

Ton shooting photo pro avec l'IA

10 prompts pour générer ta banque photo
illimitée à partir de tes photos

Compatible Gemini Nano Banana — gratuit

TechRappy

Accompagnement Thérapeute Visible

Mode d'emploi rapide

1. Va sur gemini.google.com, mode "Créer une image" avec Nano Banana.
2. **Upload 3 photos de toi en HD** : un portrait face, un de profil ou 3/4, un en pied. Plus tu donnes de matière, plus l'IA garde ton visage fidèle.
3. Copie-colle UN prompt ci-dessous (en anglais, ne traduis pas).
4. Adapte les éléments entre [crochets] à ta réalité (couleur de cheveux, tenue habituelle, etc.).
5. Génère. Si le résultat n'est pas parfait, relance 2 à 3 fois (chaque génération est différente).
6. Pour ajuster : repars du prompt et change UN paramètre à la fois (lumière, pose, ou cadrage).

Règle d'or numéro 1 : ne change jamais le bloc "Identity Lock" final. C'est lui qui force l'IA à garder ton vrai visage, pas une version idéalisée. Si tu le retires, l'IA va te "rajeunir", "lisser ta peau", "agrandir tes yeux"... Et tu ne te ressembleras plus.

Important sur la fidélité : les IA ont une tendance naturelle à embellir les visages (peau parfaite, traits idéalisés, rajeunissement de 5-10 ans). Les prompts de ce document sont calibrés pour **verrouiller ton vrai visage** avec des consignes strictes : âge réel, traits exacts, structure osseuse identique, pas de retouche. Si une photo ne te ressemble pas assez, régénère 2-3 fois. Et upload toujours 3 photos de référence, jamais une seule.



Partie 1 : 5 prompts pro métier

Prompt 1 — Atelier en entreprise

Idéal pour : pivoter vers le marché B2B, montrer que tu intervies en interne (RPS, QVT, gestion du stress).

IDENTITY LOCK (most important):

Faithfully recreating the exact subject from the reference photos. Preserve identically: facial bone structure, jawline, nose shape and size, eye shape and color, eyebrow shape, lip shape, exact age (no rejuvenation, no skin smoothing, keep visible skin texture, keep fine lines and natural skin marks), exact hairstyle, exact hair color, exact hair length, body type and proportions. The subject must be 100% recognizable as the person in the reference photos, NOT an idealized or stylized version.

SCENE:

Create a candid professional photograph of the subject facilitating a corporate workshop in a modern company meeting room. The subject is standing in front of a small group of professionals (5-6 people seen from behind, blurred), gesturing naturally with one hand, smiling warmly while explaining a concept. Modern office environment with floor-to-ceiling windows, plants, neutral wood furniture, light wall with a discreet flipchart visible.

CLOTHING:

Smart-casual professional outfit, [color] blazer over a simple top, well-fitted trousers, minimalist jewelry, adapted to the subject's real style.

CAMERA & SETTINGS:

Shot on a Canon EOS R5 with an RF 35mm f/1.4 L lens at f/2, ISO 400, shutter 1/200s.

LIGHTING:

Soft natural daylight from large windows, balanced with warm indoor light, gentle rim light on the subject's silhouette, shallow depth of field keeping the subject in sharp focus while audience is softly blurred.

ATMOSPHERE:

Professional, expert, approachable, capturing the energy of a real corporate training session.

FINAL IDENTITY LOCK:

Output: hyper-realistic 8K editorial photograph. The subject is the EXACT same woman as in the reference photos, with identical facial features, identical age, identical hairstyle. NO beautification, NO skin smoothing, NO rejuvenation, NO facial alteration. Keep her authentic appearance, including all natural skin texture and any age-appropriate signs.

Prompt 2 — Consultation en cabinet

Idéal pour : montrer ton expertise en accompagnement individuel, rassurer le prospect sur ton cadre pro.

IDENTITY LOCK (most important):

Faithfully recreating the exact subject from the reference photos. Preserve identically: facial bone structure, jawline, nose shape and size, eye shape and color, eyebrow shape, lip shape, exact age (no rejuvenation, no skin smoothing, keep visible skin texture, keep fine lines and natural skin marks), exact hairstyle, exact hair color, exact hair length, body type and proportions. The subject must be 100% recognizable as the person in the reference photos, NOT an idealized or stylized version.

