beauty aesthetic. Brows softly groomed but natural. Lashes lightly enhanced with mascara. Lips natural and softly hydrated with realistic texture. Minimal complexion products creating a luminous but believable finish.

### 🌟 SKIN & REALISM

Skin is ultra hyper-realistic RAW with visible pores, natural micro-texture, slight unevenness, authentic skin grain, and realistic tonal variation. No smoothing, no beauty filters, no plastic effect, and no over-retouching. Fine natural facial details preserved with realistic skin response to indoor lighting and physically accurate highlights and shadows.

### 💎 JEWELRY & ACCESSORIES

Optional delicate jewelry visible naturally if included in the clothing reference: subtle earrings, rings, or fine accessories with realistic metallic reflections and authentic proportions.

### 💡 LIGHTING

Soft natural indoor lighting mixed with warm ambient kitchen lighting. Gentle highlights on skin, hair, marble surfaces, and metallic kitchen accessories. Realistic reflections and soft cinematic shadows throughout the kitchen. No flash, no harsh contrast, no studio appearance. Cozy luxury home atmosphere with balanced exposure and natural light falloff.

### 🖼️ IMAGE QUALITY

Ultra-photorealistic influencer lifestyle photography with cinematic editorial realism. High-resolution details visible across skin texture, hair strands, kitchen materials, fabrics, ingredients, utensils, and reflective surfaces. Natural depth of field, authentic textures, subtle sensor grain, and realistic color science. No AI artifacts, no distortion, no CGI appearance, no overprocessing.

### 🚫 NEGATIVE PROMPT

Plastic skin, over-smoothed texture, distorted anatomy, extra fingers, unrealistic cooking pose, empty kitchen, minimalist sterile environment, warped perspective, blurry face, exaggerated makeup, harsh flash lighting, low resolution, oversaturated colors, CGI appearance, distorted hands, floating objects, unrealistic reflections, wide-angle distortion.



## 📱 ULTRA-REALISTIC RAW IPHONE BURGER BAR LIFESTYLE PORTRAIT

### 🔦 REFERENCE USAGE

Ref 1: exact facial identity only — preserve the same female model, identical facial structure, eyes, nose, lips, jawline, cheekbones, natural asymmetry, authentic skin tone, and realistic proportions with zero alteration.

Ref 2: exact clothing reference only — preserve the exact top from the reference image with identical fit, fabric behavior, folds, neckline, proportions, and placement on the body. No redesign or reinterpretation.

### 🍷 SCENE & ENVIRONMENT

Ultra-realistic lifestyle scene inside a modern burger bar with a cozy urban atmosphere. Warm ambient lighting, dark wood textures, brushed metal details, soft neon reflections, visible condiment bottles, trays, napkins, menus, and realistic restaurant background elements creating an authentic lived-in fast-casual environment. Background softly blurred but clearly recognizable as a stylish burger restaurant with subtle customer presence and warm depth.

### 📷 CAMERA & FRAMING

Raw iPhone photography aesthetic with vertical composition. Medium close-up framing from chest up. Camera positioned in front of the model with a slight side angle creating a candid natural perspective. Natural smartphone lens look with subtle depth falloff and realistic handheld framing. Face, burger, lips, nails, and jewelry remain in sharp focus while the background softly fades.

### 👤 POSTURE & ACTION

Model seated naturally at the burger bar table while taking a bite from a large juicy burger. Burger already partially eaten with nearly half missing, visible bite marks, realistic melted cheese, sauce, and texture details. One hand holding the burger naturally close to the mouth with relaxed elegant fingers showing a French manicure. Posture casual and realistic with relaxed shoulders and natural body positioning.

### 😊 EXPRESSION

Natural candid expression mid-bite with soft relaxed eyes and authentic lifestyle energy. Expression feels spontaneous and unposed, capturing a real influencer-style food moment.

### 💇 HAIR

Hair styled in a high ponytail with realistic volume at the crown. Long lengths falling naturally over one shoulder and across the chest. Soft strand separation with realistic shine and slight natural movement. Sleek but not overly perfect.

### 💎 JEWELRY & DETAILS

Long round earrings with elegant metallic reflections. French manicure with soft nude-pink base and clean white tips, glossy realistic finish. Jewelry and nails subtly catching the warm restaurant lighting.

### 🌟 SKIN & REALISM

Skin is ultra hyper-realistic RAW with visible pores, natural micro-texture, slight unevenness, authentic skin grain, and realistic tonal variation. No smoothing, no beauty filters, no plastic effect. Realistic skin response to indoor restaurant lighting with natural highlights and soft shadows.

### 💡 LIGHTING

Warm burger bar ambient lighting mixed with soft practical light sources from the restaurant interior. Gentle highlights on the face, lips, burger, hair, and jewelry. Realistic reflections and cinematic indoor shadows creating an intimate urban evening atmosphere. No flash, no harsh studio lighting.

### 📱 IMAGE QUALITY

Ultra-photorealistic raw iPhone lifestyle photography with authentic smartphone realism. High-resolution micro-details visible in skin texture, burger ingredients, hair strands, nails, fabric texture, and restaurant elements. Natural depth of field, subtle sensor grain, realistic color science, and no AI overprocessing.

### 🚫 NEGATIVE PROMPT

Plastic skin, over-smoothed texture, distorted anatomy, extra fingers, unrealistic burger proportions, untouched burger, blurry face, studio lighting, empty restaurant, CGI appearance, exaggerated makeup, warped hands, unrealistic hair texture, harsh flash, oversaturated colors, low resolution, artificial posing, wide-angle distortion.



## ULTRA-REALISTIC PARISIAN STREET LIFESTYLE PHOTOGRAPHY

### REFERENCE USAGE

Ref 1: exact facial identity and body only — preserve identical facial structure, natural asymmetry, silhouette, morphology, proportions, eyes, lips, jawline, and authentic skin tone with zero alteration.

Ref 2: exact outfit, bag, and sunglasses reference only — preserve the exact garments, accessories, fit, folds, proportions, textures, and placement on the body with no reinterpretation.

### SCENE & ENVIRONMENT

Authentic elegant Parisian street scene captured in natural daylight. Background features classic Haussmann-style cream stone buildings with symmetrical windows, black wrought-iron balconies, refined architectural moldings, and soft urban depth. Thin trees with light spring foliage line the sidewalk, casting realistic shadows across the pale stone pavement. A traditional Parisian street lamp visible in the distance alongside subtle city activity; softly blurred pedestrians, bicycles, café movement, and quiet traffic creating a believable lived-in atmosphere without overcrowding. Ground texture detailed with visible pavement joints, subtle wear, and realistic daylight reflections.

### CAMERA & FRAMING

Vertical 4:5 Instagram-style composition. Medium close framing from the top of the head down to the waist area. Camera positioned directly in front of the model at chest height with a close natural distance creating an intimate editorial street portrait feel. Natural 35mm lens perspective with realistic depth compression and no distortion. Sharp focus locked on the face, pastry, hands, and upper body while the Parisian background softly fades with cinematic depth of field.

### POSTURE & BODY POSITION

Model seated or slightly leaning forward toward the camera in a relaxed candid pose. Upper body facing forward naturally with relaxed shoulders and effortless posture. One arm extended slightly toward the camera while holding a pastry resembling a pain au chocolat with realistic perspective enlargement from foreground positioning. Pastry highly detailed with glossy chocolate glaze, crisp flaky texture, visible crumbs, small nut pieces, and partially bitten edges. Other hand holding a slightly crumpled paper wrapper or napkin with realistic finger curvature and relaxed grip positioned lower near the body.

### FACIAL EXPRESSION

Neutral to subtly serious expression with soft natural pout. Eyes directed straight toward the camera through the sunglasses creating a calm, effortless, slightly mysterious energy. Expression feels candid and fashion-editorial rather than posed or exaggerated.

### HAIR

Long naturally straight hair with soft fluid structure and realistic movement. Middle or slightly off-center part with airy lightweight texture. Natural wind interaction subtly lifting strands around the face and shoulders. A few strands crossing softly in front of the face adding realism and dynamic movement. Hair polished but not rigid, maintaining an effortless Parisian street-style aesthetic.

### MAKEUP & SKIN REALISM

Soft glam daylight makeup with extremely realistic skin rendering. Skin is ultra hyper-realistic RAW with visible pores, authentic skin grain, natural micro-texture, subtle tonal variation, and realistic imperfections preserved. No smoothing, no blur, no plastic finish. Sunlight creates natural highlights across cheekbones, forehead, and nose bridge while maintaining physically accurate skin texture. Lips soft matte-to-satin with natural texture visible. Brows clean, softly structured, and realistic.

### LIGHTING & SHADOWS

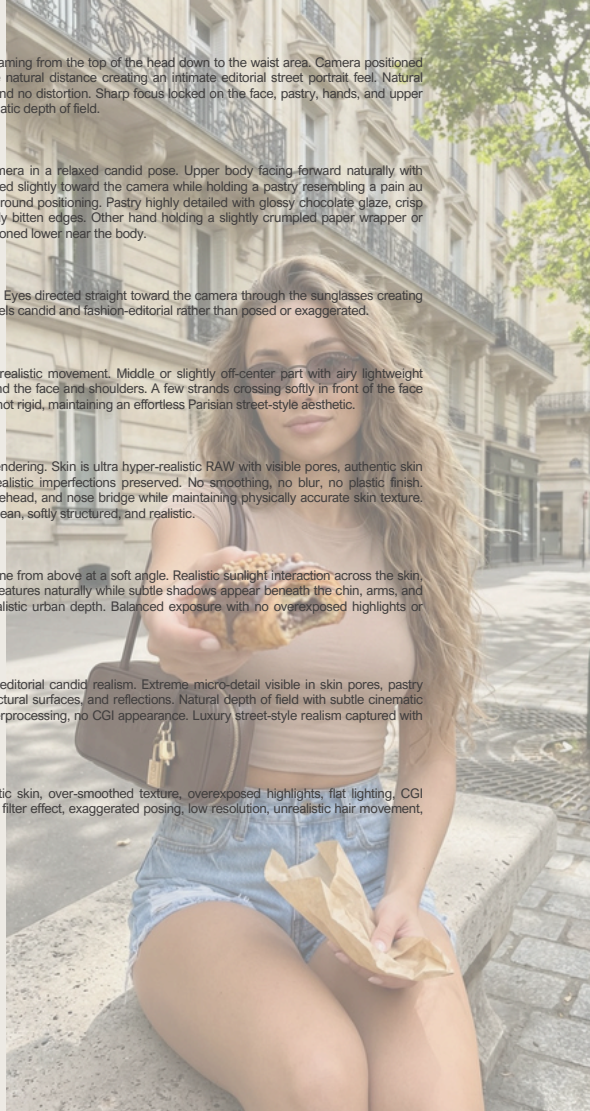
Bright early-afternoon natural daylight illuminating the scene from above at a soft angle. Realistic sunlight interaction across the skin, hair, pastry, and clothing. Gentle highlights shaping facial features naturally while subtle shadows appear beneath the chin, arms, and neck. Tree shadows visible on the pavement creating realistic urban depth. Balanced exposure with no overexposed highlights or artificial HDR effect.

### IMAGE QUALITY

Ultra-photorealistic professional street photography with editorial candid realism. Extreme micro-detail visible in skin pores, pastry texture, hair strands, fabric folds, stone pavement, architectural surfaces, and reflections. Natural depth of field with subtle cinematic camera grain and true-to-life colors. No AI artifacts, no overprocessing, no CGI appearance. Luxury street-style realism captured with a high-end professional camera.

### NEGATIVE PROMPT

Blurry pastry, distorted hands, unrealistic anatomy, plastic skin, over-smoothed texture, overexposed highlights, flat lighting, CGI appearance, warped perspective, artificial textures, beauty filter effect, exaggerated posing, low resolution, unrealistic hair movement, HDR effect, messy composition, on, CGI look, artificial textures



📄 STRICT REFERENCE USAGE

Ref 1: exact facial identity, natural skin tone, facial proportions, eyes, lips, jawline, and realistic skin texture only.  
Ref 2: exact body shape, silhouette, proportions, posture energy, and clothing/homewear only.  
Identity strictly locked. No reshaping, no facial modification, no anatomy alteration.

🏠 SCENE & ENVIRONMENT

Female model alone in a vintage-modern bedroom with a soft melancholic atmosphere. Interior mixing cozy teenage bedroom elements with refined Parisian aesthetics. White walls with subtle warm undertones, slightly vintage bed frame with thick bedding and textured plaid blanket. Modern bedside tables on each side of the bed with small decorative objects. Golden wall frames visible in the background with handwritten-style words such as "dream", "love", and "girl". Bedroom feels personal, emotional, lived-in, and authentic without clutter. Soft cushions, layered blankets, and delicate ambient decor create a quiet introspective atmosphere.

👤 MODEL POSITION & POSTURE

Model lying on the bed in a relaxed curled posture under the blanket. One arm gently holding the plaid close to her chest while the other hand rests naturally near her face or on the pillow. Head slightly turned to the side. Body language withdrawn, calm, emotionally distant. Posture feels intimate and authentic, like a quiet late-night moment alone.

😊 FACIAL EXPRESSION & GAZE

Soft melancholic expression. Eyes open, slightly tired, looking into the distance or downward rather than directly at the camera. Lips naturally relaxed. No tears, no exaggerated sadness — only subtle emotional tension and introspection. Quiet cinematic mood.

💇 HAIR

Hair tied into a loose messy bun with soft undone texture. Natural strands falling around the cheeks, temples, and neck. Cozy "at home" styling with realistic flyaways and soft irregularities. No polished finish.

💄 MAKEUP & SKIN REALISM

Very natural makeup or almost bare skin. Skin is ultra hyper-realistic RAW skin with visible pores, natural micro-texture, slight unevenness, faint redness around the eyes and nose, authentic human skin response to warm indoor light. No smoothing, no beauty filter, no plastic effect. Lips natural and hydrated with soft texture visible. Brows untouched and realistic.

📷 CAMERA & FRAMING

Vertical 4:5 editorial framing or cinematic horizontal crop. Medium-wide shot capturing the full body lying on the bed while still emphasizing the face and emotional atmosphere. Slightly elevated side angle, natural perspective, no distortion. Background decor remains visible but softly blurred through shallow depth of field.

💡 LIGHTING

Soft warm bedside lighting mixed with low ambient room light. Gentle shadows wrapping naturally around the face, blanket folds, and hair. Subtle highlights on skin and fabric textures. Cozy evening atmosphere with realistic falloff and cinematic warmth. No flash, no harsh artificial lighting.

🌿 DETAILS & TEXTURES

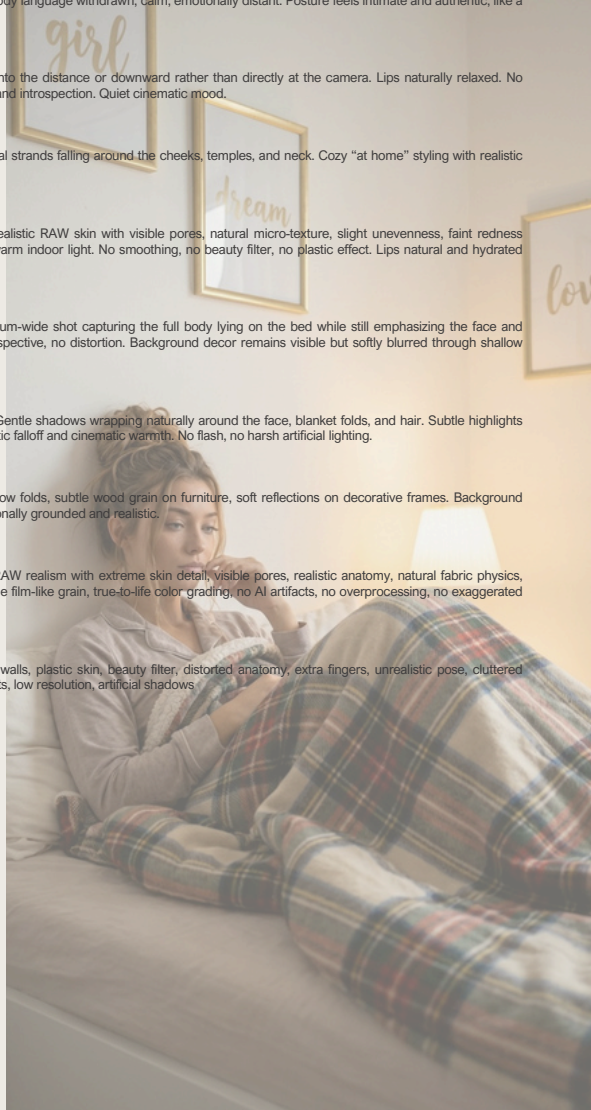
Highly detailed blanket texture, visible cotton fibers, realistic pillow folds, subtle wood grain on furniture, soft reflections on decorative frames. Background objects softly diffused but recognizable. Atmosphere feels emotionally grounded and realistic.

🎯 IMAGE QUALITY & AESTHETIC

Ultra-realistic cinematic lifestyle photography. High-end DSLR RAW realism with extreme skin detail, visible pores, realistic anatomy, natural fabric physics, and authentic lighting behavior. Professional editorial finish, subtle film-like grain, true-to-life color grading, no AI artifacts, no overprocessing, no exaggerated HDR.

🚫 NEGATIVE PROMPT

crying, tears, smiling expression, luxury hotel aesthetic, empty walls, plastic skin, beauty filter, distorted anatomy, extra fingers, unrealistic pose, cluttered bedroom, CGI look, oversaturated lighting, overexposed highlights, low resolution, artificial shadows



## 📷 ULTRA-REALISTIC EMOTIONAL LIFESTYLE PORTRAIT

### 🔒 STRICT REFERENCE USAGE

Ref 1: exact facial identity, natural skin tone, facial proportions, eyes, lips, jawline, and realistic skin texture only.

Ref 2: exact outfit, clothing fit, fabric behavior, and silhouette only.

Identity strictly locked. No facial alteration, no reshaping, no body modification, no reinterpretation of clothing.

### 📷 CAMERA & FRAMING

Non-selfie shot captured by an external camera. Medium close-up framing from waist or mid-torso up. Camera positioned slightly to the side of the model rather than directly frontal, creating a cinematic candid perspective. Natural lens compression with a soft 50mm–85mm portrait look. Sharp focus on facial emotion and eyes while the background remains softly blurred with realistic depth of field.

### 🏠 SCENE & ENVIRONMENT

Model seated beside a large Parisian window inside an elegant Haussmann-style apartment. White walls with subtle classic moldings, soft neutral tones, refined Parisian atmosphere. Exterior view softly blurred, suggesting Paris rooftops and cloudy daylight. A large green indoor plant positioned beside her adds softness and realism. Calm, intimate, contemplative environment with natural lived-in elegance.

### 👤 POSTURE & BODY LANGUAGE

Model seated sideways near the window, body gently angled toward the light. Shoulders slightly slouched, posture soft and emotionally vulnerable. One hand holding a softly crumpled white tissue close to her face. Other hand resting naturally on her lap or against the window edge. Pose feels authentic, quiet, and emotionally intimate rather than staged.

### 😊 EXPRESSION & EMOTION

Soft crying expression with realistic visible tears running subtly along the cheeks. Eyes slightly glossy and naturally red around the edges. Lips softly pressed together or faintly trembling. Gaze directed outside the window toward the distance, lost in thought, never looking at the camera. Emotion understated and realistic — melancholic, intimate, cinematic.

### 💇 HAIR

Hair styled in a loose braid or half-up half-down hairstyle with an intentionally undone texture. A few delicate strands naturally falling around the face and neck. Soft movement and realistic strand separation. Hair appears effortless, emotional, and slightly imperfect in a natural way.

### 💄 MAKEUP & SKIN REALISM

Minimal emotional makeup look with worn realism. Very light complexion base with subtle unevenness preserved. Slightly smudged mascara and softened eye makeup from tears. Bare lips or sheer balm finish. No glam contouring or excessive definition. Skin is ultra hyper-realistic RAW with visible pores, natural skin grain, fine micro-texture, authentic tonal variation, and realistic under-eye detail. No smoothing, no plastic effect, no artificial glow.

### 👉 PROPS & DETAILS

Soft white tissue visible in hand with realistic folds and texture. Tears reflecting window light naturally. Clothing draping realistically while seated with authentic fabric tension and folds.

### 💡 LIGHTING

Soft natural daylight entering through the Parisian window from the side. Gentle highlights on tears, cheekbones, and hair strands. Smooth realistic shadows adding emotional depth to the face and upper body. No flash, no artificial studio lighting. Cinematic daylight atmosphere with balanced exposure and subtle contrast.

### 🖼️ IMAGE QUALITY & AESTHETIC

Ultra-realistic cinematic lifestyle photography. High-end emotional storytelling aesthetic. Extreme detail visible in skin texture, tears, hair strands, fabric folds, and reflections. Natural colors, realistic depth, soft film-like rendering, no AI artifacts, no distortion, no overprocessing. Professional editorial realism with intimate luxury mood.

### 🚫 NEGATIVE PROMPT

overdramatic crying, heavy tears, smiling, plastic skin, beauty filter, over-smoothed texture, distorted anatomy, exaggerated sadness, harsh shadows, studio flash, blurry face, unrealistic hands, AI artifacts, low resolution, cartoon effect



## 📺 ULTRA-REALISTIC LIFESTYLE PORTRAIT

### 🔒 STRICT REFERENCE USAGE

Ref 1: exact facial identity, natural skin tone, facial proportions, eyes, lips, jawline, and realistic skin texture only.  
Ref 2: exact outfit, clothing fit, fabric behavior, sofa environment, and silhouette only.  
Identity strictly locked. No facial alteration, no reshaping, no reinterpretation.

### 🏠 SCENE & POSTURE

She's settled naturally on the sofa from Reference 2, wrapped comfortably in a warm throw blanket. Relaxed evening atmosphere, body softly reclined into the cushions, posture calm and intimate. One arm resting naturally beneath the blanket while the other remains visible in a relaxed position. Cozy, authentic at-home mood with a candid lifestyle feeling.

### 📷 CAMERA & FRAMING

Natural close-to-medium framing, cinematic lifestyle composition. Camera positioned at eye level or slightly above for an intimate perspective. Soft depth of field with the subject sharply focused while the background remains gently blurred.

### 😊 EXPRESSION & MOOD

Soft relaxed expression, peaceful gaze, quiet introspective energy. Natural lips, subtle emotion, authentic cozy nighttime atmosphere.

### 💇 HAIR

Hair naturally loose with soft texture and realistic strand separation. Slightly tousled, effortless styling with a few strands framing the face naturally.

### 💄 MAKEUP & SKIN REALISM

Very natural makeup or minimal makeup look. Fresh realistic complexion, subtle tonal variations preserved.  
Skin is ultra hyper-realistic RAW with visible pores, natural skin grain, fine micro-texture, authentic tonal variation, and realistic under-eye detail. No smoothing, no plastic effect, no artificial glow.

### 💡 LIGHTING

Soft warm ambient indoor lighting creating a cozy atmosphere. Gentle shadows and realistic highlights across the skin, blanket texture, and sofa fabric. No harsh flash or studio lighting.

### 🔍 IMAGE QUALITY & AESTHETIC

Ultra-realistic lifestyle photography with cinematic realism. High-end editorial quality, authentic textures, realistic fabric folds, detailed skin rendering, natural depth, and subtle film-like realism. No AI artifacts, no distortion, no overprocessing.



📷 Ultra-realistic lifestyle balcony photography, luxury candid phone moment at sunset

📄 STRICT REFERENCE USAGE

Reference 1: exact facial identity, natural skin tone, body silhouette strictly preserved.

Reference 2: exact outfit strictly preserved, adapting naturally to the model's body shape.

Identity strictly locked. No reshaping, no proportion changes

🏠 SCENE

Model standing on a modern balcony with elegant oriental-inspired architecture, warm stone textures, soft linen outdoor seating, lantern-style lighting fixtures and city skyline in the distance. Golden sunset atmosphere with warm breeze movement.

👤 BODY & POSE

Model leaning lightly against the balcony railing while holding an iPhone 17 Pro Max with both hands. One shoulder slightly raised naturally. Relaxed asymmetrical stance. Body turned three-quarters away from camera while gaze remains focused on the phone screen.

💇 HAIR

Loose low bun with soft face-framing strands falling naturally around the cheeks. Slight wind movement creating realistic softness and motion.

💎 JEWELRY

Chunky gold cuff bracelet, delicate layered necklaces and medium-sized gold earrings with refined engraved detailing.

💅 NAILS

Short rounded nails with glossy soft pink finish. Elegant and natural realistic manicure.

😊 EXPRESSION

Soft amused smile while reading something on the phone. Eyes slightly narrowed naturally in reaction to the screen. Subtle candid happiness.

💄 MAKEUP

Natural glam makeup with warm matte skin, subtle eyeliner, fluffy lashes, rosy nude lips and light bronzer. Refined clean-girl aesthetic.

🌟 SKIN

Skin is ultra hyper-realistic RAW with visible pores, fine natural texture, preserved micro-imperfections, warm sun-kissed complexion, no smoothing, no beauty filter, maximum realism.

📷 CAMERA & FRAMING

Vertical medium shot from waist level to above the head. Camera slightly below eye level for flattering cinematic perspective. Phone clearly visible. Soft bokeh city lights in background.

💡 LIGHTING

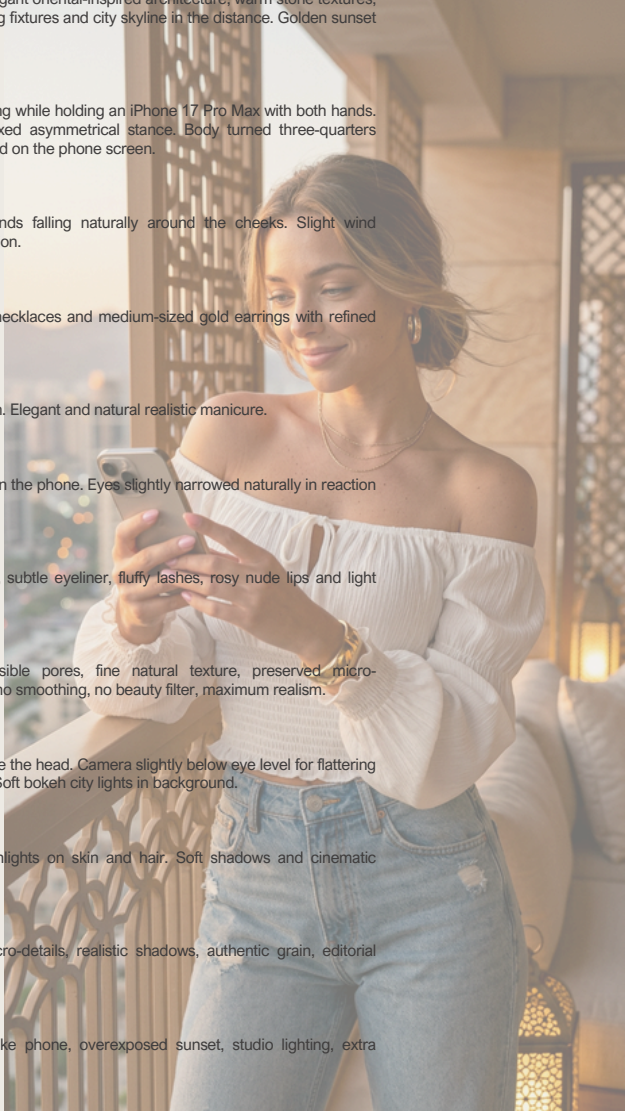
Golden hour sunset lighting with warm highlights on skin and hair. Soft shadows and cinematic outdoor atmosphere.

🖼️ IMAGE QUALITY

Ultra-realistic DSLR RAW quality, sharp micro-details, realistic shadows, authentic grain, editorial luxury finish, no AI artifacts.

🚫 NEGATIVE

cold tones, plastic skin, distorted hands, fake phone, overexposed sunset, studio lighting, extra fingers, unrealistic jewelry, low detail



## 📷 ULTRA-REALISTIC LIFESTYLE PHOTOGRAPHY

### 📄 STRICT REFERENCE USAGE

Ref 1: exact facial identity, natural skin tone, facial proportions, eyes, lips, jawline, and realistic skin texture only.

Ref 2: exact body shape, silhouette, posture, and clothing fit only.

Identity strictly locked. No blending of identities, no reshaping, no reinterpretation.

### 🏠 SCENE & ENVIRONMENT

Interior of a compact 25 m<sup>2</sup> studio apartment at night. Cozy lived-in atmosphere with realistic everyday clutter. A round table occupies the foreground and serves as both workspace and dining table. The table is heavily scattered with notebooks, DFA training prospectuses, loose papers, pens, sticky notes, and study materials, creating an authentic late-night working environment. An open MacBook Air sits at the center while the model actively types on the keyboard. Small personal items such as a water bottle, plate, and miscellaneous objects remain naturally visible on the table. In the background, a compact kitchenette with white cabinets, black handles, and green brick-effect backsplash tiles adds realism and depth. The apartment feels small, intimate, functional, and believable.

### 👤 MODEL ACTION & POSTURE

The model is seated at the round table, leaning slightly forward in a focused working posture. Hands actively typing on the MacBook Air keyboard. Eyes directed toward the laptop screen with a concentrated yet calm expression. Blue-light blocking glasses worn naturally. Shoulders relaxed but engaged, posture authentic to someone studying or working late at night.

### 💇 HAIR

Hair naturally loose with soft realistic movement and subtle strand separation. A few strands gently frame the face, slightly displaced from movement and posture. Natural texture preserved with soft volume and realistic shine.

### 💄 MAKEUP & SKIN REALISM

Minimal natural makeup with subtle realism. Neutral lips, light complexion enhancement, realistic under-eye detail from late-night work atmosphere.

Skin is ultra hyper-realistic RAW with visible pores, natural skin grain, authentic micro-texture, realistic tonal variations, and fine facial details. No smoothing, no beauty filter, no plastic effect.

### 🔍 DETAILS & ACCESSORIES

Blue-light glasses with realistic reflections from the laptop screen. Laptop surface, keyboard texture, scattered papers, pens, and desk objects rendered with high realism and authentic material textures.

### 📷 CAMERA & FRAMING

Vertical 4:5 or cinematic 16:9 composition. Medium framing from mid-thigh to head, fully integrating the workspace and part of the kitchenette background. Natural eye-level perspective with soft cinematic depth of field. Sharp focus on face, hands, laptop, and desk clutter while the background remains softly dimmed and atmospheric.

### 💡 LIGHTING

Soft warm artificial lighting from overhead fixtures or a nearby lamp combined with subtle glow emitted by the MacBook screen. Realistic nighttime shadows creating depth and intimacy. Gentle reflections on glasses, laptop, table surface, and paper textures. Cozy cinematic evening atmosphere with balanced exposure and realistic contrast.

### 🖼️ IMAGE QUALITY & AESTHETIC

Ultra-realistic editorial lifestyle photography with cinematic realism. Extreme detail visible in skin pores, hair strands, paper textures, wood grain, laptop materials, and fabric folds. High-resolution RAW photography aesthetic with authentic lighting physics and natural depth. No AI artifacts, no distortion, no overprocessing.

### 🚫 NEGATIVE PROMPT

wrong face, wrong body, distorted anatomy, extra fingers, unrealistic pose, empty room, plastic skin, beauty filter, blurred face, low resolution, missing laptop, missing papers, inaccurate kitchenette details, harsh shadows, overexposed lighting, daytime atmosphere, overly clean table, CGI textures



## 📷 ULTRA-REALISTIC NIGHTTIME LIFESTYLE PHOTOGRAPHY

### 🔒 STRICT REFERENCE USAGE

Reference 1: exact facial identity, facial proportions, natural skin tone and realistic skin texture strictly preserved. Same eyes, nose, lips, jawline and facial harmony.

Reference 2: exact outfit strictly preserved with identical clothing, fit, fabric behavior and placement on the body. Identity strictly locked. No reshaping, no facial modification, no proportion changes.

### 🏠 SCENE & ENVIRONMENT

Late-night luxury apartment interior with a cozy and intimate atmosphere. Model lying fully stretched out on the chaise section of a large modern corner sofa in a softly darkened living room. Elegant minimalist interior with subtle modern decor elements fading into the darkness. Vintage-style plaid blanket casually draped over nearby cushions with multiple soft pillows surrounding her. Calm lived-in environment with a realistic late-night atmosphere, as if quietly working or scrolling before sleeping. Background mostly dark with only faint silhouettes of furniture and architectural details softly visible.

### 👤 BODY & POSTURE

Model lying naturally on her back across the sofa chaise in a relaxed effortless posture. Legs extended comfortably while the upper body rests softly into the cushions. Both arms raised naturally above the torso while holding the iPad Pro. Elbows slightly bent in a realistic relaxed position. Head resting gently against a cushion and subtly tilted toward the tablet screen. Natural body positioning with authentic proportions and realistic weight distribution into the sofa.

### 😊 EXPRESSION

Natural calm focused expression with the eyes directed toward the iPad screen. Lips relaxed and naturally closed. Slightly tired but peaceful late-night energy. Expression subtle, intimate and authentic with soft realistic facial tension.

### 💇 HAIR

Hair loose and naturally spread across the cushion and shoulders with soft organic movement. Slightly tousled nighttime texture with realistic separation between strands. Natural lived-in appearance as if she has been relaxing for hours. Individual strands softly illuminated by the tablet screen glow.

### 👓 ACCESSORIES

Leopard-print eyeglasses worn naturally on the face with realistic reflections from the tablet screen visible on the lenses. Cozy and elegant late-night detail.

### 🌟 SKIN & REALISM

Skin is ultra hyper-realistic RAW photography with visible pores, natural skin grain and preserved micro-imperfections. Realistic tonal variation across the face, neck and hands. No smoothing, no plastic effect, no beauty filter. Natural human skin response to low ambient light and tablet glow with physically accurate highlights and soft shadow transitions. Fine details such as under-eye texture, subtle skin folds and realistic depth fully preserved.

### 📷 CAMERA & FRAMING

Cinematic close-to-medium framing capturing the upper body and part of the stretched legs across the sofa chaise. Camera positioned slightly above and to the side, creating an immersive editorial perspective while maintaining realistic proportions. Natural depth of field with the model and tablet in sharp focus while the darker background softly fades into shadow. Balanced composition emphasizing the contrast between the glowing screen and the surrounding darkness.

### 💡 LIGHTING

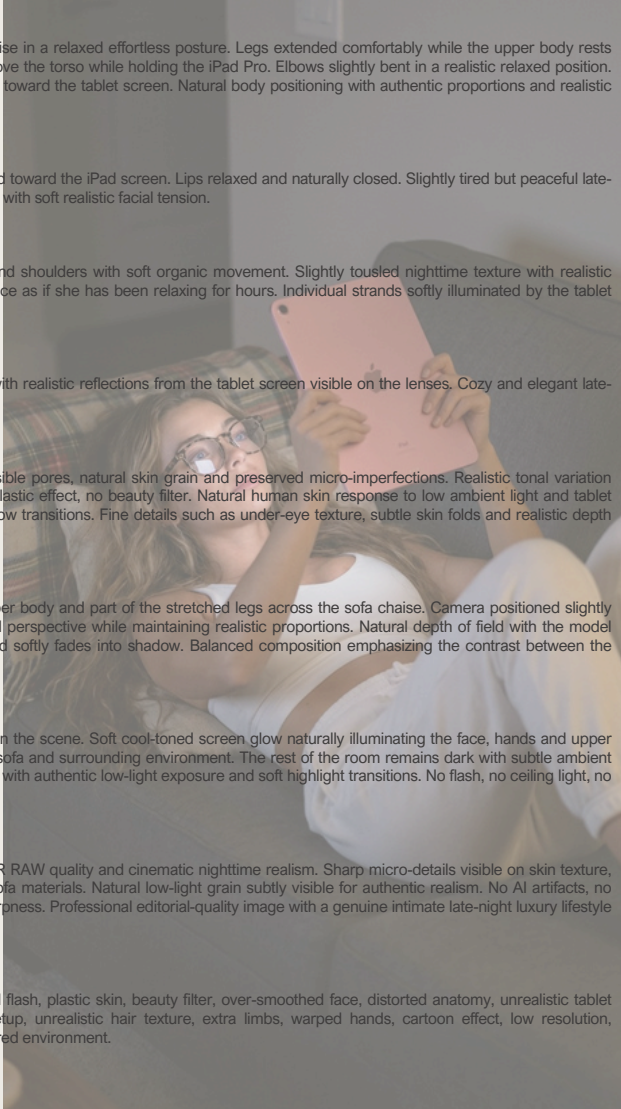
The iPad Pro screen is the ONLY visible light source in the scene. Soft cool-toned screen glow naturally illuminating the face, hands and upper body. Realistic light falloff fading gradually across the sofa and surrounding environment. The rest of the room remains dark with subtle ambient shadow detail preserved. Cinematic nighttime contrast with authentic low-light exposure and soft highlight transitions. No flash, no ceiling light, no artificial room lighting.

### 📷 IMAGE QUALITY

Ultra-realistic lifestyle photography with high-end DSLR RAW quality and cinematic nighttime realism. Sharp micro-details visible on skin texture, hair strands, glasses reflections, fabric textures and sofa materials. Natural low-light grain subtly visible for authentic realism. No AI artifacts, no overprocessing, no fake HDR effect, no unrealistic sharpness. Professional editorial-quality image with a genuine intimate late-night luxury lifestyle aesthetic.

### 🚫 NEGATIVE

Daylight, bright room lighting, overhead lamp, artificial flash, plastic skin, beauty filter, over-smoothed face, distorted anatomy, unrealistic tablet glow, blurry image, exaggerated shadows, studio setup, unrealistic hair texture, extra limbs, warped hands, cartoon effect, low resolution, overexposed screen light, unrealistic reflections, cluttered environment.



## 📷 ULTRA-REALISTIC LIFESTYLE PHOTOGRAPHY

### 🔒 STRICT REFERENCE USAGE

Ref 1: exact facial identity, natural skin tone, facial proportions, eyes, lips, jawline, and realistic skin texture only.

Ref 2: exact body shape, silhouette, posture, and clothing fit only. Identity strictly locked. No blending of identities or reinterpretation.

### 🏠 SCENE & ENVIRONMENT

Interior of a compact 25 m<sup>2</sup> studio apartment with a cozy, lived-in atmosphere. A round table occupies the foreground and serves as both workspace and dining table. The table is naturally cluttered with multiple notebooks, DFA training prospectuses, loose papers, pens, and study materials. An open MacBook Air sits on the table while the model actively writes in a notebook or types on the keyboard. Small personal items such as a plate and bottle of water remain visible, adding realism. In the background, a small kitchenette features white cabinets with black handles and green brick-effect backsplash tiles. The apartment feels authentic, organized but realistically lived-in.

### 👤 MODEL ACTION & POSTURE

The model is seated at the round table, leaning slightly forward in a focused working posture. One hand writing in a notebook while the other rests near the laptop or keyboard. Focused, attentive expression with realistic concentration. Blue-light blocking glasses worn naturally. Shoulders relaxed, posture casual yet engaged.

### 💇 HAIR

Hair naturally loose or softly styled with subtle movement and realistic strand separation. A few soft strands frame the face naturally. Texture remains effortless and believable.

### 💄 MAKEUP & SKIN REALISM

Minimal natural makeup with subtle blush, neutral lips, and softly defined features.

Skin is ultra hyper-realistic RAW with visible pores, natural skin grain, authentic micro-texture, realistic tonal variations, and fine facial details. No smoothing, no beauty filter, no plastic effect.

### 📎 DETAILS & ACCESSORIES

Blue-light blocking glasses with subtle realistic reflections. Realistic paper textures, notebook pages, laptop materials, pens, wood table grain, and small personal objects rendered in high detail.

### 📷 CAMERA & FRAMING

Vertical 4:5 or cinematic 16:9 composition. Medium framing from mid-thigh to head, fully integrating the table workspace and kitchenette background. Natural eye-level perspective with soft cinematic depth of field. Sharp focus on face, hands, laptop, notebooks, and desk clutter while the background remains softly softened for depth.

### 💡 LIGHTING

Soft natural daylight entering from the side or front, combined with subtle ambient indoor lighting. Balanced highlights and soft shadows across the face, desk, and apartment interior. Gentle reflections visible on the laptop surface, glasses, and table. Cozy, calm daytime study atmosphere with realistic lighting physics.

### 🖼️ IMAGE QUALITY & AESTHETIC

Ultra-realistic editorial lifestyle photography with cinematic realism. Extreme detail visible in skin pores, hair strands, paper textures, laptop materials, wood surfaces, and fabric folds. High-resolution RAW photography aesthetic with authentic depth and natural color grading. No AI artifacts, no distortion, no overprocessing.

### 🚫 NEGATIVE PROMPT

wrong face, wrong body, distorted anatomy, extra fingers, bad hands, unrealistic pose, unrelated clutter, empty room, overexposed lighting, harsh shadows, plastic skin, blurred face, low resolution, missing laptop, missing notebooks, inaccurate kitchenette details, CGI textures, beauty filter



📷 Ultra-realistic lifestyle indoor photography — intimate window-side iPhone portrait

🔒 STRICT REFERENCE USAGE

Reference 1: exact facial identity, natural skin tone, body silhouette strictly preserved.

Reference 2: exact outfit strictly preserved, adapting naturally to the model's body shape. Identity strictly locked. No reshaping, no proportion changes.

🏠 SCENE

Model seated beside a large window inside an elegant Parisian-inspired living room with high ceilings, refined white wall moldings and soft neutral décor. Thin sheer curtains diffusing the daylight softly. Background subtly blurred yet still recognizable, with refined interior details creating a calm luxurious atmosphere. Intimate and authentic lifestyle mood.

👤 BODY & POSE

Tight close-up portrait framing focused on the face, hands and upper chest. Model seated comfortably near the window, one hand holding her iPhone naturally in the foreground while the other hand supports the side of her head with fingers resting softly near the temple. Camera positioned slightly above eye level for an intimate candid perspective. Relaxed posture with natural arm positioning and realistic body tension.

💇 HAIR

Hair styled naturally with soft effortless movement and realistic texture. Clean middle or soft side part with a few loose face-framing strands falling naturally around the cheeks and forehead. Hair remains soft, fluid and slightly imperfect for authentic realism.

😊 EXPRESSION

Calm and slightly focused expression with relaxed facial muscles. Eyes softly looking downward toward the phone screen. Subtle effortless beauty with a quiet intimate energy. No exaggerated smile or theatrical emotion.

💄 MAKEUP

Natural refined makeup with warm luminous skin. Light complexion products while maintaining realistic skin texture and visible pores. Soft blush, subtle contouring, naturally brushed brows and defined lashes with mascara. Lips softly enhanced with a neutral satin finish. Fresh editorial beauty aesthetic without heavy makeup effect.

💎 JEWELRY

Medium-sized gold hoop earrings with elegant polished reflections. Delicate rings visible on the fingers holding the phone and supporting the face. Minimal refined jewelry styling with realistic metallic shine.

💅 NAILS

Short natural-length nails with classic French manicure. Soft nude sheer base with thin glossy white tips, clean salon-quality finish and realistic natural shine.

🌟 SKIN

Skin is ultra hyper-realistic RAW with visible pores, fine natural skin texture, preserved micro-imperfections and realistic facial detail. Warm slightly sun-kissed complexion with subtle natural luminosity. No plastic effect, no smoothing, no beauty filter, maximum DSLR-level photographic realism.

📷 CAMERA & FRAMING

Vertical close-up portrait with tight framing from upper chest to slightly above the head. Camera slightly zoomed in with the phone partially visible in the foreground creating natural depth. Sharp focus on eyes, lips, fingers and skin texture while the background remains softly blurred with shallow depth of field. Intimate editorial iPhone-style composition.