SCENE:

Create a candid lifestyle portrait of the subject during a one-on-one consultation in her elegant office. The subject is seated in a comfortable design armchair, slightly leaning forward, listening with empathy, hands relaxed on her lap. Across from her (out of frame or softly blurred), a client silhouette. Background: warm minimalist office with bookshelves, a soft floor lamp, plants, neutral earth tones.

EXPRESSION:

Warm and attentive, gentle empathetic smile, fully present.

CLOTHING:

Soft and elegant outfit, [color] knit sweater or silk blouse, natural and welcoming, adapted to the subject's real style.

CAMERA & SETTINGS:

Shot on a Sony A7R V with a 50mm f/1.4 lens at f/1.6, ISO 800, shutter 1/125s.

LIGHTING:

Warm cinematic side light from a window, golden hour feel, soft shadows, intimate and reassuring atmosphere, shallow depth of field.

ATMOSPHERE:

Calm, professional, deeply human, capturing the safety of a therapeutic space.

FINAL IDENTITY LOCK:

Output: hyper-realistic 8K editorial photograph. The subject is the EXACT same woman as in the reference photos, with identical facial features, identical age, identical hairstyle. NO beautification, NO skin smoothing, NO rejuvenation, NO facial alteration. Keep her authentic appearance, including all natural skin texture and any age-appropriate signs.

Prompt 3 — Conférence sur scène

Idéal pour : crédibilité, autorité, montrer que tu prends la parole en public.

IDENTITY LOCK (most important):

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SCENE:

Create a dynamic professional photograph of the subject giving a keynote speech on stage at a conference. The subject is on stage holding a wireless microphone, gesturing expressively with her free hand, captured mid-sentence with an authentic engaged expression. Background: large blurred audience visible in soft focus, modern conference stage with subtle LED panels.

CLOTHING:

Tailored professional outfit, [color] blazer or structured top, confident and polished look.

CAMERA & SETTINGS:

Shot on a Canon EOS R5 with an RF 70-200mm f/2.8L lens at 135mm, ISO 800, shutter 1/250s.

LIGHTING:

Warm stage spotlights from above, dramatic rim light outlining her figure, slight haze in the air catching the light, shallow depth of field keeping her tack-sharp while audience is softly blurred.

ATMOSPHERE:

Powerful, inspiring, expert, capturing the energy of a TEDx-style talk.

FINAL IDENTITY LOCK:

Output: hyper-realistic 8K editorial photograph. The subject is the EXACT same woman as in the reference photos, with identical facial features, identical age, identical hairstyle. NO beautification, NO skin smoothing, NO rejuvenation, NO facial alteration. Keep her authentic appearance, including all natural skin texture and any age-appropriate signs.

Prompt 4 — Création de contenu (behind the scenes)

Idéal pour : storytelling LinkedIn, montrer ton processus, humaniser ta marque perso.

IDENTITY LOCK (most important):

Faithfully recreating the exact subject from the reference photos. Preserve identically: facial bone structure, jawline, nose shape and size, eye shape and color, eyebrow shape, lip shape, exact age (no rejuvenation, no skin smoothing, keep visible skin texture, keep fine lines and natural skin marks), exact hairstyle, exact hair color, exact hair length, body type and proportions. The subject must be 100% recognizable as the person in the reference photos, NOT an idealized or stylized version.

SCENE:

Create a natural lifestyle photograph of the subject working on her laptop in her home office. The subject is seated at a wooden desk, focused on her laptop screen, a notebook and pen beside her, a steaming cup of coffee in the foreground (slightly out of focus). Background: cozy home office with bookshelves, plants, soft pastel decor, natural light from a side window.

POSE & EXPRESSION:

Hands on the keyboard or chin resting on hand thinking, gentle natural smile, completely absorbed in her work.

CLOTHING:

Comfortable but stylish, [color] knit sweater or relaxed shirt, casual elegant.

CAMERA & SETTINGS:

Shot on a Sony A7 IV with a 35mm f/1.8 lens at f/2, ISO 400, shutter 1/125s.

LIGHTING:

Soft morning daylight from the side window, warm and inviting, balanced with a small warm desk lamp, shallow depth of field.