💡 LIGHTING

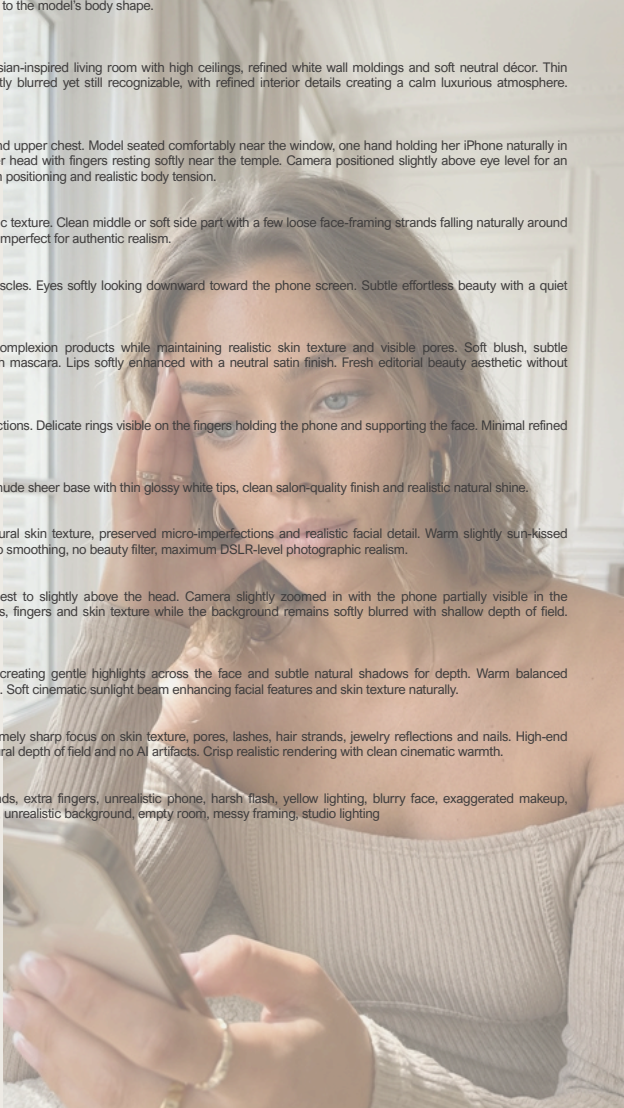
Soft natural daylight entering through the nearby window, creating gentle highlights across the face and subtle natural shadows for depth. Warm balanced exposure with realistic skin illumination and no harsh contrast. Soft cinematic sunlight beam enhancing facial features and skin texture naturally.

🖼️ IMAGE QUALITY

Ultra-realistic RAW iPhone photography aesthetic with extremely sharp focus on skin texture, pores, lashes, hair strands, jewelry reflections and nails. High-end editorial lifestyle finish with authentic photographic grain, natural depth of field and no AI artifacts. Crisp realistic rendering with clean cinematic warmth.

⚠️ NEGATIVE

plastic skin, beauty filter, over-smoothed skin, distorted hands, extra fingers, unrealistic phone, harsh flash, yellow lighting, blurry face, exaggerated makeup, artificial glow, cold blue tones, cartoon texture, low detail skin, unrealistic background, empty room, messy framing, studio lighting



## 📷 ULTRA-REALISTIC LIFESTYLE PHOTOGRAPHY

### 🔒 STRICT REFERENCE USAGE

Ref 1: exact facial identity, natural skin tone, body proportions, hairstyle structure, and room/environment only. Preserve exact facial features, realistic anatomy, furniture placement, decor, and composition of the room.

Ref 2: exact outfit and clothing fit only. Preserve the exact garment, proportions, fabric behavior, folds, and silhouette. Identity strictly locked. No reshaping, no reinterpretation.

### 🏠 SCENE & ENVIRONMENT

Compact 9 m<sup>2</sup> white room with a cozy but refined atmosphere. Dark brown wooden parquet flooring. Large window overlooking Bordeaux rooftops. Small wooden cabinet with an orchid placed naturally nearby. Framed artworks on the walls. White satin-finish desk with iMac, notebooks, papers, pens, and office supplies realistically arranged. Air conditioning unit visible. Calm early-morning ambiance with a slightly lived-in but organized feel.

### 👤 MODEL ACTION & POSTURE

Model seated at the desk, upper body leaning heavily forward. Head resting in folded arms on the desk surface. Shoulders slouched naturally, conveying exhaustion and burnout. Hands partially visible beneath or around her head. Authentic tired posture with realistic body language.

### 😞 FACIAL EXPRESSION & EMOTION

Face partially hidden by the arms. Visible facial features relaxed, eyes closed or barely visible. Expression conveys emotional and physical fatigue in a subtle, intimate way. No active gaze toward the camera.

### 👩‍💻 HAIR

Hair tied into a natural ponytail with a slightly loose finish. A few realistic strands escaping around the face and neck. Texture soft and effortless.

### 💄 MAKEUP & SKIN REALISM

Very minimal natural makeup. Slight under-eye darkness and subtle signs of tiredness preserved realistically.

Skin is ultra hyper-realistic RAW with visible pores, natural skin grain, authentic micro-texture, realistic tonal variation, and no smoothing or beauty filter. Human imperfections preserved naturally.

### 🕒 ACCESSORIES & DETAILS

Blue-light blocking glasses slightly visible on the face or resting naturally nearby. Realistic reflections on lenses, iMac screen, and desk surfaces. Detailed textures visible in parquet flooring, desk materials, fabrics, notebooks, and office supplies.

### 📷 CAMERA & FRAMING

Medium shot preserving the same composition as the reference image. Desk, iMac, and room environment remain clearly visible. Model slightly off-center in the frame. Natural eye-level perspective with shallow cinematic depth of field. Focus centered on posture, atmosphere, and emotional realism.

### 💡 LIGHTING

Soft morning daylight entering through the window. Slightly cool, diffused natural light creating gentle shadows and calm ambiance. Balanced exposure with realistic daylight reflections on surfaces and skin. Quiet early-day atmosphere.

### 🎨 IMAGE QUALITY & AESTHETIC

Ultra-realistic editorial lifestyle photography with cinematic realism. High-detail rendering of skin pores, hair strands, clothing folds, desk textures, parquet flooring, and decorative elements. RAW photography aesthetic with authentic depth and natural color grading. No AI artifacts, no distortion, no overprocessing.

### 🚫 NEGATIVE PROMPT

active posture, smiling expression, harsh lighting, overexposed highlights, dramatic shadows, plastic skin, beauty filter, distorted anatomy, extra fingers, unrealistic hands, modified room layout, missing furniture, empty environment, low resolution, CGI textures, unrealistic fatigue pose



📷 Ultra-realistic lifestyle indoor photography — cozy reading moment in elegant bedroom

🔒 STRICT REFERENCE USAGE

Reference 1: exact facial identity, natural skin tone, body silhouette strictly preserved.

Reference 2: exact outfit strictly preserved, adapting naturally to the model's body shape.

Identity strictly locked. No reshaping, no proportion changes.

🏠 SCENE

Model seated comfortably on a bed inside an elegant softly lit bedroom with classic French-style wall moldings and high ceilings. Warm refined atmosphere with subtle luxury details and natural lived-in realism. Large indoor plants placed around the room, soft linen bedding slightly wrinkled, delicate decorative pillows and a light beige throw casually folded on the bed. Bright natural daylight streaming softly through a nearby window, creating a calm airy atmosphere with cinematic depth. Background softly blurred with cozy editorial ambiance.

👤 BODY & POSE

Medium close-up candid composition. Model seated naturally on the bed with her legs softly bent and relaxed. One hand holding an open book while the other gently rests against the pages or blanket. Shoulders relaxed, posture slightly leaned forward in a natural reading position. Head tilted downward toward the book with a soft peaceful body language. Intimate and authentic quiet moment.

💇‍♀️ HAIR

Long voluminous brown hair falling naturally around the shoulders and down the back. Soft defined curls with natural movement and realistic texture. Slightly tousled finish with a few subtle strands framing the face for an effortless elegant look.

👗 OUTFIT

Outfit strictly based on Reference 2.

Accurately preserve the clothing style, silhouette, fit, textures, materials, layering, accessories and overall fashion aesthetic.

Natural fabric behavior with realistic folds, tension and light interaction.

💎 JEWELRY

Medium-sized gold hoop earrings with polished finish, elegant and feminine. Minimal delicate jewelry aesthetic.

😊 EXPRESSION

Soft gentle smile while looking down at the book pages. Relaxed facial muscles, calm peaceful energy, subtle dreamy expression. Natural intimate candid mood.

💄 MAKEUP

Soft natural glam makeup with lightly bronzed skin, brushed brows, subtle mascara, soft peach blush and nude satin lips. Fresh effortless beauty aesthetic with realistic skin finish.

🌟 SKIN

Skin is ultra hyper-realistic RAW with visible pores, fine natural texture, preserved micro-imperfections, warm healthy complexion, soft natural luminosity, no smoothing, no beauty filter, maximum photographic realism.

📷 CAMERA & FRAMING

Vertical medium shot framed from mid-thigh to slightly above the head. Camera positioned slightly above eye level with a soft intimate angle. Shallow depth of field keeping the face, hair and book sharp while the bedroom softly fades into creamy blur.

💡 LIGHTING

Soft natural daylight entering through the bedroom window, creating warm diffused highlights and gentle shadows across the skin, hair and bedding. Bright airy atmosphere with cinematic editorial softness and realistic indoor lighting balance.

🖼️ IMAGE QUALITY

Ultra-realistic DSLR RAW photography, crisp micro-details on skin texture, hair strands, bedding fabric, jewelry reflections, book pages and interior decor. Professional editorial lifestyle finish, authentic film grain, no AI artifacts, no distortion.

🚫 NEGATIVE

studio lighting, plastic skin, over-smoothed face, harsh shadows, cluttered bedroom, messy composition, exaggerated smile, unrealistic curls, blurry book, distorted hands, extra fingers, cold blue tones, empty background, CGI look, artificial beauty filter



## 📷 ULTRA-REALISTIC HIGH-END INFLUENCER LIFESTYLE PHOTOGRAPHY

### 📄 STRICT REFERENCE USAGE

Ref 1: exact facial identity, facial proportions, eyes, nose, lips, jawline, natural skin tone, and realistic skin texture only. Same female model, same identity. No face morphing, no beautification drift, no generic AI face.

Ref 2: exact outfit and clothing fit only. Preserve the exact garment, fabric behavior, folds, fit, and structure while seated. Ignore any watermark, text, or writing visible in the references. Identity strictly locked.

### 🏠 SCENE & ENVIRONMENT

Indoor café located in Bordeaux city center with an elegant European atmosphere. Warm wood textures, subtle metal details, soft neutral tones, and authentic café furniture. Visible café tables and chairs softly blurred in the background. Interior feels modern, refined, and naturally lived-in. Daytime ambiance with realistic café depth and authentic urban lifestyle mood.

### 👤 POSTURE & BODY POSITION

Model seated on a café chair with body angled slightly sideways rather than fully frontal. Back straight but relaxed, leaning subtly into the chair. One leg crossed naturally over the other at the knee. Open MacBook Air resting realistically on the crossed leg. Left arm bent naturally with hand placed on the keyboard as if typing. Right arm raised elegantly toward the face, right index finger touching the bridge of the glasses in a controlled adjustment gesture. Shoulders relaxed, neck elongated, posture confident and chic.

### 😊 EXPRESSION & GAZE

Head facing forward with eyes looking directly into the camera through the glasses. Calm, composed, slightly serious expression. Lips relaxed and softly closed or barely parted. Professional influencer and editorial UGC energy without exaggerated emotion.

### 💇 HAIR

Hair slicked back tightly with a clean middle part and gathered into a low polished bun. Ultra-smooth glossy finish with no loose strands. Elegant and refined styling.

### 👓 GLASSES & TECH DETAILS

Slim black rectangular eyeglasses with clear lenses and minimalist frame design. Worn naturally and aligned perfectly on the face. Open MacBook Air resting on the lap with realistic metallic reflections, subtle detailing, and authentic proportions.

### 💍 ACCESSORIES

Medium-sized gold hoop earrings, multiple gold rings on several fingers, and elegant gold bracelets with realistic metallic reflections. Jewelry remains refined, minimalist, and luxury-inspired.

### 💄 MAKEUP & SKIN REALISM

Luxury modern nude makeup with softly defined eyes, groomed brows, subtle contouring, natural blush, and lightly glossy nude lips.

Skin is ultra hyper-realistic RAW with visible pores, authentic skin grain, realistic micro-texture, subtle tonal variation, and no smoothing or beauty filter. Human skin realism remains the priority.

### 📷 CAMERA & FRAMING

Vertical 4:5 composition. Medium-wide framing from head to mid-thigh. Camera positioned at seated eye level directly in front of the subject with natural perspective and no tilt. No wide-angle distortion. Laptop, torso, hands, and chair remain fully visible. Sharp focus on face, hands, jewelry, glasses, and laptop while the café background stays softly blurred through shallow depth of field.

### 💡 LIGHTING

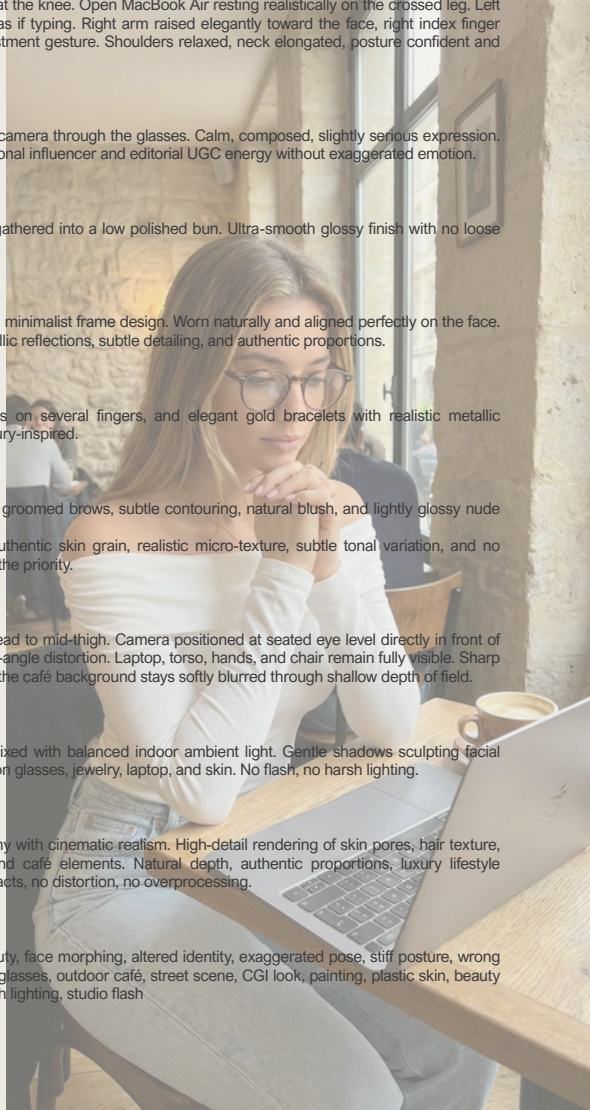
Soft natural daylight entering through café windows mixed with balanced indoor ambient light. Gentle shadows sculpting facial features and body naturally. Realistic reflections visible on glasses, jewelry, laptop, and skin. No flash, no harsh lighting.

### 🖼️ IMAGE QUALITY & AESTHETIC

Ultra-photorealistic editorial influencer UGC photography with cinematic realism. High-detail rendering of skin pores, hair texture, jewelry reflections, clothing folds, laptop materials, and café elements. Natural depth, authentic proportions, luxury lifestyle atmosphere, and professional editorial finish. No AI artifacts, no distortion, no overprocessing.

### 🚫 NEGATIVE PROMPT

low quality, blurry, overprocessed, AI face, generic beauty, face morphing, altered identity, exaggerated pose, stiff posture, wrong gesture, wrong hand position, wrong gaze, smiling, sunglasses, outdoor café, street scene, CGI look, painting, plastic skin, beauty filter, distorted hands, extra fingers, warped laptop, harsh lighting, studio flash



📷 Ultra-realistic lifestyle indoor photography — modern oriental office workspace with laptop

#### 🔒 STRICT REFERENCE USAGE

Reference 1: exact facial identity, natural skin tone, body silhouette strictly preserved.

Reference 2: exact outfit strictly preserved, adapting naturally to the model's body shape.

Identity strictly locked. No reshaping, no proportion changes.

#### 🏠 SCENE

Model seated in a small modern home office with subtle oriental-inspired decor mixed with contemporary minimalism. Warm beige textured walls, soft arches, walnut wood furniture, neutral linen curtains, minimalist shelving with ceramic decor, stacked books and framed travel photography. The atmosphere feels cozy, elegant and lived-in rather than luxurious hotel-like. Small desk setup with a silver MacBook open in front of her, soft ambient daylight entering through a nearby window. A ceramic coffee mug, notebook, pens and small candle placed naturally on the desk. Subtle lived-in details like slightly messy papers, charging cable and soft shadows creating realism.

#### 👤 BODY & POSE

Model seated naturally on a modern office chair, body angled slightly sideways toward the desk. One elbow resting lightly on the desk while typing or scrolling on the MacBook. Other hand relaxed near the keyboard or touching the glasses slightly. Relaxed posture, shoulders dropped naturally. Casual productive energy, immersed in work.

#### 💇 HAIR

Hair tied into a clean low bun with soft loose strands naturally falling around the face and near the neck. Slightly undone finish for realism, subtle natural texture visible, not overly sleek or rigid.

#### 👓 GLASSES

Thin elegant prescription glasses with soft tortoiseshell or gold frame. Modern intellectual aesthetic, realistic light reflections visible on lenses.

#### 💍 JEWELRY

Minimal gold jewelry: small hoop earrings, delicate layered necklace and thin gold bracelet. Elegant and understated.

#### 💅 NAILS

Short rounded nails with glossy nude beige manicure. Clean, natural and realistic.

#### 😊 EXPRESSION

Soft focused expression while looking at the laptop screen. Slight natural smile as if reading something pleasant or answering a message. Calm, intelligent and productive mood.

#### 💄 MAKEUP

Fresh soft glam makeup with natural matte skin, subtle mascara, brushed brows, soft peach blush and nude satin lips. Elegant effortless beauty look.

#### 🌟 SKIN

Skin is ultra hyper-realistic RAW with visible pores, fine natural texture, preserved micro-imperfections, warm healthy complexion, no smoothing, no beauty filter, maximum photographic realism.

#### 📷 CAMERA & FRAMING

Vertical medium shot from waist level to above the head. Slight diagonal angle capturing both the model and part of the desk setup. Background softly blurred with depth while keeping decor details recognizable.

#### 💡 LIGHTING

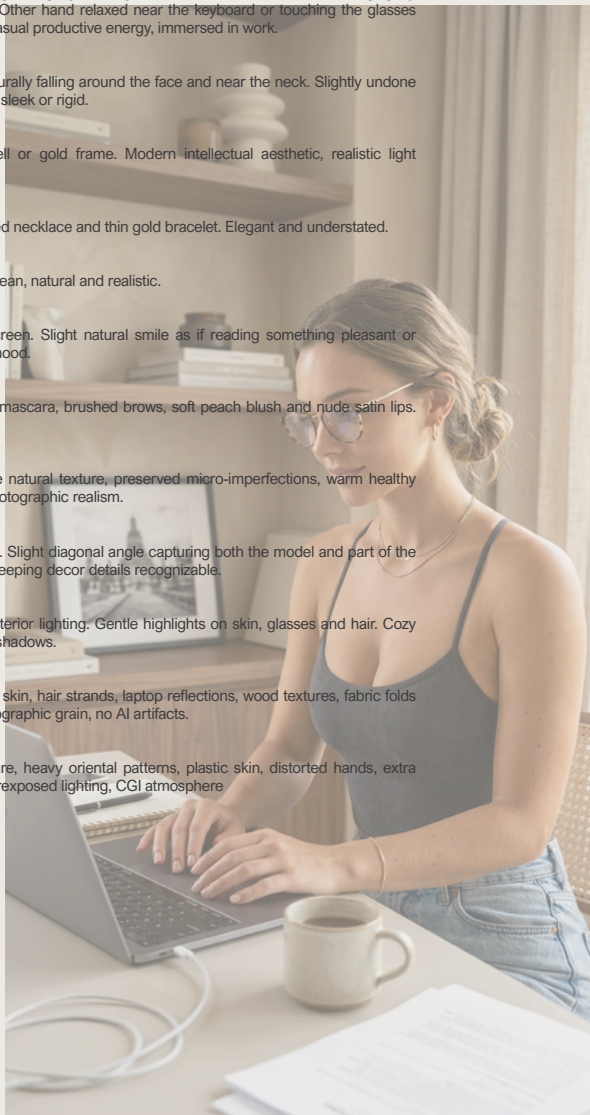
Soft warm natural daylight mixed with subtle ambient interior lighting. Gentle highlights on skin, glasses and hair. Cozy cinematic atmosphere with warm neutral tones and soft shadows.

#### 🖼️ IMAGE QUALITY

Ultra-realistic DSLR RAW quality, sharp micro-details on skin, hair strands, laptop reflections, wood textures, fabric folds and decor details. Editorial lifestyle finish, authentic photographic grain, no AI artifacts.

#### 🚫 NEGATIVE

oversized luxury palace decor, exotic foreign architecture, heavy oriental patterns, plastic skin, distorted hands, extra fingers, harsh flash, unrealistic laptop, messy clutter, overexposed lighting, CGI atmosphere



📷 Ultra-realistic lifestyle indoor photography — relaxed sofa work session with MacBook and cozy living room atmosphere

#### 🔒 STRICT REFERENCE USAGE

Reference 1: exact facial identity, natural skin tone, body silhouette strictly preserved.  
Reference 2: exact outfit strictly preserved, adapting naturally to the model's body shape.  
Identity strictly locked. No reshaping, no proportion changes.

#### 🏠 SCENE

Model relaxing on a large curved sofa inside a modern oriental-inspired living room with warm earthy tones and contemporary furniture. Soft arches, textured beige walls, walnut wood accents, neutral linen cushions and cozy ambient daylight. Large television visible in front of her mounted on the wall. Wooden coffee table in the foreground with realistic lifestyle details: TV remote, ceramic coffee mug, small decorative tray, candle, stacked books and a small green plant. Framed travel photos and minimalist artwork visible subtly in the background. Space feels warm, authentic and naturally lived-in.

#### 👤 BODY & POSE

Model lying comfortably across the sofa with her legs stretched out naturally. Silver MacBook resting on her thighs while she types or scrolls. One arm resting casually against the sofa while the other interacts with the laptop. Relaxed natural posture, fully immersed in her screen.

#### 💇 HAIR

Hair tied into a messy claw-clip updo with soft loose strands framing the face and neck. Natural volume and slightly undone texture for a realistic cozy home look.

#### 👓 GLASSES

Modern thin-framed prescription glasses with subtle reflections from the laptop screen. Soft elegant intellectual aesthetic.

#### 💍 JEWELRY

Minimal layered gold necklaces, small gold earrings and delicate bracelet. Refined but subtle.

#### 💅 NAILS

Short almond-shaped nails with glossy milky nude finish. Natural salon manicure, realistic shine.

#### 😊 EXPRESSION

Soft smile while reading something on the laptop. Relaxed, cozy and content energy. Slightly tired but peaceful productive atmosphere.

#### 💄 MAKEUP

Soft natural glam with lightly bronzed skin, subtle mascara, brushed brows, soft blush and nude lips. Fresh effortless beauty aesthetic.

#### 🌟 SKIN

Skin is ultra hyper-realistic RAW with visible pores, fine natural texture, preserved micro-imperfections, warm healthy complexion, no smoothing, no beauty filter, maximum photographic realism.

#### 📷 CAMERA & FRAMING

Vertical medium-wide shot capturing the model stretched across the sofa with the MacBook clearly visible. Cozy living room elements visible around her while maintaining shallow depth of field and cinematic focus.

#### 💡 LIGHTING

Soft natural daylight entering from large side windows with warm ambient interior lighting. Gentle highlights on skin, hair, laptop and furniture. Cozy cinematic warmth with realistic shadows and depth.

#### 🖼️ IMAGE QUALITY

Ultra-realistic DSLR RAW quality, sharp micro-details on skin, hair strands, laptop reflections, sofa fabric, coffee mug, television and decor details. Editorial lifestyle finish, authentic grain, no AI artifacts.

#### 🚫 NEGATIVE

empty living room, luxury palace aesthetic, exaggerated oriental decor, cold lighting, plastic skin, distorted anatomy, extra fingers, unrealistic laptop, harsh flash, over-smoothed textures, sterile environment



📷 Ultra-realistic lifestyle photography, sofa candid iPhone moment in modern oriental living room

#### 🔒 STRICT REFERENCE USAGE

Reference 1: exact facial identity, natural skin tone, body silhouette strictly preserved.

Reference 2: exact outfit strictly preserved, adapting naturally to the model's body shape. Identity strictly locked. No reshaping, no proportion changes.

#### 🏠 SCENE

Model seated comfortably on a curved modern sofa inside a luxury oriental-inspired living room. Beige textured walls with subtle imperfections, soft arches, warm wood accents, minimalist decor blended with lived-in realistic details. Linen cushions slightly displaced, a soft throw blanket casually draped over the sofa arm. On the nearby coffee table: a TV remote, a small green indoor plant in a ceramic pot, a half-filled glass of water, and a magazine slightly open. In the background, a discreet drying rack with lightly hanging laundry adds a natural everyday home realism. Soft ambient daylight enters through a large window, creating a warm, authentic lived-in atmosphere.

#### 👤 BODY & POSE

Model sitting relaxed with her back slightly leaned into the sofa corner. Legs bent naturally and slightly turned to one side. One arm holding an iPhone 17 Pro Max close to her face while scrolling. Other hand resting loosely on the sofa cushion. Casual natural posture, fully immersed in her phone, slight shift in weight suggesting a candid unposed moment.

#### 💇 HAIR

High sleek ponytail with soft lifted volume at the crown. Ends slightly curled inward for a clean polished finish. A few thin face-framing strands naturally loose, slightly moving with subtle indoor air flow.

#### 💍 JEWELRY

Minimal gold jewelry set: thin hoop earrings, one layered necklace, and a slim gold ring on index finger. Elegant but realistic everyday wear, not overly polished.

#### 💅 NAILS

Short square nails with soft pastel peach glossy finish. Natural salon-quality manicure, slightly worn edges for realism.

#### 😊 EXPRESSION

Soft genuine smile while reading something on the phone. Eyes slightly narrowed with focus and warmth. Calm happy energy, subtle micro-reactions suggesting she is engaging with content.

#### 💄 MAKEUP

Soft glam makeup with light bronzed skin, natural brows, thin mascara, peach blush, and soft nude glossy lips. Fresh, slightly lived-in aesthetic rather than perfect editorial finish.

#### ✨ SKIN

Skin is ultra hyper-realistic RAW with visible pores, fine natural texture, preserved micro-imperfections, warm healthy complexion, no smoothing, no beauty filter, maximum photographic realism.

#### 📷 CAMERA & FRAMING

Vertical medium shot from waist to above head. Slight side angle. Phone clearly visible in hand. Background softly blurred but still readable with environmental details (plant, table objects, laundry rack).

#### 💡 LIGHTING

Soft natural daylight coming through large window with warm diffusion. Gentle highlights on face, hair and sofa fabric. Slight variation in light intensity for realistic home atmosphere. Cozy, lived-in cinematic feel.

#### 🖼️ IMAGE QUALITY

Ultra-realistic DSLR RAW quality, sharp micro-details on skin, hair strands, phone reflections, fabric textures, plant leaves, and background objects. Authentic editorial lifestyle finish, no AI artifacts.

#### 🚫 NEGATIVE

plastic skin, distorted hands, extra fingers, unrealistic phone, overly clean environment, sterile background, harsh flash, overexposure, artificial symmetry, empty room



📷 Ultra-realistic lifestyle kitchen photography, modern oriental breakfast & work moment

🔒 STRICT REFERENCE USAGE

Reference 1: exact facial identity, natural skin tone, body silhouette strictly preserved.

Reference 2: exact outfit strictly preserved, adapting naturally to the model's body shape.

Identity strictly locked. No reshaping, no proportion changes.

🏠 SCENE

Model seated at a modern kitchen island inside a contemporary oriental-inspired home. Marble countertop, warm wood cabinets, subtle arched details, soft neutral tones. On the table: open laptop, iPhone 17 Pro Max, glass bottle of water, fresh fruits (grapes, strawberries, apple slices), and a small minimalist breakfast plate.

👤 BODY & POSE

Model seated sideways on a high kitchen stool, slightly leaning toward the counter. One hand holding the iPhone 17 Pro Max while the other rests near the laptop keyboard. Casual multitasking moment, relaxed morning routine energy.

💇 HAIR

Low messy bun with soft loose strands falling naturally around the face. Slightly effortless, lived-in texture.

💎 JEWELRY

Delicate layered gold necklaces, small stud earrings, thin bracelet stack. Minimal refined elegance.

💅 NAILS

Short rounded nails with soft milky nude finish. Clean and natural aesthetic.

👓 ACCESSORIES

Thin modern optical glasses with light gold frame, slightly oversized rectangular shape.

😊 EXPRESSION

Natural candid expression turning into a light smile while looking at the phone. Slight surprised reaction as if reading a message notification.

💄 MAKEUP

Natural soft glam makeup, warm skin tone, light mascara, soft brown eyeliner, peachy blush, nude lips with slight gloss. Fresh morning look.

🌟 SKIN

Skin is ultra hyper-realistic RAW with visible pores, fine natural texture, preserved micro-imperfections, warm healthy complexion, no smoothing, no filter, maximum realism.

📷 CAMERA & FRAMING

Vertical medium shot from waist to slightly above head. Slight top-down angle for natural kitchen perspective. Phone, laptop and food clearly visible.

💡 LIGHTING

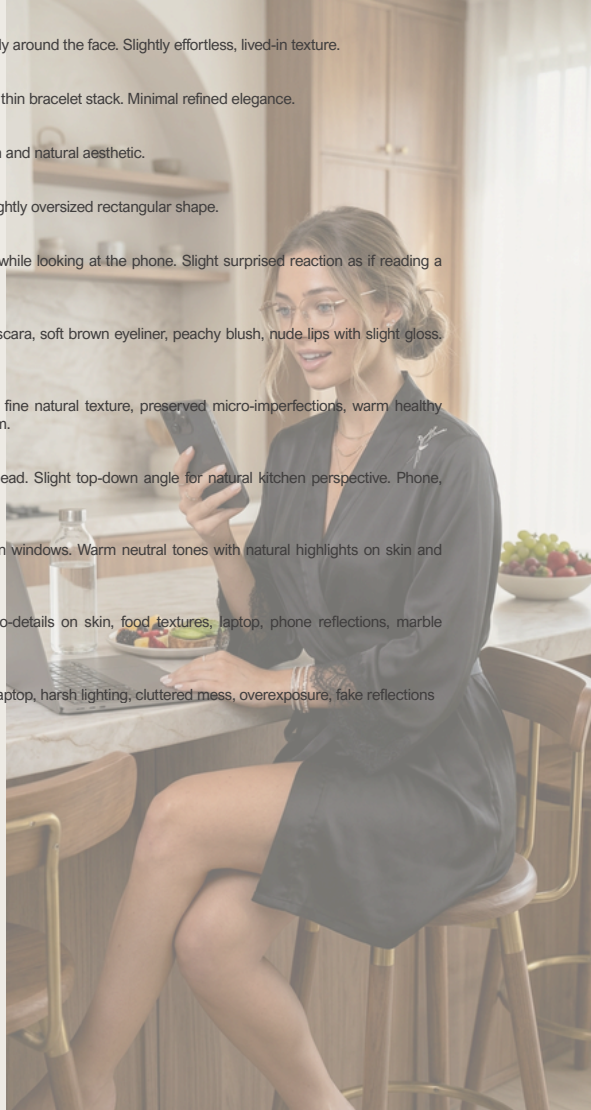
Soft morning daylight entering through large kitchen windows. Warm neutral tones with natural highlights on skin and surfaces.

🖼️ IMAGE QUALITY

Ultra-realistic DSLR RAW photography, sharp micro-details on skin, food textures, laptop, phone reflections, marble surface. Editorial lifestyle realism.

🚫 NEGATIVE

plastic skin, distorted food, extra fingers, unrealistic laptop, harsh lighting, cluttered mess, overexposure, fake reflections



## 📷 ULTRA-REALISTIC STREET LIFESTYLE PHOTOGRAPHY

### 🔒 STRICT REFERENCE USAGE

Ref 1: exact facial identity, facial proportions, eyes, nose, lips, jawline, natural skin tone, body proportions, and realistic anatomy only. Same female model, same identity. No face morphing, no beautification drift, no generic AI features.

Ref 2: exact outfit and clothing fit only. Preserve the exact garment, fabric behavior, silhouette, folds, and proportions naturally while walking. Identity strictly locked.

### 🏙️ ENVIRONMENT & ATMOSPHERE

Modern city-center setting in daylight with clean sidewalks and elegant urban perspective. Contemporary storefronts softly blurred in the background. Refined European-inspired atmosphere with subtle pedestrian activity and realistic city depth. Urban environment feels authentic, calm, and naturally candid.

### 🚶 SCENE & POSTURE

Model walking naturally toward the camera with a confident, effortless stride. One arm holding a realistic iPad Pro naturally against the torso. Tote bag resting on the shoulder with the visible text "Power, God" printed clearly and proportionally. Shoulders relaxed, posture upright, movement fluid and realistic. Slight motion blur visible on the legs and lower body to reinforce the candid walking effect while the upper body remains sharp.

### 😊 EXPRESSION & GAZE

Calm, confident expression with relaxed facial muscles. Eyes naturally directed forward toward the camera perspective. Lips softly closed with subtle attitude and modern editorial energy.

### 💇 HAIR

Long hair with loose natural curls and soft movement caused by walking. Hair flows naturally around the shoulders with realistic strand separation and organic volume. Effortless texture without overly polished styling.

### 💄 MAKEUP & SKIN REALISM

Defined brows, soft contouring, and matte red lipstick creating a refined modern beauty look. Makeup remains elegant and realistic, never overly glam.

Skin is ultra hyper-realistic RAW with visible pores, authentic skin grain, realistic micro-texture, natural tonal variation, and no smoothing or beauty filter. Human skin realism prioritized.

### 📷 CAMERA & FRAMING

Vertical 4:5 composition. Natural 35–50mm smartphone-style lens perspective with no distortion. Medium framing capturing the model while walking through the city environment. Upper body in sharp focus with subtle cinematic motion blur on the legs. Realistic street photography composition with balanced urban depth.

### 💡 LIGHTING

Bright natural daylight with balanced exposure and realistic contrast. Soft highlights on the face, hair, clothing, and accessories. Natural urban reflections and gentle shadows adding depth without harsh overexposure.

### 🖼️ IMAGE QUALITY & AESTHETIC

Ultra-realistic candid street photography with editorial realism. High-detail rendering of skin pores, hair texture, denim fabric, tote bag material, iPad reflections, and city textures. Natural anatomy, realistic movement physics, authentic lighting, and professional lifestyle photography finish. No AI artifacts, no overprocessing.

### 🚫 NEGATIVE PROMPT

identity drift, distorted text on bag, warped buildings, artificial skin, beauty filter, overprocessed image, distorted anatomy, extra fingers, unrealistic walking pose, blurry face, low resolution, CGI textures, exaggerated motion blur, harsh lighting, plastic skin



## 📷 ULTRA-REALISTIC LIBRARY SELFIE PORTRAIT

### 🔒 STRICT REFERENCE USAGE

Ref 1: exact facial identity, facial proportions, eyes, nose, lips, jawline, natural skin tone, and realistic anatomy only. Same female model, same identity. No facial alteration, beautification drift, or AI face reinterpretation.

Ref 2: exact clothing and garment fit only. Preserve the exact top, same fabric behavior, folds, neckline, fit, and placement on the body. No redesign or reinterpretation.  
Identity strictly locked.

### 📷 CAMERA & FRAMING

Natural handheld selfie captured at arm's length. Camera positioned slightly above face level but close to eye level for a relaxed and candid perspective. Tight yet natural framing from top of head to upper torso. Realistic smartphone perspective with subtle depth and no distortion. Sharp focus on face, jewelry, nails, and clothing details while the background remains softly blurred.

### 🧑 POSTURE & EXPRESSION

Model standing or slowly walking between bookshelves. Shoulders relaxed, posture natural and effortless. Head slightly inclined forward. Expression calm and thoughtful with either a soft closed-mouth smile or a neutral relaxed face. Authentic quiet intellectual atmosphere.

### 💄 MAKEUP & SKIN REALISM

Very natural "no-makeup" makeup look with fresh healthy skin and realistic texture. Minimal complexion correction only where necessary. Soft subtle bronzer warming the skin naturally without visible contour lines. Brows lightly groomed while maintaining natural shape. Lashes softly enhanced with very light mascara. Bare eyelids with no visible eyeshadow. Lips natural with a soft neutral finish and subtle balm texture.  
Skin is ultra hyper-realistic RAW with visible pores, authentic skin grain, realistic micro-texture, natural tonal variation, and no smoothing or beauty filter.

### 💍 JEWELRY & NAILS

Large polished silver hoop earrings on both ears with realistic metallic reflections. Elegant minimal gold rings worn naturally on the fingers. Refined gold bracelet on the wrist. French manicure with clean white tips and soft natural pink base. Nails short to medium length, glossy and realistic.

### 📖 BACKGROUND & ENVIRONMENT

Warm and quiet library environment with bookshelves visible behind the model. Books softly blurred to create realistic depth of field. Clean organized atmosphere with an intellectual and calm mood. Subtle warm tones from wood and book textures enhancing realism.

### 💡 LIGHTING

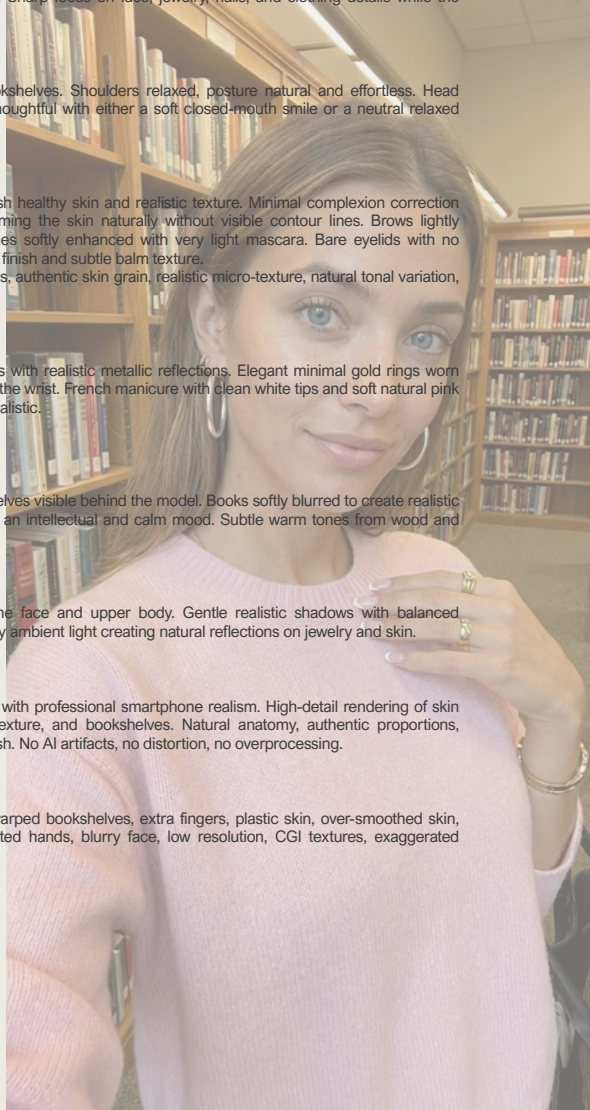
Soft warm indoor lighting evenly illuminating the face and upper body. Gentle realistic shadows with balanced exposure. No harsh highlights or flash effect. Cozy ambient light creating natural reflections on jewelry and skin.

### 🖼️ IMAGE QUALITY & AESTHETIC

Ultra-realistic modern UGC beauty photography with professional smartphone realism. High-detail rendering of skin pores, hair texture, jewelry reflections, fabric texture, and bookshelves. Natural anatomy, authentic proportions, realistic lighting physics, and editorial lifestyle finish. No AI artifacts, no distortion, no overprocessing.

### 🚫 NEGATIVE PROMPT

AI face, beautification drift, distorted anatomy, warped bookshelves, extra fingers, plastic skin, over-smoothed skin, harsh shadows, unrealistic jewelry scale, distorted hands, blurry face, low resolution, CGI textures, exaggerated makeup, beauty filter, artificial lighting



## 📷 ULTRA-REALISTIC LIFESTYLE BEAUTY PORTRAIT

### 🔒 STRICT REFERENCE USAGE

Ref 1: exact facial identity, facial proportions, eyes, nose, lips, jawline, natural skin tone, and realistic anatomy only. Same female model, same identity. No facial alteration, beautification drift, or AI reinterpretation.

Ref 2: exact outfit and garment fit only. Preserve the exact clothing, fabric behavior, folds, silhouette, and placement while seated. Identity strictly locked.

### 📷 CAMERA & FRAMING

Non-selfie shot captured by an external camera. Medium shot to medium close-up framing from mid-torso upward. Camera positioned slightly in front of the model at eye level or just above for a refined editorial perspective. Natural lens compression with no wide-angle distortion. Sharp focus on face, hair, hands, and upper body while the background remains softly blurred.

### 🏠 SCENE & POSTURE

Model seated comfortably on a modern neutral-toned sofa in a refined interior. Body slightly leaned back into the sofa with relaxed shoulders and elegant natural posture. One arm resting casually while holding an iPhone 17 with a realistic relaxed grip. The atmosphere feels intimate, calm, and effortlessly luxurious.

### 😊 EXPRESSION & GAZE

Serious, calm, and focused expression. Eyes directed toward the iPhone screen rather than the camera. Lips neutral and relaxed with no smile. Mood feels introspective, composed, modern, and confident.

### 💇 HAIR

Hair completely loose with a natural "décoiffé" texture. Soft effortless movement and subtle volume throughout the lengths. Healthy shine with realistic strand separation. No tied hair, bun, or ponytail. Styling remains polished yet natural.

### 💄 MAKEUP & SKIN REALISM

Clean nude makeup aesthetic with natural complexion and realistic skin texture. Very subtle contouring without visible sculpting. Soft natural glow with no harsh highlight. Brows groomed while preserving their natural shape. Light mascara only with bare eyelids and no visible eyeshadow. Nude lips with a soft natural finish.

Skin is ultra hyper-realistic RAW with visible pores, authentic skin grain, realistic micro-texture, natural tonal variation, and absolutely no smoothing or beauty filter.

### 📱 PROPS & DETAILS

iPhone 17 visible naturally in the hand with realistic proportions, metallic reflections, and screen facing the model. Hands relaxed with accurate anatomy and realistic finger positioning.

### 🏠 BACKGROUND & ENVIRONMENT

Modern elegant interior with a neutral-toned sofa and clean minimal décor. Background softly blurred to maintain depth while remaining identifiable as a refined lifestyle environment. Calm and intimate luxury atmosphere.

### 💡 LIGHTING

Soft natural indoor lighting with realistic falloff across the face and body. Gentle shadows subtly sculpting facial features and hair. Balanced exposure with no flash or harsh contrast. Natural reflections visible on skin, hair, and phone surfaces.

### 🖼️ IMAGE QUALITY & AESTHETIC

Ultra-high-resolution photorealistic lifestyle photography with modern editorial realism. Detailed rendering of skin pores, hair strands, fabric texture, phone reflections, and sofa materials. Natural anatomy, realistic proportions, cinematic depth of field, and professional luxury lifestyle finish. No AI artifacts, no distortion, no overprocessing.

### 🚫 NEGATIVE PROMPT

AI face, beautification drift, distorted anatomy, extra fingers, warped hands, plastic skin, over-smoothed skin, harsh shadows, low resolution, blurry face, exaggerated makeup, beauty filter, unrealistic lighting, CGI textures, distorted phone proportions, stiff posture



📷 Ultra-realistic lifestyle bedroom photography, cozy late-night phone scrolling moment

📄 STRICT REFERENCE USAGE

Reference 1: exact facial identity, natural skin tone, body silhouette strictly preserved.  
Reference 2: exact outfit strictly preserved, adapting naturally to the model's body shape.

Identity strictly locked. No reshaping, no proportion changes.

🏠 SCENE

Model lying on a luxurious bed inside a modern oriental-inspired bedroom with textured neutral bedding, warm wood furniture, soft wall sconces and elegant ambient lighting. Cozy intimate nighttime atmosphere.

👤 BODY & POSE

Model lying on her side against pillows, body slightly curled naturally under soft blankets. One arm bent holding an iPhone 17 Pro Max close to the face while scrolling. Other hand resting softly near the pillow. Relaxed candid nighttime posture.

💇 HAIR

Messy sleek bun with soft loose strands and natural volume. Slightly undone texture for realistic bedtime aesthetic.

💎 JEWELRY

Tiny diamond stud earrings, thin gold bracelet and delicate minimalist rings. Subtle elegant jewelry styling.

💅 NAILS

Very short square nude nails with glossy natural finish. Soft understated manicure.

🕶️ ACCESSORIES

Transparent optical glasses with thin nude frame placed slightly lower on the nose while looking at the screen.

😊 EXPRESSION

Sleepy soft smile while looking at the phone. Relaxed eyes, calm intimate expression, peaceful feminine mood.

💄 MAKEUP

Very light natural makeup with soft lashes, nude lips and subtle warm blush. Barely-there effortless beauty.

🌟 SKIN

Skin is ultra hyper-realistic RAW with visible pores, fine natural texture, preserved micro-imperfections, warm healthy complexion, no smoothing, no plastic effect, maximum realism.

📷 CAMERA & FRAMING

Vertical close-up medium shot from waist level to above the head. Camera positioned slightly above for intimate perspective. Phone screen glow subtly illuminating the face.

💡 LIGHTING

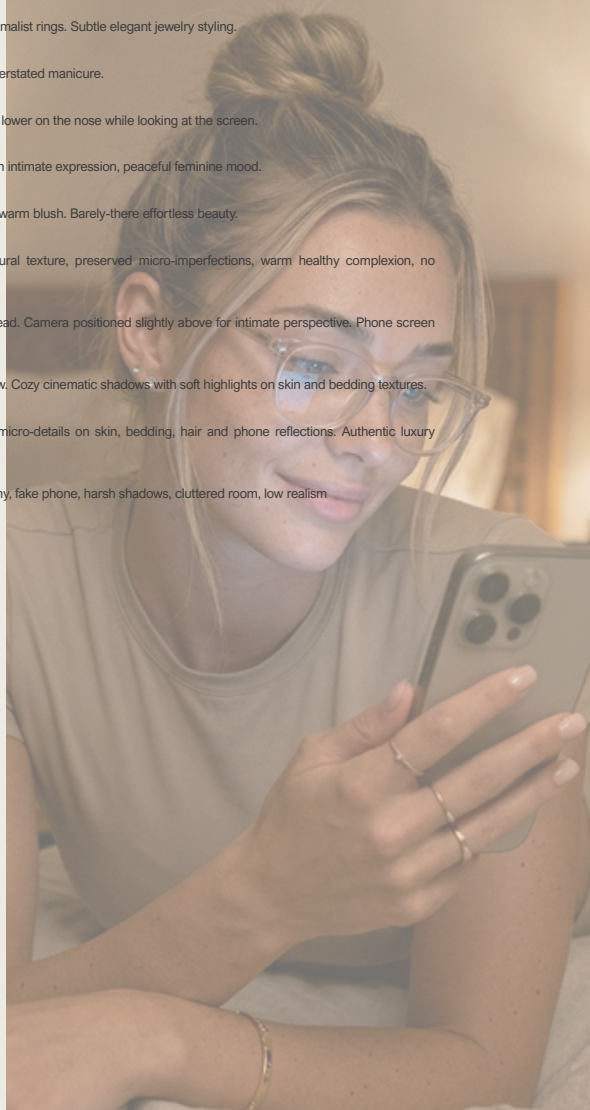
Warm dim bedside lighting mixed with subtle phone screen glow. Cozy cinematic shadows with soft highlights on skin and bedding textures.

🖼️ IMAGE QUALITY

Ultra-realistic DSLR RAW photography, realistic grain, sharp micro-details on skin, bedding, hair and phone reflections. Authentic luxury lifestyle aesthetic.

🚫 NEGATIVE

studio flash, plastic skin, exaggerated makeup, distorted anatomy, fake phone, harsh shadows, cluttered room, low realism



## 📷 ULTRA-REALISTIC LIFESTYLE APARTMENT PORTRAIT

### 🔒 STRICT REFERENCE USAGE

Ref 1: exact facial identity, facial proportions, eyes, nose, lips, jawline, natural skin tone, and realistic anatomy only. Same female model, same identity. No facial alteration, beautification drift, or AI reinterpretation.

Ref 2: exact outfit and garment fit only. Preserve the exact clothing, fabric behavior, folds, silhouette, and placement naturally on the body. Identity strictly locked.

### 🏡 SCENE & ENVIRONMENT

Modern lived-in apartment interior with an authentic cozy atmosphere. Spacious contemporary living room with warm neutral tones and realistic decorative clutter. Large ornate baroque-style rug covering part of the floor with rich vintage-inspired patterns and slightly worn texture. Elegant framed artworks with gold borders hanging on the walls. Green indoor plants placed naturally around the room, adding depth and realism. Decorative objects scattered across shelves and tables: books, candles, trays, magazines, small personal objects, remote controls, and folded clothing or blankets subtly visible to create a believable apartment atmosphere. The apartment feels refined but genuinely lived-in rather than perfectly staged.

A large modern sofa positioned in the center of the room with textured cushions and layered fabrics. Warm ambient interior mood with subtle imperfections and realistic organization.

### 🧑 POSTURE & ACTION

Model settled comfortably on the sofa, wrapped partially in a warm textured throw blanket. Body relaxed and naturally leaned into the cushions. One hand holding an iPhone 17 while looking attentively at the screen. Shoulders relaxed, posture soft and intimate, creating an authentic evening-at-home atmosphere.

### 😊 EXPRESSION & GAZE

Calm, thoughtful, relaxed expression. Eyes directed toward the phone screen rather than the camera. Lips softly relaxed with a natural neutral expression. Mood feels intimate, cozy, and realistic.

### 👩 HAIR

Hair loose and naturally styled with soft volume and realistic movement. Slightly tousled texture with individual strands visible for realism. Healthy shine without overstyled appearance.

### 💄 MAKEUP & SKIN REALISM

Natural nude makeup with soft complexion, subtle mascara, lightly groomed brows, and natural lips. Makeup remains understated and realistic.

Skin is ultra hyper-realistic RAW with visible pores, authentic skin grain, realistic micro-texture, natural tonal variation, and no smoothing or beauty filter.

### 📱 DETAILS & PROPS

iPhone 17 held naturally with realistic proportions and reflections. Warm throw blanket with visible woven texture and realistic folds draped around the body and sofa cushions.

### 📷 CAMERA & FRAMING

Vertical lifestyle composition with medium shot framing from mid-thigh or waist upward. Camera positioned at natural eye level with a candid editorial perspective. Sharp focus on face, hair, hands, blanket texture, and phone while the apartment background remains softly blurred through realistic depth of field.

### 💡 LIGHTING

Soft natural indoor lighting mixed with warm ambient apartment light. Gentle shadows and realistic light falloff across the room. Cozy reflections on gold frames, decorative objects, plants, and fabric textures. No flash, no harsh contrast.

### 🖼️ IMAGE QUALITY & AESTHETIC

Ultra-photorealistic lifestyle photography with cinematic apartment realism. Detailed rendering of skin pores, hair strands, blanket fibers, rug textures, decorative elements, plants, and furniture materials. Authentic luxury lifestyle atmosphere with natural imperfections and believable lived-in energy. No AI artifacts, no distortion, no overprocessing.

### 🚫 NEGATIVE PROMPT

plastic skin, over-smoothed skin, empty minimalist apartment, perfectly staged room, harsh lighting, distorted anatomy, extra fingers, warped furniture, unrealistic décor, blurry face, CGI textures, low resolution, exaggerated makeup, beauty filter, overly clean environment



## ✦ STRICT REFERENCE USAGE

Reference 1: exact facial identity, natural skin tone, body silhouette, proportions and hairstyle of my model strictly preserved. Identity locked. No reshaping, no facial changes.

## 🏠 SCENE

Elegant woman working at her desk in a refined Parisian apartment office. Large ceiling height, sophisticated white wall moldings and decorative ceiling moldings, classic Louis XV inspired architecture, tall white French window allowing beautiful daylight into the room. Chic feminine luxury workspace.

## 👤 POSE

Model seated gracefully at the desk, body angled slightly three-quarter toward the iMac screen. Both hands naturally placed on the keyboard as if typing. Mouse positioned beside the keyboard with one hand close to it. Posture straight, elegant and confident. Head slightly inclined toward the screen, focused attention.

## 😊 EXPRESSION

Calm concentrated expression, soft serious gaze directed only at the computer screen. Elegant composed energy.

## 👱 HAIR

Keep exact hairstyle from reference image, perfectly preserved.

## 👗 OUTFIT

Fitted elegant black top, refined and minimal, flattering silhouette, chic neckline.

## 🕒 ACCESSORIES

Stylish prescription eyeglasses with elegant thin frame.  
Large gold hoop earrings.  
Multiple refined gold rings.  
Luxury gold bracelets stacked on wrist.

## 💄 MAKEUP

Soft glam polished makeup, defined brows, long lifted lashes, subtle eyeliner, warm taupe eyeshadow, radiant bronzed complexion, peachy blush, softly contoured cheeks, nude glossy lips, elegant professional beauty look.

## 🖥️ DESK DETAILS

Apple iMac 2025 centered on desk.  
Apple keyboard in front of model.  
Mouse beside keyboard.  
Clean luxury workspace.

## 📷 CAMERA & FRAMING

Vertical medium shot from waist or hips upward. Slight side angle showing profile and desk setup. Model occupies foreground, iMac visible in frame. Large window and moldings visible in background. Natural realistic perspective.

## 💡 LIGHTING

Soft natural daylight entering through the tall white window, warm clean illumination across face and body, subtle elegant shadows, bright luxury Paris apartment atmosphere.

## 👤 SKIN

Ultra hyper-realistic RAW skin with visible pores. Visible open pores across nose, cheeks and forehead. Natural skin texture with micro-imperfections. Matte natural finish, no beauty filter, no skin smoothing, authentic DSLR skin realism.

## 📷 IMAGE QUALITY

Ultra-realistic DSLR photo, editorial luxury quality, sharp facial details, realistic jewelry reflections, fabric texture, clean tones, no AI artifacts, no distortion.

## 🚫 NEGATIVE

Looking at camera, messy room, cheap office, dark lighting, casual sloppy posture, exaggerated makeup, blurry face, fake skin, distorted hands, extra fingers, low ceiling.



# Prompts réutilisables

## N'oublie pas !

Tous ces prompts, tu peux les utiliser et réutiliser car tu pourras donc changer les vêtements, changer la coiffure, tout ce que tu souhaites.

Une fois que tu as utilisé tous les prompts, tu pourras revenir sur le premier, car plus d'un mois sera passé et avec une nouvelle coiffure, un nouveau make-up de nouveaux vêtements tu repars sur un mois de prompt toujours aussi naturel et surtout identifiable.

Parce que oui l'humain s'accroche parfois à un décor qu'il voit régulièrement, tu le sais toi-même, tu apprécies de suivre une personne mais tu aimes aussi l'identifier par sa chambre que tu as l'impression de connaître par exemple.

Alors réutiliser un prompt est une bonne stratégie, un gain de temps. Tu n'as pas besoin d'inspiration pour un nouveau prompt.

## Présence

Ces prompts sont là pour t'aider à ne pas te montrer et à humaniser ta page... mais ils restent un outil.

Le vrai travail derrière, c'est aussi ton positionnement, ton message, ton univers.

Parce qu'au fond, une belle image seule ne suffit pas.

# Versions

Maintenant que tu as tes prompts.

Tu veux peut-être des versions pour tes carrousels.

& Parce que je veux t'accompagner jusqu'au bout, je te donne des idées de versions surtout en terme d'expression. À toi de voir.

Pour cela n'oublie pas de mettre ta photo générée du prompt en photo de référence (je préfère te le rappeler car dans la précipitation je peux moi-même oublier)

Et ensuite amuse toi. Fais 3 versions voire même plus.

Ces versions sont standards donc je t'ai mis les titres en français pour que tu comprennes à quoi t'attendre afin de voir si cela peut correspondre à tes attentes.

Évidemment je pourrai t'en donner bien plus que ces 30 que tu découvriras. Mais en réalité ce serait à l'infini.. !

Tu auras un maximum d'expressions différentes.

Pour information : ce sont des versions que tu as justement pu découvrir sur mon contenu. Tu peux les compléter.

## **1. Regard sur le côté**

→ Rend la photo plus naturelle et spontanée.

Prompt :

Same image but Looking to the side, soft candid expression, natural eye direction, relaxed feminine posture, realistic facial expression

## **2. Regard vers le sol**

→ Ambiance douce, émotionnelle et lifestyle.

Prompt :

Same image but looking downward slightly, soft introspective expression, relaxed posture, candid feminine vibe

## **3. Regard vers l'horizon**

→ Effet cinématique et élégant.

Prompt :

Same image but looking toward the horizon, calm confident expression, cinematic candid mood, natural posture

## **4. Regard caméra intense**

→ Donne une forte présence visuelle.

Prompt :

Same image but direct eye contact with camera, intense feminine gaze, confident expression, magnetic portrait energy

## 5. Regard rêveur

→ Très esthétique pour les portraits émotionnels.

Prompt :

Same image but dreamy eyes, distant soft gaze, emotional feminine expression, cinematic mood

## 6. Grand sourire avec dents visibles

→ Rend l'image chaleureuse et vivante.

Prompt :

Same image but big natural smile showing teeth, joyful expression, bright eyes, realistic candid emotion

## 7. Petit sourire discret

→ Effet élégant et "clean girl"

Prompt :

Same image but soft subtle smile, relaxed lips, calm feminine expression, effortless beauty vibe

## 8. Rire spontané

→ Donne énormément de naturel.

Prompt :

Same image but natural laughing expression, candid joyful moment, authentic feminine energy

## 9. Clin d'œil naturel

→ Ajoute une énergie joueuse.

Prompt :

Same image but with one eye, playful expression, relaxed smile, realistic candid selfie vibe

## 10. Sourire + clin d'œil

→ Très dynamique et engageant.

Prompt :

Same image but winking while smiling naturally, playful feminine energy, candid lifestyle moment

## 11. Bouche légèrement ouverte

→ Très utilisé dans les photos mode / influenceuse.

Prompt :

Same image but slightly open mouth, relaxed lips, soft confident expression, editorial selfie vibe

## 12. Duck face / bouche en bisou

→ Version réseaux sociaux plus fun.

Prompt :

Same image but pouty lips expression, playful kiss face, cheeky feminine selfie energy

### **13. Envoi d'un bisou**

→ Pose TikTok / Instagram classique

Prompt :

Same image but blowing a kiss toward the camera, playful lips expression, cute feminine selfie vibe

### **14. Main dans les cheveux**

→ Ajoute du mouvement et du naturel.

Prompt :

Same image but hand running through hair, natural movement, relaxed feminine pose, candid beauty shot

### **15. Main qui replace les cheveux**

→ Pose élégante et très esthétique.

Prompt :

Same image but pushing hair back with one hand, effortless beauty pose, relaxed confident expression

### **16. Main sur la joue**

→ Effet doux.

Prompt :

Same image but hand resting softly on cheek, delicate feminine pose, relaxed candid expression

## 17. Main proche des lèvres

→ Donne un côté mode / éditorial.

Prompt :

Same image but fingers softly near lips, elegant feminine pose, subtle editorial beauty expression

## 18. Main couvrant partiellement le visage

→ Très mode et artistique.

Prompt :

Same image but hand partially covering face, artistic feminine pose, mysterious editorial mood

## 19. Signe 🙌 proche du visage

→ Effet selfie tendance et spontané.

Prompt :

Same image but peace sign near face, playful feminine pose, candid selfie energy, relaxed expression

## 20. Main sur le front pour cacher le soleil

→ Donne un rendu été / lifestyle très réaliste.

Prompt :

Same image but hand shielding eyes from sunlight, natural outdoor pose, relaxed summer lifestyle vibe

## **21. Tête légèrement inclinée**

→ Rend le visage plus doux et féminin.

Prompt :

Same image but head slightly tilted, delicate feminine posture, soft candid portrait feeling

## **22. Épaules relevées avec sourire crispé**

→ Expression très naturelle type selfie spontané.

Prompt :

Same image but slightly raised shoulders, scrunched smiling expression, eyes softly closed, playful candid energy

## **23. Expression surprise naturelle**

→ Dynamise immédiatement l'image.

Prompt :

Same image but slightly surprised expression, open bright eyes, playful realistic reaction

## **24. Regard complice**

→ Très utilisé dans les portraits influenceuse.

Prompt :

Same image but subtle sideways glance, knowing expression, soft playful energy, confident feminine vibe

## **25. Selfie miroir détendu**

→ Pose Instagram/TikTok très populaire.

Prompt :

Same image but relaxed mirror selfie pose, casual feminine posture, effortless confident energy

## **26. Pose “caught in the moment”**

→ Rend le cliché plus authentique.

Prompt :

Same image but caught in the moment feeling, candid posture, natural facial expression, cinematic realism

## **27. Expression triste légère**

→ Ambiance émotionnelle et cinématique.

Prompt :

Same image but slightly sad expression, emotional eyes, soft vulnerable feminine mood

## **28. Regard fatigué / pensif**

→ Très esthétique pour les photos éditoriales.

Prompt :

Same image but thoughtful tired eyes, calm introspective mood, cinematic feminine realism

## **29. Langue légèrement sortie**

→ Effet fun et spontané.

Prompt :

Same image but tongue slightly out, playful feminine expression, cheeky candid vibe

## **30. Pose ultra confiante**

→ Énergie forte type campagne mode.

Prompt :

Same image but confident feminine posture, strong eye contact, editorial fashion attitude, powerful presence

Avec tous ces prompts tu as déjà un début de tout un système de création : Tu scrolles des sites de marques. Tu copies tu colles. Prompts. Versions. Réutilisables. Mais surtout : authentiques. À ton image.

# TIPS/ASTUCES

---

Je vais être précise avec toi, parce que tu mérites mieux que des formules vagues.

Quand j'ai lancé mon compte avec mon avatar, j'avais 20 abonnés. Vingt.

Aucune réputation. Aucun témoignage. Aucun résultat à montrer. Rien d'autre que mon contenu et mon positionnement.


Trois mois plus tard : plus de 1 500 abonnés.

Sans publicité payante. Sans coup de pouce extérieur. Sans collaboration stratégique.

Juste une méthode. Une intention. Et de la constance.

Alors oui, certaines personnes feront plus. D'autres feront moins.

Et honnêtement, je ne veux pas m'éloigner de l'essentiel en te montrant tous les exemples possibles de réussite qu'on voit aujourd'hui sur les réseaux.

Ici, on parle de toi. Et de moi. 

Rare sont les personnes qui te l'avoueront mais il y a aussi autre chose : l'expérience.

Car c'est avec l'expérience qu'on comprend.

Certains comptes qui explosent aujourd'hui... il y a parfois plusieurs comptes avant.

Des essais.

Des erreurs.

Des contenus qui n'ont pas marché.

Des périodes de doute.

Des heures à comprendre ce qui attire, ce qui fonctionne, ce qui retient l'attention.

On voit le résultat final.

Mais très peu le chemin avant.

Alors si aujourd'hui tu débutes, ne te mets pas une pression énorme.

Prends ce que je vais te partager ici.

Applique. Teste. Avance.

Mais garde toujours une chose en tête :  
l'expérience va énormément t'aider.

Moi aussi j'ai eu d'autres pages que j'ai supprimé malgré des milliers d'abonnés car j'étais sur un autre marché. Je n'avais pas attiré ma cible. Mais c'est ce qui a fait mon expérience.

Parce qu'au-delà des stratégies, des prompts ou des légendes...

plus tu pratiques, plus tu comprends ton audience, plus tu développes ton instinct.

Et c'est ça qui change tout sur le long terme.

Alors doute si tu veux au début mais ne lâche rien.

## CE QUI A VRAIMENT FONCTIONNÉ POUR MOI :

Un positionnement ultra précis dès le départ.

Pas un message flou sur le “marketing digital” ou les “revenus en ligne”.

Un positionnement : apprendre à créer un avatar IA hyper réaliste & vendre des produits digitaux.

Les gens comprenaient immédiatement si c'était pour eux... ou non.

Du contenu varié mais toujours cohérent.

Des carrousels identifiables (photos réelles non fantastiques).

Des vidéos avec l'avatar. Des légendes storytelling. Du contenu éducatif. Motivant. Du contenu qui touche.

Une vraie écoute de mon audience.

Chaque message reçu, je l'ai lu. Chaque question en commentaire, je l'ai notée.

J'ai construit mon contenu autour de ce que les gens me disaient réellement, pas autour de ce que je pensais qu'ils voulaient entendre.

Une constance inébranlable.

Pas la perfection. La présence. Être là, encore et encore.

C'est ça qui construit la confiance.

## MES PETITES ASTUCES CONCRÈTES

Il y a quelque chose que l'avatar m'a apporté et auquel on ne pense pas forcément au départ : la liberté d'interagir sans gêne.

Soyons honnêtes : quand on débute, il peut y avoir une vraie gêne à commenter ou liker des comptes avec beaucoup d'abonnés.

On se sent parfois illégitime. Pas encore "au niveau".

Avec un avatar, toutes ces barrières disparaissent.

Tu interagis librement, sans cette petite voix intérieure qui te freine.

Et ça change tout dans ta capacité à créer du lien dès le premier jour.

Dès le début, j'ai posté sur Threads pour faire savoir que je recherchais d'autres avatars IA à l'international.

Je cherchais d'abord une communauté avant même de penser à vendre.

Et c'est une base solide que beaucoup de personnes négligent.

J'ai suivi, liké, commenté librement, tant que les profils correspondaient à mon univers.

Et concernant les abonnements, voici ce que j'ai appris :

→ Certains te diront de privilégier la qualité à la quantité. D'autres l'inverse.

→ Certains diront de ne pas suivre trop de monde pour garder un ratio cohérent. D'autres te diront de suivre librement pour nourrir l'algorithme.

→ Mon vrai conseil : fixe-toi une règle quotidienne : un nombre de profils par jour puis observe.

Si quelqu'un ne te suit pas en retour après quelques jours, tu peux te désabonner.

Le but n'est pas de suivre 1 000 personnes avec seulement 50 abonnés en retour.

La cohérence de ta page compte.

La vérité, c'est que chaque stratégie a sa part de vérité.

Ce qui est important, c'est de trouver ton propre équilibre et de rester constante.

N'oublie pas que dans cette stratégie : beaucoup de profil IA qui te suivront en retour sont au même point que toi. Sinon elles sont déjà avancées dans leur business pour te suivre ou alors elles s'abonnent car tu peux être une prospect.

Donc comme je le dis toujours et que tu verras plusieurs fois : tout est une question d'équilibre !

Évidemment que tu verras partout dire que tu attires les mauvais profils, que tu n'attires pas les bons en s'abonnant juste pour des followers. Qu'il faut garder ta cible en tête.

Mais là vient l'équilibre. Quand tu lis cette phrase quelque part il faudrait qu'elle soit complète sur plusieurs pages pour te l'expliquer.

Je me suis très vite abonnée à des profils IA à l'international pour ma part pour avoir de l'avance, sur ce qui marche ailleurs et pourrait marcher en France aussi. Alors oui je parle plusieurs langues mais ce n'est pas le sujet. Toi-même tu peux suivre des profils et simplement regarder ce qui fonctionne sans barrière de langue. C'était donc aussi un moyen de trouver les opportunités.

Donc je le répète :

Quand tu démarres de zéro, sans audience, sans ancien compte, sans visibilité précédente... ce n'est pas facile d'obtenir rapidement des abonnés.

Et encore moins de construire une forme de légitimité.

Alors oui, l'objectif n'est pas d'avoir une audience remplie de personnes qui ne s'intéressent pas à toi.

Mais au début, tu dois aussi comprendre une chose : l'algorithme a besoin d'interactions.

Et si personne ne te connaît encore... avec qui es-tu censée interagir ?

C'est aussi ça, la réalité des débuts.

Et honnêtement, avec le temps, tu découvriras naturellement ce dont toi tu as besoin.

Et presque automatiquement, tu comprendras aussi les besoins des autres.

Pourquoi ?

Parce que souvent, les personnes que tu attires sont au même stade que toi. Parce qu'elles se sont abonnées à toi pour ce fameux soutien, followers.

Elles se reconnaissent dans ce que tu traverses.

Dans tes questionnements.

Dans ton évolution.

Et c'est souvent là que les ventes commencent réellement.

Pas quand tu essaies de parler à tout le monde.

Mais quand tu comprends profondément les personnes qui te ressemblent.

Et il y a une autre réalité importante :

Même quand tu veux faire les choses avec authenticité, tu attireras parfois les mauvais profils.

Des personnes qui ne comprennent pas ton contenu.

Des personnes qui te suivent pour de mauvaises raisons.

Des personnes qui ne seront jamais ta cible.

Et c'est normal.

Le plus important, ce n'est pas d'attirer uniquement les bonnes personnes dès le départ.

C'est d'apprendre, avec le temps, à reconnaître celles qui sont réellement faites pour ton univers. ❤️

Mais surtout comme je te l'ai dit : l'équilibre !

Même une stratégie considérée comme mauvaise comme celle-ci vue ensemble, peut être bonne quand elle est équilibrée.

Car ce qui n'est jamais avoué : le nombre de followers donne une certaine "puissance" au profil. Il donne la légitimité. Mais tous les profils ont commencé de 0. Tous les profils se démarquent. Et si tu as peu de followers tu peux aussi vendre : tu as plus de temps pour ton prospect. Tu as plus de proximité avec tes clients.

Il n'y a pas de bonnes ou mauvaises stratégies à ce niveau mais il y a juste TOI.

Ton objectif global doit tout simplement être équilibré et tu dois savoir quand tu cherches à avoir une communauté, quand tu cherches à attirer, à vendre..

Une autre chose que j'ai mis en place dès le départ : partager mon évolution, faire des stories de bienvenue pour les nouveaux abonnés, me représenter régulièrement.

Au début, ça peut sembler répétitif.

Mais c'est exactement ce qui permet à une communauté qui grandit de se souvenir de toi.

Chaque nouvel abonné n'a pas vu tes débuts.

Alors représente-toi encore et encore, naturellement.

Et c'est comme ça qu'en à peine trois mois, j'ai construit une communauté de 1 500 personnes qui me suivent, m'écoutent, achètent.

Pas parce qu'elles me voient.

Parce qu'elles me ressentent.

Parce que mon contenu leur parle.

Parce qu'elles savent que derrière l'avatar, il y a quelqu'un de réel, constant et fiable.

Bien-sûr comme vu précédemment le nombre de followers grandit vite avec ces "follows faciles" de soutien entre girls, mais quand tu as équilibré tes objectifs, tu auras toujours plus de follow de girl de ton pays : France, Suisse.. En restant constante, présente, professionnelle, en touchant une problématique, oui elles s'attachent à toi & nombreuses te suivent pour ce que tu apportes.

C'est finalement comme toutes relations ! Des standards existent? Non.

D'une amitié à rupture. De pire ennemies à amies. De meilleure amie à simple connaissance du passé. Tout est possible.

Alors démarrer ton business par des follows dit faciles oui c'est possible. Parce qu'il est rapidement complété par d'autres follows grâce à ton positionnement, ton contenu qui attire.

Après t'avoir dit ça je dois aborder ce sujet : Tu as probablement déjà entendu que devenir viral ne paie pas les factures. Et c'est vrai.

Tu peux avoir 200 abonnés et gagner + d'argent que quelqu'un qui en a 10 000.

Mais il y a une nuance importante.

La visibilité crée des opportunités.

Plus tu es visible, plus tu peux attirer :

- des clients
- des collaborations
- des marques
- des opportunités auxquelles tu n'aurais pas accès autrement

Mais n'oublie jamais l'objectif principal : ton focus ne doit pas être uniquement les vues ou le nombre d'abonnés.

Il doit être la croissance de ton business.

Ne deviens pas dépendante des chiffres.

Un post à 100 vues ne signifie pas que tu échoues.

Tu vois encore une fois, c'est une question d'équilibre. Car tu entends souvent ce point : viralité  $\neq$  argent

Mais à partir du moment où tu sais que tu cherches la viralité pour une autre raison que l'argent, alors oui accorde toi cette envie. Car de ce côté, je pourrai te répéter sans cesse que ce ne sont que de simples chiffres mais la réalité :

- perdre un compte avec des millions d'abonnés frustrant
- avoir une vidéo de millions de vues apportent une fierté

*Un business en ligne qu'on le souhaite ou non est entouré de chiffres : Chiffre d'affaires, nombre d'abonnés, nombre de vues..*

Le contenu viral fonctionne généralement parce qu'il touche un large public :  
une histoire universelle, une émotion forte, un message auquel beaucoup de personnes s'identifient.

Les tendances amplifient cet effet : elles apportent de l'attention et de l'engagement, mais pas forcément des clients.

Parce que les gens peuvent aimer ton contenu sans être intéressés par ton business.

Alors oui, j'espère sincèrement que tu créeras un post dont tu seras fière.

Un post qui performe.

Un post qui se démarque.

Mais n'oublie jamais : ta priorité, c'est ta direction.

Tu dois retenir ceci :

Aucune stratégie ne garantit un post viral.

Tu peux tout faire "correctement" et ne pas obtenir les résultats espérés.

Et à l'inverse, une vidéo simple, spontanée, pas parfaite... peut exploser.

Construis quelque chose de cohérent, aligné et durable.

N'ai-je pas parler d'équilibre?

Tu l'auras compris. Je ne suis pas contre tout ce qui peut être dit : un post viral; le nombre de followers.

Mais je vais juste dans une analyse bien plus profonde pour te décomplexer.

Notamment sur l'envie d'être virale. Je te souhaite d'avoir un post viral même s'il ne te rapporte pas d'argent. Il t'apportera une fierté, une joie.

Sur le nombre de followers même si tu peux vendre avec 200 abonnés, je te souhaite d'avoir le nombre de followers que tu souhaites sur la durée.

En bref, il n'y a pas de vérité absolue. Aucune garantie sur tes stratégies, les posts viraux car je te le dis une nouvelle fois il y a aussi un élément indispensable : TOI

Tu peux donc avoir plusieurs envie dans ton business. ÉQUILIBRE tes objectifs mais ne perds pas jamais ta direction, ton pourquoi et ton TOI.

Ton business est là avant tout pour te rapporter.

N'oublie pas : Chaque contenu que tu partages est une graine.  
Et certaines prennent simplement plus de temps à pousser que d'autres.

Fais aussi attention à ne pas disperser ton énergie dans tes objectifs.

Et surtout : tu n'as pas besoin d'acheter tout ce que tu vois passer.

Pose-toi une vraie question :

Est-ce que tu veux construire un business solide et durable...  
ou simplement essayer de vendre le plus possible, rapidement?

Parce que plus tu proposes de produits, plus tu dois maîtriser le marketing. Je te le dis car ce super marché de l'affiliation peut donner l'envie d'acheter le produit pour le proposer et toucher des commissions.

Mais ne sous-estime jamais le travail que cela demande.  
Même quand tu aimes ce que tu fais.

Le but n'est pas de devenir un robot.  
Le but est de construire quelque chose d'aligné avec qui tu es.

Trouve ta stratégie.  
Comprends ce qui fonctionne pour toi.

Reste authentique.

Même si ton image évolue, ta personnalité restera toujours ta plus grande force.

## Autres tips

Travaille tes vidéos, améliore ton contenu, utilise des outils comme CapCut.

Tu peux utiliser l'IA pour t'aider à écrire tes légendes, structurer tes idées et gagner du temps mais apporte toujours ta touche.

Et concernant les sons : si tu débutes ou que tu as moins de 1 000 abonnés sur Instagram , concentre-toi sur des sons tendances encore peu utilisés (moins de 10 000 utilisations).

Un son déjà utilisé des millions de fois est souvent considéré saturé.

Et je te dis ça...Mais le son ne fera pas tout. Prends ça comme un tips mais c'est tout ton travail qui donnera le résultat.

# AU-DELÀ DES STRATÉGIES

---

Ce que personne ne t'explique vraiment

Aujourd'hui, tu verras partout des stratégies.

Des méthodes.

Des hooks.

Des techniques pour vendre.

Et honnêtement ? Oui, tout ça est important. Tout est à prendre.

Tout peut t'aider à avancer.

Mais il y a une chose que beaucoup oublient de mettre en avant

:

l'humain.

Parce qu'au fond, ce qui crée réellement une présence forte...

ce n'est pas uniquement un beau feed.

Ce n'est pas uniquement une stratégie.

Ce n'est pas uniquement un avatar ou un produit.

C'est ce qu'on ressent derrière.

Tu peux admirer un contenu.

Le trouver esthétique.

Professionnel.

Inspirant.

Mais ce qui fait passer quelqu'un à l'action...  
ce qui donne envie de suivre, d'écouter, d'acheter ou même  
simplement de rester;  
c'est souvent la personnalité derrière l'écran.

C'est le quotidien partagé.  
Les émotions.  
Les pensées.  
Les petits détails.  
La façon de parler.  
La manière de raconter les choses.  
L'énergie qu'une personne dégage à travers son contenu.

Et ça, aucune stratégie ne peut le remplacer. Personne ne peut  
le vendre.

Les gens aiment se reconnaître dans une histoire.  
Ils aiment ressentir une proximité.  
Ils aiment avoir l'impression de connaître la personne qu'ils  
suivent.

Alors oui :  
travaille tes hooks.  
Travaille tes légendes.  
Travaille ton contenu.

Mais ne néglige jamais ton humanité.

Parce qu'aujourd'hui plus que jamais,  
les gens ne cherchent pas seulement des contenus.  
Ils cherchent des personnes auxquelles s'attacher.

Je te ferai un rappel à ce sujet. Car mon but n'est pas que tu  
doutes de toi, de tes stratégies, de ton contenu mais que tu  
analyse si tu partages assez de toi. Ne cours pas derrière toutes  
les stratégies sans partager ton histoire.

# LÉGENDES / HOOKS

---

Ce que personne ne t'explique vraiment

Pourquoi la légende est plus importante que le visuel

Ton visuel arrête le scroll.

Ta légende déclenche l'achat.

Beaucoup passent des heures sur leur image et 2 minutes sur leur légende.

C'est exactement l'inverse qu'il faut faire.

Un beau visuel sans légende = une vitrine sans prix.

Les gens regardent. Ils admirent. Ils passent.

Une légende bien construite = une conversation.

Et c'est dans la conversation que la confiance se crée.

Et c'est dans la confiance que la vente se fait.

# HOOKS

On vient de le voir, ton visuel arrête le scroll. Ta légende déclenche l'achat.

Mais avant que ta légende puisse être lue, il faut que ton hook arrête le scroll. Et encore une fois personne ne te le dira vraiment mais c'est l'ensemble qui convertit.

Ton image. Ton hook. Ton authenticité. Ta personne.

Ce n'est pas un seul post qui va faire que les gens vont acheter. Ils vont être curieux. Ils vont regarder ta story. Ils vont découvrir ton histoire. Ils vont explorer tes stories à la une. Ils vont vérifier si tu es suffisamment présente, suffisamment constante, suffisamment réelle.

C'est tout ça qui crée la confiance. Et c'est la confiance qui vend.

Alors je vais te donner des hooks. Mais ils ne feront pas le travail seuls.

Je suis là pour t'apporter un maximum de valeur; on voit ensemble les hooks, on a vu les légendes, on a vu les prompts. Je t'ai donné toutes mes astuces. Mais je ne suis pas là pour te vendre du rêve et te dire qu'avec ça tu n'as plus rien à faire.

Non.

Ce que je te donne ici, ce sont les bases. Mais ce qui va faire la vraie différence c'est toi. Ta personnalité. Ton histoire. Ta façon d'exister en ligne. Et ça, je ne peux pas le faire à ta place.

C'est comme si je te donnais un sac à main.

Je te donne la base. La structure. Le beau cuir. Mais c'est à toi d'y mettre ton parfum. Ta carte d'identité. Tout ce qui vient de ton histoire. Et c'est précisément ce contenu, invisible de l'extérieur qui va donner de la valeur à ce sac. Qui imagine marcher avec un sac à main vide ?

Personne.

Ton contenu, c'est pareil. Je te donne le sac. À toi de le remplir de toi : ton identité, ce que tu aimes.

Tu as 1,7 secondes.

C'est le temps moyen qu'un utilisateur passe sur un contenu avant de décider s'il continue ou s'il passe à la suite.

1,7 secondes. Pas 3. Pas 5. 1,7.

Et dans ce laps de temps ton contenu doit répondre à une seule question dans la tête de la personne qui scrolle :

“Est-ce que c'est pour moi ?”

Si la réponse n'est pas immédiatement oui, elle est partie. Sans regret. Sans même s'en rendre compte.

C'est pour ça que le hook est l'élément le plus important de tout ton contenu. Pas le produit que tu vends. Pas la qualité de tes images. Pas la longueur de ta légende.

Le hook.

Parce qu'un bon contenu sans hook restera invisible.  
Alors qu'un hook puissant donne envie de découvrir la suite.

Le cerveau humain fonctionne à l'émotion, à la curiosité et à la reconnaissance.

Il cherche instinctivement :

- ce qui le surprend
- ce qui le comprend
- ce qui le concerne
- ce qui crée une tension émotionnelle

Et c'est précisément ce que doit faire un hook.

Un hook ne doit pas tout expliquer.

Il doit ouvrir une boucle mentale.

Créer un “attends...” dans le cerveau de la personne.

Les créateurs qui performent aujourd'hui ne captent pas l'attention par hasard.

Ils comprennent comment fonctionne le regard humain.

Comment fonctionne le scroll.

Comment fonctionne la frustration.

Comment fonctionne la curiosité.

Un bon hook peut :

→ arrêter un scroll

→ augmenter le temps de lecture

→ améliorer la rétention

→ pousser quelqu'un à lire une légende entière

→ créer une émotion immédiate

→ donner envie de s'abonner

Et surtout :

un hook puissant donne une perception immédiate de valeur.

Parce qu'aujourd'hui les gens ne lisent plus vraiment.

Ils scannent.

Le cerveau décide avant même la lecture complète.

C'est pour ça que les premières secondes d'un Reel,

la première phrase d'une légende,

la première slide d'un carrousel,

ou même la première image...

sont souvent plus importantes que tout le reste.

Qu'est-ce qu'un hook exactement ?

Le hook c'est l'élément déclencheur. Ce qui crée cette micro-seconde d'hésitation où la personne se dit "attends..." avant même de comprendre pourquoi.

Il ne s'agit pas de manipulation. Il s'agit de pertinence.

Un bon hook dit à la bonne personne : "ce que tu cherches — c'est ici."

Il existe trois types de hooks. Et les créateurs qui performant vraiment utilisent les trois — souvent ensemble.

## ① LE HOOK VISUEL

C'est le premier contact. Avant même que tu lises un mot — l'œil a déjà décidé.

Le cerveau traite les images 60 000 fois plus vite que le texte. Ce n'est pas une opinion. C'est de la neurologie.

Ton hook visuel c'est :

- La première image de ton carrousel
- La miniature de ta vidéo
- Le cadrage, la lumière, les couleurs
- Le contraste, le mouvement, l'inattendu

Ce qui arrête le scroll visuellement :

- Un visage qui regarde droit dans les yeux — le cerveau est câblé pour répondre au regard humain
- Un contraste fort — lumière/ombre, couleur vive sur fond neutre
- Quelque chose d'inattendu dans le cadre — un détail qui ne "colle" pas et crée de la curiosité
- Un mouvement en début de vidéo — les 3 premières secondes doivent bouger

✗ Ce qui tue le hook visuel :

→ Une image trop chargée où l'œil ne sait pas où aller

→ Des couleurs ternes sans contraste

→ Un cadrage trop sage, trop prévisible

→ Une miniature qui ressemble à toutes les autres

Exemple concret :

Une femme qui pleure dans une chambre parisienne avec la Tour Eiffel en fond. Le cerveau s'arrête. Pas parce que c'est beau. Parce que c'est inattendu. Parce que ça crée une question.

## ② LE HOOK TEXTUEL

C'est la première ligne que tu lis. Sur un carrousel, une légende, une story ou une vidéo.

Son seul rôle : donner envie de lire la suite.

Pas d'expliquer. Pas de présenter. Pas de dire bonjour.

Juste — créer une tension. Une curiosité. Une identification si forte que la personne ne peut pas s'arrêter.

Les 5 structures qui fonctionnent le mieux :

La vérité qui dérange

“Tu postes depuis des mois. Toujours rien. Ce n'est pas ton contenu le problème.”

La question miroir

“Est-ce que tu crois vraiment à 1000% en ce que tu vends ?”

Le paradoxe

“Elle n'existe pas. Et pourtant tu viens de liker sa photo.”

L'identification directe

“Je m'adresse à toi. Toi qui postes dans le silence depuis trop longtemps.”

Le choc statistique ou temporel

“Pendant un an j’ai tout fait bien. Et je n’ai rien vendu.”

Ce que ces hooks ont en commun :

→ Ils créent une émotion immédiate

→ Ils parlent à UNE personne, pas à tout le monde

→ Ils posent une question ou affirment une vérité sans la résoudre tout de suite

→ Ils donnent envie de lire la suite pour trouver la réponse

✗ Ce qui tue le hook textuel :

“Bonjour à tous ! Aujourd’hui je voulais partager avec vous...”

“En tant que créatrice de contenu, j’ai décidé de...”

Ces phrases ne créent aucune tension. Aucune curiosité. L’œil passe.

### ③ LE HOOK SONORE

Souvent oublié. Pourtant crucial sur TikTok, les Reels et les vidéos.

Le cerveau humain réagit au son avant même de traiter l'image. C'est instinctif. C'est de la survie primitive reconvertie en comportement de scroll.

Ton hook sonore c'est :

- Les 3 premières secondes de ta vidéo
- Le son ou la musique que tu choisis
- Ta voix — ton ton, ton rythme, ta première phrase parlée
- Un son inattendu qui crée de la curiosité

Ce qui fonctionne :

→ Commencer par une phrase forte dite avec conviction — pas d'introduction, pas de “salut c'est moi”

→ Utiliser un son tendance mais l'associer à un contenu inattendu — le décalage crée la curiosité

→ Le silence volontaire au début — contre-intuitif mais efficace, ça force l'attention

→ Une voix-off émotionnelle sur une image calme — le contraste retient

Exemple concret :

Une vidéo qui commence par : “Ils m'ont dit que c'était impossible.” — dit calmement, sans musique pendant 2 secondes. Puis la musique arrive. Le cerveau est accroché avant même de comprendre de quoi ça parle.

## EXEMPLES DE HOOKS QUI ATTIRENT VRAIMENT L'ATTENTION

### — LES HOOKS “VÉRITÉ QUI DÉRANGE” —

→ Tu peux poster tous les jours... et quand même rester invisible.

→ Le problème n'est pas ton contenu. C'est ce qu'il ne fait pas ressentir.

→ Avoir un avatar IA ne suffit plus aujourd'hui.

→ Les gens ne suivent pas les meilleurs contenus.  
Ils suivent les contenus qui leur font ressentir quelque chose.

→ Beaucoup veulent vendre.  
Très peu savent créer une vraie présence.

## — LES HOOKS “IDENTIFICATION” —

→ Je m’adresse à toi.

Toi qui postes beaucoup... mais qui doutes encore énormément.

→ Toi aussi tu passes 2 heures à créer un post... pour finalement ne jamais le publier ?

→ Si tu as déjà supprimé un post après 10 minutes... ce contenu est pour toi.

→ Je sais ce que ça fait de regarder les autres grandir... pendant que ton compte stagne.

## — LES HOOKS “CURIOSITÉ” —

→ Ce détail change complètement la façon dont les gens perçoivent ton contenu.

→ Personne ne parle vraiment de cette stratégie pourtant elle change tout.

→ J’ai compris pourquoi certains comptes IA explosent... et ce n’est pas ce que tu crois.

→ Le cerveau humain réagit instantanément à ce type de contenu.

## — LES HOOKS “PARADOXE” —

- Plus tu essayes de vendre... moins les gens achètent.
- Les meilleurs contenus ne ressemblent presque jamais à du marketing.
- Certaines personnes attirent sans même être les plus belles.
- Ce n'est pas l'algorithme qui te bloque le plus. C'est ton positionnement.

## — LES HOOKS “ÉMOTION / TENSION” —

- Pendant longtemps j'ai cru que le problème venait de moi.
- J'aurais aimé comprendre ça avant de perdre des mois.
- Le pire sentiment ?  
Poster tous les jours et avoir l'impression d'être invisible.
- Il y a une différence entre créer du contenu...  
et créer quelque chose qu'on ressent.

## — LES HOOKS “STATISTIQUE / IMPACT” —

→ Tu as moins de 2 secondes pour convaincre un cerveau de rester.

→ 80% des gens ne liront jamais ta légende si ton hook est mauvais.

→ Le cerveau décide avant même de réfléchir.

### CADEAU

Parce que je veux t'apporter énormément de valeurs je t'offre gratuitement cet ebook également que j'avais au sein de la formation DFA. Si tu ne la connais pas c'est la première formation qui a reproduit le système MRR en France après le carton en Amérique. Depuis elle n'est plus active mais a été un tremplin dans mon parcours.

Aujourd'hui cet ebook est disponible sur d'autres formations sur lesquelles j'ai investi mais je me dois te l'offrir parce qu'ici le but est que tu aies absolument tout de réuni pour que ton avatar puisse être la vitrine de tes stratégies.

**Clique ici** pour accéder à plus de 100 hooks.

Copie colle. Personnalise les dans ta niche. Tu as ton hook en quelques clics.

## LA RÈGLE D'OR DES HOOKS

Un hook ne vend pas. Il ouvre une porte.

Ce que tu promets avec ton hook, tu dois le tenir dans ton contenu. Un hook mensonger crée de la méfiance. Un hook honnête crée de la confiance.

Et c'est la confiance qui vend. Toujours.

Le meilleur hook du monde ne remplacera jamais un contenu qui tient ses promesses. Mais sans hook — personne ne lira jamais ton contenu pour le découvrir.

# LES LÉGENDES - CE QUE LES GENS RETIENNENT VRAIMENT

Une bonne légende ne cherche pas juste à “faire joli”.

Elle doit créer une émotion, une identification ou une réflexion suffisamment forte pour donner envie de rester, lire... puis revenir sur ton profil.

Et surtout : n'aie jamais peur de répéter certaines idées.

Beaucoup pensent qu'il faut constamment réinventer leur contenu. En réalité, le cerveau humain fonctionne grâce à la répétition. Ce qu'on voit souvent devient familier. Et ce qui devient familier inspire confiance. On a déjà abordé le sujet avec les prompts.

Les grandes marques répètent.

Les influenceuses répètent.

Les entrepreneurs répètent.

Pourquoi ?

Parce qu'on n'achète pas après avoir vu une seule fois un message.

On achète quand le cerveau comprend clairement :

→ qui tu es

→ ce que tu fais

→ ce que tu peux apporter

Et pour ça, la répétition est essentielle.

Quand quelqu'un arrive sur ton profil, il doit rapidement comprendre ton univers. Tes valeurs. Ton énergie. Ce que tu proposes. Et ça, tu ne le construis pas avec une seule publication, mais avec l'accumulation de messages cohérents.

Alors oui, tu peux reprendre plusieurs fois une même structure, une même idée ou une même émotion dans tes légendes.

Parce que le but n'est pas d'impressionner.  
Le but est d'être comprise.

# LA STRUCTURE D'UNE LÉGENDE QUI CONVERTIT

## ① L'ACCROCHE — La première ligne

C'est la seule chose visible avant que la personne clique sur "voir plus".

Tu as une ligne. Une seule. Pour lui donner envie de lire la suite.

Elle doit :

- Créer une émotion immédiate
- Parler directement à sa situation
- Poser une question ou affirmer une vérité qui dérange

✗ Ce qui ne fonctionne pas :

"Bonjour à tous ! Aujourd'hui je voulais vous parler de..."

✓ Ce qui fonctionne :

"Pendant un an j'ai tout fait bien. Et je n'ai rien vendu."

"Tu postes tous les jours. Personne n'achète. Et si le problème n'était pas ton contenu ?"

"Ils m'ont dit impossible. J'ai dit regardez-moi."

## ② LE CORPS — Créer l'identification et le désir

C'est ici que tu parles à la personne comme si tu la connaissais.  
Pas à tout le monde. À elle.

La règle d'or : parle à la toi d'avant.

Décris sa douleur mieux qu'elle ne saurait le faire elle-même.

Quand quelqu'un lit et se dit "mais comment elle sait ça ?" Tu as gagné.

La structure en 3 temps :

- Le problème — ce qu'elle vit, ce qu'elle ressent
- Le déclic — ce que toi tu as compris ou vécu
- La transformation — ce qui est possible pour elle

Ce que tu évites :

- Parler de toi sans relier à elle
- Lister des caractéristiques au lieu de peindre une transformation
- Les phrases trop longues qui essoufflent

## ③ L'APPEL À L'ACTION — Ouvrir la porte, pas la forcer

Pas de lien agressif. Pas de "achetez maintenant".  
Une invitation naturelle. Comme si tu parlais à une amie.

Les CTA qui convertissent :

- "Écris-moi en MP si tu veux qu'on en parle."
- "Le lien est en bio. C'est maintenant ou plus tard mais plus tard coûtera plus cher."
- "Si tu te reconnais dans ces mots tu sais quoi faire."

# LES RÈGLES D'OR À RETENIR

→ Une légende = une idée. Pas dix.

→ Phrases courtes. Elles respirent. Elles frappent.

→ Toujours parler à UNE personne. Jamais à “tout le monde”.

→ L'émotion avant l'information.

→ Le CTA arrive toujours en dernier. Jamais en premier.

→ Relis ta légende en te demandant : “Est-ce que ça inspire confiance ou est-ce que ça respire la vente à tout prix ?”

# EXEMPLES DE LÉGENDES

① Voici une solution pour toi... 🙋

Le marketing digital SANS visage — mais AVEC des avatars rentables ! 🔥

Je pars de rien , loin des réseaux — et c'est OK 😊

Alors, comment vendre des produits digitaux (avatars, packs d'avatars, templates) sans te montrer ? 🙋

La bonne nouvelle : tu peux créer une boutique et des visuels pros LÉGALEMENT avec du contenu esthétique + avatars prêts à l'emploi. Résultat : branding cohérent, gain de temps, et vente passive. 💰

Voici comment commencer simplement :

1. Crée des prompts d'avatars (styles variés : minimal, bohème, pro).
2. Vends-les comme en ebooks.
3. Ajoute mockups esthétiques pour tes posts et ta boutique.
4. Propose des packs (avatar + template Instagram).

Enregistre ceci et remercie-moi plus tard ✨

Tag une amie qui veut lancer ses produits digitaux sans se montrer 🙋♀️

As-tu déjà créé des avatars digitaux ? 😊

② Tu savais que l'affiliation peut te rapporter sans que tu crées quoi que ce soit ? 🤔

L'objectif principal : tu recommandes des produits que tu connais, tu obtiens une commission à chaque vente.

Voici comment l'exploiter pas à pas 📌

1. Choisis des offres pertinentes ✅

- Sélectionne des produits/formations bien notés et adaptés à ton audience (marketing, productivité, design d'avatars, etc.).

2. Crée du contenu qui vend sans être agressif 🎯

- Posts Instagram, carrousels, Reels, stories avec preuve sociale, mini-tutoriels et témoignages.

3. Offre de la valeur avant le lien ✨

- Guides gratuits, mini-cours, checklist ou mini-ebook en lead magnet pour capter des emails.

4. Construis un tunnel simple 🔗

- Page d'atterrissage → aimant gratuit → séquence email qui éduque et propose l'offre affiliée.

5. Utilise des bonus exclusifs 🎁

- Ajoute un bonus (checklist, template avatar, mini-atelier) pour augmenter ton taux de conversion.

6. Suis et optimise 📈

- Tracke les clics et conversions, teste titres/visuels et ajuste.

7. Reste transparente & conforme ✅

- Indique clairement que c'est un lien d'affiliation — confiance = ventes répétées.

Envie d'un script de story + 3 idées de lead magnets prêts à l'emploi ? Commente "XXX" et je t'envoie ça ! 🙌

③ Il est temps d'ajouter des revenus et d'arrêter de tout miser sur un seul panier ! 🍲 ✨

Tu ne sais pas par où commencer ? Bienvenue ici 👉  
Qu'est-ce que les gens te demandent toujours ? Sur quoi tu pourrais parler pendant une heure sans préparation ? C'est peut-être ton super-pouvoir — transforme-le en revenu grâce au marketing digital, sans te montrer ni exposer ta vie. 🚫📹

5 étapes simples pour démarrer :

1. 🔍 Ne cherche pas une niche parfaite — identifie un problème que TU sais résoudre.
2. 💡 Crée un produit numérique autour de ce problème (ou promeus un produit existant en affiliation pour démarrer vite).
3. 🚫 Apprends à vendre : sans stratégie, même le meilleur produit reste invisible.
4. ⚙️ Mets en place une boutique ou un tunnel automatisé pour gagner de l'argent pendant que tu vis ta vie.
5. 🔄 Sois régulière sur les réseaux (quelques Reels + Stories par jour au début) pour construire de la portée et de la confiance.

Tu veux ajouter une nouvelle source de revenus cette année ?  
Commente "GUIDE" et je t'envoie GRATUITEMENT le guide débutant du marketing digital sans visage. 🚀💌

④ Ils m'ont dit que c'était un rêve impossible.

Ils ont ri quand j'ai parlé de lancer un business digital.

Mais ils ignoraient une chose : Aica n'a rien d'ordinaire.

✨ Avec Aica, tu entres dans une marque déposée, une communauté internationale avec la même envie que toi. Créer son avatar et promouvoir des produits.

- ✓ des produits digitaux de qualité à promouvoir
- ✓ un système de commission
- ✓ une méthode claire, simple, qui transforme un débutant en entrepreneure digital
- ✓ une communauté soudée qui t'accompagne et te pousse à réussir

Ce n'est pas une "formation de plus".

C'est la clé pour transformer ton téléphone en business rentable, et ton quotidien en liberté.

Aujourd'hui, ce que certains mettent 9 mois à gagner... je peux le générer en 1 mois.

Et toi, qu'est-ce qui t'empêche de passer à l'action ?

Écris "AICA" en commentaire et entre dans une nouvelle réalité.

⑤ Oui, il est possible de générer des revenus en ligne, mais il n'existe pas de solution miracle. 🚫🌟

Le secret, c'est de combiner plusieurs éléments :

🔥 Travailler sur ton état d'esprit et ta confiance en toi (croire en ta réussite, même quand c'est compliqué).

⚡ Choisir la bonne offre (soit créer ton propre produit digital, soit proposer une offre existante qui te passionne).

+📱 Apprendre à utiliser les réseaux sociaux (savoir créer du contenu captivant qui attire naturellement tes clients).

🕒 Être constant et régulier, car réussir en ligne, ce n'est pas un sprint, c'est un marathon.

En résumé :

- Développe ton mindset et ta persévérance.
- Opte pour une offre qui résonne avec tes valeurs et tes envies.
- Maîtrise Instagram & TikTok pour vendre de manière fluide et authentique.
- Mets en place un système qui fonctionne même pendant ton sommeil.
- 

👉 C'est exactement ce que je propose : un accompagnement pas à pas pour créer ou revendre des produits digitaux, apprendre à vendre de manière stratégique sur les réseaux, et construire un business en ligne solide et durable.

Crois-moi, c'est un investissement qui en vaut vraiment la peine.

Tape DIGITAL en commentaire si tu veux en savoir plus 🚀

⑥ Tu n'as pas besoin de créer ta propre formation pour commencer à générer des revenus en ligne 🚀

Avec AICA, tu peux devenir affilié et revendre une formation prête à l'emploi, déjà testée et recherchée par des centaines de personnes chaque jour.

👉 Concrètement ?

- Chaque vente peut te rapporter 157,60€ directement dans ta poche.
- Tu touches 80% de commission sur chaque vente.
- L'argent arrive sur ton compte en moins de 5 jours ouvrés.
- Et tout ça, simplement avec ton téléphone et les réseaux sociaux.
- 

En publiant régulièrement du contenu, tu déclenches un effet boule de neige : plus de visibilité → plus de prospects → plus de ventes 🔥

💬 Tape LIBERTÉ en commentaire si tu veux que je te montre comment te lancer et profiter de cette opportunité.

⑦ Beaucoup de gens se font une idée fausse de ce que signifie vraiment “générer des revenus en ligne”.

Ils pensent que c'est :

- ✗ Passer des heures à poster sur Instagram ou TikTok
- ✗ Devenir influenceur et montrer toute sa vie privée
- ✗ Envoyer des dizaines de messages de prospection chaque jour
- ✗ Ou investir des sommes énormes dans la publicité

👉 En réalité, gagner de l'argent en ligne, ce n'est rien de tout ça.

Avec AICA, tu peux :

- ✓ Revendre une formation clé en main, déjà testée et recherchée par des centaines de personnes chaque jour
- ✓ Toucher 80% de commission, soit 157,60€ par vente sur une formation à 197€
- ✓ Mettre en place un système clair qui travaille pour toi, même pendant que tu dors
- ✓ Utiliser la puissance des réseaux sociaux pour attirer les bonnes personnes, sans avoir besoin d'une énorme communauté

C'est exactement ce que je t'accompagne à faire avec AICA :

- 🎯 Lancer ton business d'affiliation, même si tu pars de zéro
- 🎯 Apprendre à vendre intelligemment grâce à un système simple et efficace
- 🎯 Automatiser ton business pour qu'il génère des revenus en continu
- 🎯 Et surtout, créer une activité qui t'apporte plus de revenus et plus de liberté

💬 Si tu veux découvrir comment te lancer avec AICA, commente LIBERTÉ et je t'envoie toutes les infos.

⑧ Bienvenue dans un espace où tout devient possible. 🌍✨

Ici, on ne parle pas de courir après un patron, d'attendre les congés ou de compter les heures... On parle de reprendre le contrôle total de ta vie.

Avec AICA, tu peux :

- 👉 Construire un revenu qui tombe même quand tu dors, grâce à l'affiliation
- 👉 Travailler depuis la maison... ou depuis n'importe où dans le monde 🌴
- 👉 Profiter de tes proches sans culpabilité
- 👉 Créer la vie que TU mérites, et non celle qu'un job t'impose

C'est exactement ce qu'on propose avec AICA :

Un système clé en main pour ceux qui veulent enfin sortir du schéma métro-boulot-dodo et bâtir leur liberté grâce au digital



💡 Et la meilleure partie ? Tu n'as pas besoin de diplôme, d'une énorme communauté ou de compétences techniques. Tu as juste besoin de la volonté de te lancer et de profiter d'un produit prêt à vendre.

Alors, tu choisis de rejoindre l'aventure et construire ta liberté avec nous ? 😊✨

⑨ On croit souvent qu'il faut attendre d'être "prêt(e)" pour se lancer.

- 👉 Plus d'abonnés.
- 👉 Plus d'expérience.
- 👉 Le fameux "bon moment".

La vérité ? Ce moment n'arrive jamais... sauf si tu décides de le créer toi-même.

Avec AICA, tu n'as pas besoin de tout ça :

- 🌟 Tu peux démarrer de zéro, sans expérience ni audience massive.
- 🌟 Tu apprends à revendre une formation clé en main avec 80% de commission, soit 157,60€ par vente.
- 🌟 Tu sais exactement comment attirer tes clients grâce au contenu en ligne.
- 🌟 L'argent arrive directement sur ton compte en moins de 5 jours ouvrés.

Tu n'as pas besoin d'être "influente" ou "experte" → tu as juste besoin d'être prête à apprendre et agir.

👉 Écris DIGITAL en commentaire si toi aussi tu veux te lancer avec AICA et créer ton business digital dès maintenant.

① ② On a souvent l'impression que créer un revenu en ligne prend des années...

alors qu'en réalité, avec la bonne méthode, tout peut aller beaucoup plus vite.



👉 Avec Code Liberté, tu as une stratégie étape par étape :

- Apprendre à créer du contenu qui attire les bons clients
- Construire une communauté engagée autour de toi
- Mettre en place un système automatisé qui travaille pendant que tu dors
- Encaisser directement sur ton compte en banque en quelques jours ouvrés

Bien sûr, chacun son timing 🕒 : pour certains ça peut être 1 mois, pour d'autres 6 mois.

Mais avoue que ça vaut le coup quand il s'agit simplement :

- 📱 d'utiliser ton téléphone
- 💡 d'exploiter des applications gratuites
- 🏠 et de le faire depuis chez toi, à ton rythme

👉 Et si tu veux commencer toi aussi à bâtir ton business digital, commente

LIBERTÉ et je t'explique comment rejoindre l'aventure.

## À toi de jouer maintenant

Ces légendes sont des exemples. Des bases. Des structures que tu peux t'approprier, personnaliser, adapter à ton offre, à ton avatar, à ta façon d'écrire.

Et oui : tu peux utiliser des légendes similaires plusieurs fois. Ce n'est pas une répétition. C'est de la constance. Et c'est la constance qui vend.

Parce que ce n'est pas un carrousel qui va vendre. Ce n'est pas une légende. Ce n'est pas une story. C'est toi. C'est ta communication dans son ensemble. C'est l'accumulation de tout ce que tu partages, jour après jour.

Pense aux influenceuses que tu admires. Celles qui vendent sans même paraître vendre. Si elles ont ce pouvoir d'attraction, c'est simplement parce qu'elles ont tellement partagé de leur quotidien que les gens s'y sont identifiés. Ils ont aimé leur personnalité. Ils leur ont fait confiance. Et naturellement, ils ont acheté.

Tu n'as pas besoin d'être influenceuse pour que ça fonctionne. Tu as juste besoin d'être toi. De partager des moments. D'aborder les problématiques de celles que tu veux toucher. De travailler tes accroches, tes légendes, ta régularité. C'est un ensemble. Et c'est cet ensemble qui crée la confiance. Et c'est la confiance qui convertit.

Tu peux créer entièrement des légendes par toi même sans exemple en te rappelant : Accroche. Créer le désir. Appel à l'action (CTA)

Cet ebook t'a donné des outils, des prompts personnalisables, des idées, des astuces et une partie de ma façon de créer. Mais soyons honnêtes : toute une stratégie, toute une compréhension du marketing digital, de la communication, de la psychologie de vente et de la création de contenu ne peut pas tenir dans quelques simples pages blanches.

Et à la base, je ne comptais pas te parler d'un autre produit dans cet ebook.

Mais parce que je veux vraiment te donner un maximum de valeur et t'aider à aller plus loin dans ce que tu construis, je pense que c'est important de t'en parler.

Si tu as déjà Code Liberté, alors tu comprends sûrement déjà ce que je veux dire. Tu sais toi-même qu'il est impossible de tout expliquer dans un seul ebook. Tu sais aussi que derrière un business en ligne, il y a énormément d'apprentissage, de compréhension et d'expérience.

Et si tu ne connais pas encore Code Liberté, alors tu peux simplement découvrir par toi-même.

Parce qu'au final, aujourd'hui tu as déjà ton avatar.

Tu as déjà commencé à créer du contenu.

Tu as peut-être déjà des abonnés, une présence, et même des produits digitaux autour des avatars pour aider d'autres personnes à créer le leur.

Et justement, avec cet ebook, mon objectif était de te donner un maximum d'outils pour aller plus vite, aller plus loin et avoir quelque chose de vraiment clé en main :

des prompts personnalisables, des idées de contenu, des légendes, des astuces et une vraie vision de présence en ligne.

Mais comprendre comment communiquer, comment créer une vraie connexion, comment vendre, comment utiliser les réseaux sociaux intelligemment et comment construire un business digital solide... c'est encore autre chose.

Et justement, Code Liberté peut compléter tout ça.

Pas seulement comme un produit digital que tu peux proposer.

Mais surtout comme une formation avec laquelle tu peux réellement apprendre, évoluer et renforcer tout ce que tu es déjà en train de construire.

C'est LA formation la plus complète du marché. Celle qui te fait prendre ce réel chemin d'entrepreneur.

[Clique ici si tu veux découvrir Code Liberté à ton tour](#) 🌟\*

# BONUS

---

*Pour tu aies les bonnes bases quand tu utilises ChatGPT/ClaudeIA. Je te donne ce que j'utilise.*

## LES PROMPTS IA POUR TON CONTENU – Parce que la qualité de ta réponse dépend de la qualité de ta question

Pourquoi le prompt que tu donnes change absolument tout  
La plupart des gens utilisent l'IA comme un moteur de recherche.

Ils tapent une question vague. Ils obtiennent une réponse générique.

Ils s'étonnent que ça ne ressemble à rien.

Ce n'est pas l'IA le problème. C'est la question posée.

L'IA est un miroir. Elle te renvoie exactement ce que tu lui donnes.

Tu lui donnes du vague elle te rend du vague.

Tu lui donnes de la précision, du contexte, de l'intention elle te rend quelque chose de puissant.

Et dans le marketing digital, la différence entre un contenu qui convertit et un contenu qu'on ignore tient souvent à ça : la qualité du brief que tu as donné.

Un bon prompt c'est comme briefer une experte.

Tu ne dis pas "écris-moi un post". Tu lui donnes ton univers, ta cible, sa douleur, ton ton, ton objectif. Et là ce qui sort est autre chose.

Voici les prompts que j'utilise. Construits pour créer de la connexion, de l'autorité et de l'évidence. Les trois piliers de toute vente qui fonctionne vraiment.

# PROMPT 1 — CONFIANCE & CONNEXION ÉMOTIONNELLE

*Pour créer ce lien silencieux qui précède toujours l'achat*

“Tu es une experte en marketing digital, psychologie des ventes et neurosciences appliquées aux réseaux sociaux. Tu connais en profondeur les comportements des utilisateurs Instagram et TikTok, tu sais ce qui arrête le scroll, ce qui crée la connexion et ce qui déclenche l'achat.

Ma cible : [décris ta cliente idéale — âge, situation, ce qu'elle vit, ce qu'elle ressent en silence, ses peurs, ses désirs profonds].

Mon univers : [décris ton positionnement, ce que tu proposes, ta façon d'être en ligne].

Objectif : Écris-moi un post Instagram qui parle à ce que ma cible ressent en silence mais n'ose pas forcément dire. Je veux qu'en lisant la première ligne elle se dise “mais comment elle sait ça ?” Je veux de l'identification immédiate, des phrases courtes qui respirent, un ton chaleureux et direct — comme une amie qui dit la vérité. Pas de vente directe. Juste de la connexion profonde. Termine par une question ouverte ou une invitation douce à répondre en commentaire ou en MP.”

## PROMPT 2 – AUTORITÉ & VALEUR PERÇUE

*Pour te positionner comme experte sans jamais paraître arrogante*

“Tu es une stratège en contenu digital spécialisée dans la psychologie de l'influence et le marketing d'attraction. Tu sais comment créer de l'autorité sans impressionner — en simplifiant, en éduquant, en donnant de la valeur réelle.

Mon domaine : [ton domaine précis]. Ma cible : [sa problématique principale, ce qu'elle cherche, ce qui la bloque].  
Mon ton : [direct mais bienveillant / doux mais affirmé / etc].

Objectif : Écris-moi un post qui apporte une vraie valeur concrète à ma cible. Pas un cours magistral — une vérité simple mais puissante qu'elle n'avait pas encore formulée. Je veux qu'en lisant elle se dise "enfin quelqu'un qui clarifie les choses."

Structure : une accroche qui dérange doucement, un développement qui éduque en 3-4 points courts, une conclusion qui ouvre vers ma solution sans la nommer directement.”

## PROMPT 3 – PREUVE SOCIALE & DÉSIR DE TRANSFORMATION

*Pour déclencher le "si elle y arrive, moi aussi je peux"*

“Tu es une experte en copywriting et psychologie comportementale. Tu connais les biais cognitifs qui influencent les décisions d'achat — notamment la preuve sociale, l'effet de projection et le désir de transformation identitaire.

Contexte : Je veux partager un résultat, une évolution ou une transformation — la mienne ou celle d'une cliente. [Décris le avant/après concret].

Ma cible ressent : [décris sa frustration actuelle, ce qu'elle désire profondément].

Objectif : Écris-moi un post qui utilise ce résultat non pas pour me vanter — mais pour créer chez ma lectrice l'envie viscérale de vivre la même transformation. Je veux activer le biais de projection — qu'elle se visualise à ma place. Commence par l'émotion du avant. Amène le déclic. Montre le après sans l'exagérer. Termine par un appel à l'action naturel qui ressemble à une invitation, pas à une publicité.”

# PROMPT MAÎTRE — LE PROMPT PROFESSIONNEL COMPLET

*Celui que tu utilises quand tu veux un contenu qui fait tout à la fois*

“Tu es une experte senior en stratégie de contenu digital, marketing d'attraction, psychologie des ventes et neurosciences comportementales. Tu maîtrises les algorithmes Instagram et TikTok, tu sais ce qui crée la connexion émotionnelle, l'autorité perçue et l'évidence d'achat.

MON UNIVERS : Je suis [ton positionnement]. Je m'adresse à [ta cible précise]. Mon ton est [définis ton ton]. Je ne me montre pas — j'utilise un avatar IA. Ce qui me différencie : [ta valeur unique].

MA CIBLE EN PROFONDEUR : Elle vit [sa situation actuelle]. Elle ressent en silence [sa douleur profonde]. Elle désire profondément [sa transformation rêvée]. Elle hésite à passer à l'action parce que [ses freins et objections].

MON OBJECTIF AVEC CE POST : [Connexion / Autorité / Vente douce — choisis un seul objectif par post]

CE QUE JE VEUX ÉVITER : Les phrases génériques. Le ton trop corporate. La vente agressive. Les listes à puces sans âme.

Écris-moi [un post carrousel / une légende / une séquence de stories] qui suit la structure Attention → Connexion → Évidence. Phrases courtes. Respiration entre les idées. Une seule idée forte par paragraphe. Termine par un CTA naturel et humain.”

# POUR ALLER PLUS LOIN

---

## LE MINDSET ENTREPRENEUR

Construire un business demande aussi de travailler sa manière de penser.

Et honnêtement, les livres m'ont fait comprendre quelque chose d'important : quand je pensais déjà faire de mon mieux... je ne faisais pas encore réellement le maximum.

C'est difficile à accepter parfois. Parce qu'en terme d'ego, on aime croire qu'on donne déjà tout, qu'on travaille déjà énormément, qu'on a déjà compris beaucoup de choses.

Mais au fil de mes lectures, j'ai réalisé que les livres ne m'ont pas seulement appris à "admirer" des parcours ou des réussites. Ils m'ont surtout appris à comprendre ce qu'il y a derrière : les décisions, les échecs, la discipline, les détours, les sacrifices. Et c'est exactement ça qui devrait nous intéresser en tant qu'entrepreneurs — pas seulement le résultat final, mais tout ce qui a construit ce résultat.

Lire m'a permis de prendre du recul, d'ouvrir ma réflexion, d'améliorer ma vision du business, ma discipline et ma manière de communiquer.

Et chaque livre que je vais te partager ici est accompagné d'un mot. Un seul. Celui qui provient d'un passage qui m'a marquée le plus. C'est difficile parfois de résumer un livre en un mot... et pourtant, je les ai trouvés. Et tu verras qu'à travers ça, même quelques lectures ont déjà eu un impact différent sur ma manière de penser.

Alors imagine ce que d'autres livres, que je n'ai pas encore lus, pourront encore m'apporter.



Kelly Massol, fondatrice des Secrets de Loly, a bâti bien plus qu'une marque : elle a créé un mouvement. Dans Boss energy, elle révèle avec authenticité son parcours atypique, les défis surmontés et les leçons de vie qui l'ont menée à transformer une passion en un succès international.

Née à Paris dans une famille antillaise, entourée par sa grand-mère et son oncle, Kelly comprend dès son plus jeune âge qu'il faut croire en ses rêves et se battre pour les réaliser. Dans un environnement où croire en soi relevait du défi, elle a su déjouer les attentes pour créer sa propre voie, en suivant son intuition et en embrassant sa singularité.

Passionnée par les cosmétiques naturels pour cheveux bouclés et crépus, autodidacte et animée d'une détermination sans faille, Kelly démarre son entreprise dans sa cuisine avec seulement 1 500 euros. Au fil des années, elle trace sa route, bouscule les codes et construit une communauté et un empire. Aujourd'hui multimillionnaire, elle participe en tant que jurée de l'émission Qui veut être mon associé ? sur M6, partageant les clés de sa réussite.

À travers des anecdotes percutantes, des épreuves marquantes et des victoires mémorables, elle dévoile ses secrets pour transformer chaque épreuve en opportunité et faire de ses rêves une réalité. Plus qu'une simple autobiographie, Boss energy est une invitation à découvrir les clés de la résilience et de la ténacité.

« Que vous soyez entrepreneur, rêveur ou en quête de confiance, ce livre vous inspirera à croire en votre propre potentiel et à dépasser les frontières que vous pensiez infranchissables. »



[LIVRE ICI\\*](#)

Kissu d'une famille pauvre, avec un père violent, Anthony se retrouve très jeune à la rue. Pour autant, il refuse de tomber dans la victimisation et reste persuadé que n'importe qui peut réussir en respectant des valeurs essentielles : travail, passion, ambition, détermination, résilience. En quelques années seulement, il devient multimillionnaire, investisseur dans plus de 40 start-up et fondateur de Feed., une marque de nutrition pour tous les moments de la journée, valorisée à des dizaines de millions d'euros. Malgré cette réussite fulgurante, il n'oublie pas ses origines et considère qu'il faut secouer le système pour remettre la méritocratie au cœur de la société. Il dénonce les inégalités des chances en France et souhaite aider tous ceux qui ont envie de réussir, quel que soit leur milieu social. Car chaque femme, chaque homme a un potentiel insoupçonné, une réserve de puissance inouïe pour forcer son destin et changer le monde.



[LIVRE ICI\\*](#)

[LIVRE POCHE ICI\\*](#)



TRAHISON



DÉTÉRMINATION

\*Je vais vous raconter mon histoire, autour d'une liste de principes qui ont guidé et balisé mon parcours. Vous y découvrirez comment j'ai lancé ma première entreprise, et pourquoi je l'ai abandonnée pour changer de cap. Vous suivrez mes pérégrinations en Roumanie, en Lettonie, puis autour du monde lorsque je me suis improvisé joueur de poker. Vous y lirez toute l'aventure de Ledger, sa création, ses succès et ses échecs, jusqu'à son entrée au panthéon des licornes, tandis que je vois en éclats. Enfin, je vous révélerai comment j'ai rejoint le casting de Qui veut être mon associé ?

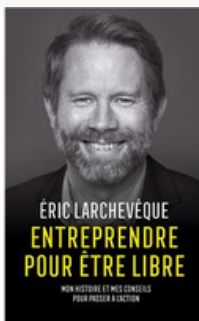
Mais surtout, vous y apprendrez pourquoi vous devez vous faire piquer votre idée, qu'il ne sert à rien de faire un business plan, et que réfléchir est parfois le début du renoncement. Je vous donne tous mes conseils pour vous aider à mieux entreprendre, afin d'accéder à la réussite et à la liberté.\*

Eric Larchevêque



[LIVRE ICI\\*](#)

[LIVRE POCHE ICI\\*](#)



HUMILITÉ

« Je ne suis pas un très bon programmeur, j'ai trop d'idées, je vais trop vite, je ne suis pas concentré, pas efficace et pas organisé ». Ainsi se décrit celui qui a pourtant fondé le site de rencontres le plus célèbre d'Europe, Meetic, et que ses jeunes admirateurs surnomment le serial entrepreneur. Il est vrai que la réussite de Marc Simoncini n'est pas une success story traditionnelle : elle repose essentiellement sur son incroyable culot, sa liberté de ton et de jugement, son esprit visionnaire et son inconscience providentielle.

Des chantiers du BTP où il commence à travailler à la salle de billard où il installe ses premiers bureaux pour se lancer dans l'aventure Minitel, de 3615 GAY à Meetic en passant par la création de iFrance, de son enfance marseillaise au building new-yorkais où il rachètera son principal concurrent, il dit tout, et on peine à y croire. Comment il s'est construit en se fiant à son intuition, comment il a osé créer le premier site de rencontres payant alors qu'internet était encore le royaume du gratuit, la frénésie des roadshows pour lever des fonds et les nuits sans dormir pour boucler les négociations, les coups durs et les échecs sans lesquels il n'y a pas de succès, les victoires inespérées sans lesquelles il n'y a plus d'aventure.

A cent à l'heure, avec un humour décapant et un style personnel, il nous entraîne dans les coulours du temps et les coulisses d'un parcours étonnant.

MARC SIMONCINI

Une vie choisie



CULOT



LIVRE ICI\*

Qu'ont en commun Denys Chalumeau, Marc Simoncini, Fabrice Grinda, Pierre Kosciusko-Morizet, Jacques-Antoine Granjon et Xavier Niel ? A l'évidence, leur réussite en France et à l'étranger. Ces grands entrepreneurs du web, respectivement fondateurs de SeLoger, Meetic, OLX, PricelMinister, Vente Privée et Free, connaissent aujourd'hui le succès et la fortune. Mais tous partagent également un passé moins glorieux. Des chutes retentissantes comme celle de Denys Chalumeau avec Promovacances, aux placements risqués, comme ceux qui conduisirent le patron de Free en prison ou le créateur de Meetic à la ruine, leurs confessions nous emportent dans l'univers tumultueux de l'industrie du web, où tout peut toujours basculer. Ces six portraits retracent six parcours hors du commun et nous font passer de l'autre côté de la toile pour nous montrer comment ces maîtres d'internet ont su se servir de leurs échecs pour bâtir leur empire. Erreurs de jeunesse, crises imprévisibles, précipitations, appétit démesuré ...



LIVRE ICI\*



ENTREPRENEURIAT

Caroline Margeridon est née le 29 septembre 1966 à Biarritz. A l'âge de quinze ans, elle organise son premier salon d'antiquité. Un métier qu'elle va pratiquer pendant trente ans. Depuis 2018, elle participe à l'émission d'enchères au succès grandissant, Affaire conclue sur France 2.

C'était le début d'une super aventure et d'une vraie passion qui ne me quittera plus jamais. J'ai gardé ce regard d'enfant, je ne me lasse jamais, je découvre tous les jours. Tout m'amuse. Je suis une MacGyver de la vie. Même si je ne peux pas, je sais que je vais y arriver. Et plus vous allez me dire de ne pas y aller, plus j'irai.

Des vies, Caroline Margeridon en a déjà eu plusieurs. Née de l'union d'un père issu de la grande bourgeoisie basque et d'une mère vietnamienne, l'acheteuse d'"Affaire conclue" est une vraie tornade. Une femme éprise de liberté, au franc-parler légendaire.

Avec la verve qu'on lui connaît, elle revient ici sur son parcours pour le moins atypique. Sur son enfance rebelle, la découverte d'une vocation de brocanteuse dès l'adolescence, les trois décennies où elle a organisé les plus grands salons d'antiquaires de la place de Paris, son travail au marché Biron, aux Puces de Saint-Ouen, et sur les coulisses de l'émission de France 2. Elle nous raconte ses amours et ses amitiés. Son envie de monter sur les planches et de jouer au théâtre.

Accrochez vos ceintures, ça déménage !



LIVRE ICI\*

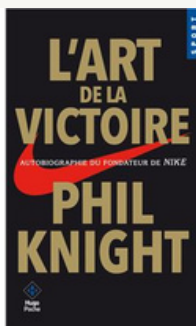


ADMIRATION

« Tu te souviens de mon idée folle ? Les chaussures de course japonaises ? Ça peut être énorme, Papa. Énorme ! »  
 Fondateur de Nike, dont il fut le PDG de 1964 à 2004 puis le président du conseil d'administration jusqu'en 2016, Phil Knight, l'homme derrière le « swoosh », la virgule, est toujours resté dans l'ombre, et sa vie un mystère. Il raconte enfin son histoire dans une autobiographie surprenante, humble, sans concessions, drôle, inspirante, et qui passionnera aussi bien les amateurs de sport que ceux qui s'intéressent à l'économie, à l'entreprise et au management.

À peine sorti de sa business school, le jeune Phil a une vision : il lancera son entreprise, et importera aux États-Unis des chaussures de sport japonaises haut de gamme, mais à bas prix. Il emprunte pour cela 50 \$ à son père. Cette première année, 1963, il vend pour 800 \$ de chaussures, qu'il stocke dans le coffre de sa Plymouth Vaillant.

Aujourd'hui, le chiffre d'affaires annuel de Nike dépasse les 30 milliards de dollars. Nike est la référence ultime, la success-story qui inspire tous les start-ups, une marque mondiale dont le logo, le fameux « swoosh », symbole de grâce et de grandeur, est l'une des rares icônes que l'on reconnaît aux quatre coins de la planète.



PASSION



LIVRE ICI\*

LIVRE POCHE ICI\*

« Je n'étais pas fait pour réussir. Né d'une mère immigrée d'origine bulgare et d'un père inconnu, j'ai grandi sans histoires dans le quartier de Beaugrenelle à Paris. Jusqu'au jour où ma mère se fait escroquer, tombe dans la dépression, l'alcoolisme, et perd tout ce qu'elle a. Y compris moi, son seul et unique fils. Pris en charge par l'Aide sociale à l'enfance, ballotté de familles d'accueil en foyers, mon monde bascule. Je découvre les cités HLM, les ZEP, les bagarres, la faim, le froid, les cafards, la solitude... Je ne suis plus comme les autres, ma vie ne ressemble pas à celle des enfants de mon âge. Mais cette différence sera ma chance. Je n'ai rien, je n'ai donc rien à perdre. »

Figure emblématique de la tech française, Jonathan Anguelov incarne l'essence du self-made-man.

Ce livre est le récit poignant et authentique d'un enfant recueilli par l'Aide sociale à l'enfance (ASE) devenu fondateur d'une licorne française et investisseur en immobilier. C'est également un guide destiné à celles et ceux qui rêvent de réussite. Jonathan Anguelov partage ses stratégies et livre des clés essentielles pour avancer dans ses projets – le travail, la curiosité, la passion pour ce que l'on fait et une ouverture constante au monde. Son mantra : « Le futur vous appartient, c'est à vous de l'écrire ! »

Cofondateur d'Aircall, licorne française qui a révolutionné le monde de la téléphonie d'entreprise, et d'Aguesseau Capital, un fonds d'investissement immobilier, Jonathan Anguelov a été élu en 2024 Entrepreneur de l'année par la Chambre de commerce et d'industrie de Paris, le ministère des Finances et le magazine EcoRéseau Business. Il apparaît également dans le top 50 des entrepreneurs qui font bouger l'économie française du prestigieux classement de l'institut Chiseoul.



RÉSILIENCE



LIVRE ICI\*

Des entrepreneurs qui ont fait fortune en partant de zéro, il n'y en a pas beaucoup en France. Un enfant de Créteil qui n'a pas fait d'études, a fait de la prison et est devenu milliardaire, vous pouvez chercher, il n'y en a pas d'autre. Ceci n'est ni une autobiographie ni une interview. C'est une conversation entre amis qui raconte un homme, ses choix, ses regrets, ses espoirs. C'est l'histoire d'une réussite et du parcours invraisemblable qui y mène.



LIVRE ICI\*

LIVRE POCHE ICI\*



AUTHENTIQUE

Le leitmotiv de Stéphanie Delestre a toujours été « On ne lâche rien ! ». Son moteur, c'est cette rage de réussir, cette envie constante d'apprendre, de découvrir, de prendre une idée et de la transformer en quelque chose de concret.

Bien plus qu'un témoignage sur le succès et l'entrepreneuriat, ce livre est un guide indispensable pour toutes celles et tous ceux qui désirent se lancer : comment monter sa start-up, développer son réseau, s'entourer de la meilleure équipe, apprendre à utiliser l'intelligence artificielle... Si ce récit nous livre de nombreux conseils pratiques et nous incite à toujours nous surpasser, à transformer l'audace en succès, il nous apprend également à économiser nos forces, à prendre soin de nous, à concentrer nos efforts au bon endroit, et à trouver un équilibre entre vie personnelle et projet professionnel...

Pour Stéphanie Delestre, résilience, bienveillance et authenticité sont les véritables clés du succès.

STÉPHANIE DELESTRE a gravi chaque étape de sa vie professionnelle par sa seule volonté. Elle a fondé QAPA, solution de recrutement en ligne, qu'elle a revendue à Adecco en 2021, puis Volubile, solution d'IA générative. Ancien membre du jury d'une émission télévisée grand public, elle a également lancé un podcast, On lâche rien, en janvier 2024.



ALTRUISME



[LIVRE ICI\\*](#)

Tu tiens entre tes mains toutes les astuces pour prendre des raccourcis vers le succès et réussir ta vie !

Au cours de ses expériences personnelles et professionnelles, Allison Jungling a découvert puis adopté des principes simples mais révolutionnaires. Véritables piliers dans son développement, elle a souhaité partager avec toi, dans ce livre, ses 45 grands préceptes, testés et approuvés !

En intégrant ses conseils, tu trouveras, au plus profond de toi, les superpouvoirs qui restent parfois enfouis pendant des années ou même une vie entière, souvent parce qu'on n'est pas au bon endroit, pas avec les bonnes personnes ou juste pas encore prêt. Tu seras alors en mesure de te libérer de tes croyances limitantes et de viser ton épanouissement et ton accomplissement personnels, afin de tracer ta propre voie et obtenir la vie que tu mérites.

Écoute-toi, dépasse-toi et atteins tes objectifs !



PERSPICACE



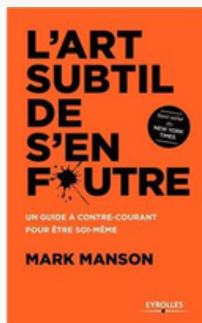
[LIVRE ICI\\*](#)

Un livre de développement personnel pour ceux qui détestent le développement personnel

Le discours ambiant nous pousse sans cesse à nous améliorer. Sois plus heureux. Sois en meilleure santé. Sois plus intelligent, plus rapide, plus riche, plus sexy, plus productif. Mais il faut en finir avec la pensée positive, nous dit Mark Manson. "Soyons honnêtes : parfois tout va de travers, et il faut faire avec."

Depuis quelques années, à travers son blog au succès phénoménal, Mark Manson explore les aspirations dérangeantes qui déforment notre perception du monde. Il propose ici sa sagesse pratique, joyeusement insolente. C'est en regardant en face nos peurs, nos défauts et nos incertitudes - en arrêtant de fuir et d'éviter -, que nous pourrions trouver le courage et la confiance qui nous manquent tant.

Mark Manson invite à un moment de parler vrai en mode je-te-regarde-dans-les-yeux, fait d'histoires vécues et d'humour potache. Un livre-manifeste pour construire des vies plus réjouissantes, plus ancrées.



CAPTIVANT



[LIVRE ICI\\*](#)

# UN PREMIER PAS

Je pourrais te partager encore énormément de livres.

Mais j'ai préféré commencer par ceux qui m'ont le plus marquée récemment. Ceux qui sont encore "frais" dans mon esprit. Et honnêtement... c'est déjà une très belle porte d'entrée.

On pense souvent qu'on n'aime pas lire.

Mais en réalité, ce n'est pas la lecture qu'on n'aime pas, c'est simplement qu'on n'a pas encore trouvé ce qui nous captive vraiment.

Quand tu décides de devenir entrepreneure, quelque chose change. Tu développes une soif de découverte.

Tu veux comprendre comment les autres pensent. Comment ils ont construit. Comment ils ont traversé certaines étapes avant toi.

Et crois-moi... quand tu commences à apprendre à travers des histoires, des visions, des parcours réels, la lecture ne ressemble plus du tout à une obligation. Tu t'attaches. Tu réfléchis autrement. Tu évolues sans même t'en rendre compte.

C'est aussi pour ça que je te conseille sincèrement de choisir un livre et simplement commencer. Le plus difficile, ce n'est pas de lire le premier chapitre. C'est de réaliser après quelques pages que tu ne veux plus t'arrêter.

Alors dis-moi...  
tu commences par lequel



# PETITE PARENTHÈSE

---

## AU MOMENT OÙ J'ÉCRIS CES LIGNES

Je termine cet ebook et je suis tombée sur quelque chose d'assez marquant.

Je regarde pendant que j'écris cet e-book, un témoignage de Kelly Massol, qui revient sur son enfance difficile et son parcours.

Et presque en même temps, j'ai pris mon téléphone et je tombe sur une vidéo qui raconte l'histoire du parfum Miss Dior.

Pour moi, Miss Dior était juste un parfum parmi tant d'autres.

Mais derrière ce nom, il y a une histoire.

Christian Dior crée ce parfum en hommage à sa sœur Catherine Dior, résistante pendant la guerre, arrêtée et déportée en 1944, puis libérée en 1945. Une femme marquée par l'histoire, la force, la survie.

Et ce parfum devient bien plus qu'un produit : il devient un symbole, une mémoire, une émotion.

Et je me suis dit quelque chose de simple :  
un produit sans histoire reste un produit.

Mais un produit avec une histoire devient une émotion.

Et aujourd'hui, je me dis que mon prochain parfum sera probablement Miss Dior.

Parce qu'au fond, ce n'est pas l'objet qui touche...  
c'est ce qu'il raconte. ✍️

J'aimerais sincèrement savoir ce que cet e-book t'a apporté.

Peut-être une nouvelle vision.

Peut-être plus de confiance.

Peut-être simplement ce petit déclic qui manquait pour enfin passer à l'action.

Il a été pensé pour t'accompagner. Pour t'aider à avancer, créer, évoluer et construire quelque chose qui te ressemble vraiment.

Alors n'hésite pas à m'écrire.

À me partager ton ressenti, tes idées, tes prises de conscience... ou même les premiers contenus que tu créeras grâce à tout ça.

Voir ton évolution, ta créativité et ta manière de t'approprier tout ce que je partage ici... c'est probablement la plus belle partie de cette aventure.

Tu peux me contacter ici :

Email : [contact@sancelina.com](mailto:contact@sancelina.com)

J'y partage régulièrement des conseils, des réflexions, du mindset, des idées de contenu et parfois même des choses que je ne poste nulle part ailleurs.

Merci d'avoir pris le temps de lire cet e-book.

Et surtout...

merci de croire en quelque chose de plus grand pour toi.

Maintenant, c'est à ton tour de construire la suite. ✨





Lets  
go!

*Merçi*