ATMOSPHERE:

Authentic, productive, intimate, capturing a candid moment of focused creative work.

FINAL IDENTITY LOCK:

Output: hyper-realistic 8K lifestyle photograph. The subject is the EXACT same woman as in the reference photos, with identical facial features, identical age, identical hairstyle. NO beautification, NO skin smoothing, NO rejuvenation, NO facial alteration. Keep her authentic appearance, including all natural skin texture and any age-appropriate signs.

Prompt 5 — Portrait studio expert

Idéal pour : photo de profil ultra-pro, header de page de vente, About page de site.

IDENTITY LOCK (most important):

Faithfully recreating the exact subject from the reference photos. Preserve identically: facial bone structure, jawline, nose shape and size, eye shape and color, eyebrow shape, lip shape, exact age (no rejuvenation, no skin smoothing, keep visible skin texture, keep fine lines and natural skin marks), exact hairstyle, exact hair color, exact hair length, body type and proportions. The subject must be 100% recognizable as the person in the reference photos, NOT an idealized or stylized version.

SCENE:

Create a high-end editorial studio portrait of the subject. The subject is standing against a clean neutral background in studio, [warm beige / soft grey / dusty pink / soft lavender] solid backdrop, arms relaxed, slight angle to the camera, confident and open posture.

EXPRESSION:

Gentle confident smile, warm direct eye contact with camera, charismatic and trustworthy.

CLOTHING:

Elegant minimalist outfit, [color] blouse or fine knit top, simple jewelry, polished but approachable.

CAMERA & SETTINGS:

Shot on a Hasselblad X2D 100C medium format camera with an XCD 90mm f/2.5 lens, ISO 100, shutter 1/200s.

LIGHTING:

Soft beauty dish from above and slightly to the side at 45 degrees, subtle fill from a reflector below, gentle hair light creating natural separation, classic editorial portrait lighting.

ATMOSPHERE:

Premium, expert, confident yet warm, magazine-cover quality with authentic skin rendering (not airbrushed).

FINAL IDENTITY LOCK:

Output: hyper-realistic 8K editorial portrait. The subject is the EXACT same woman as in the reference photos, with identical facial features, identical age, identical hairstyle. NO beautification, NO skin smoothing, NO rejuvenation, NO facial alteration. Keep her authentic appearance, including all natural skin texture, pores, and any age-appropriate signs. This is a real professional portrait, not a glamour shot.

Partie 2 : 5 prompts lifestyle

Prompt 6 — Café terrasse parisien

Idéal pour : storytelling perso, humaniser, posts du dimanche, voyage.

IDENTITY LOCK (most important):

Faithfully recreating the exact subject from the reference photos. Preserve identically: facial bone structure, jawline, nose shape and size, eye shape and color, eyebrow shape, lip shape, exact age (no rejuvenation, no skin smoothing, keep visible skin texture, keep fine lines and natural skin marks), exact hairstyle, exact hair color, exact hair length, body type and proportions. The subject must be 100% recognizable as the person in the reference photos, NOT an idealized or stylized version.

SCENE:

Create a candid lifestyle photograph of the subject sitting at a Parisian café terrace on a sunny afternoon. The subject is seated at a small round bistro table, holding a cappuccino with both hands, looking slightly off-camera with a serene smile, soft natural moment. Background: typical Parisian street with Haussmannian buildings, blurred passersby, a vintage bicycle leaning on a wall, classic café chairs.

CLOTHING:

Chic Parisian style, [color] trench coat or fine knit, silk scarf, simple gold jewelry.

CAMERA & SETTINGS:

Shot on a Leica Q2 with a Summilux 28mm f/1.7 lens, ISO 200, shutter 1/500s.

LIGHTING:

Golden hour late afternoon sun, warm directional light, beautiful soft shadows, slightly hazy atmosphere creating a dreamy Parisian feel.

ATMOSPHERE:

Effortlessly chic, romantic, authentic Parisian lifestyle, with subtle Kodak Portra 400 film aesthetic.

FINAL IDENTITY LOCK:

Output: hyper-realistic 8K lifestyle photograph. The subject is the EXACT same woman as in the reference photos, with identical facial features, identical age, identical hairstyle. NO beautification, NO skin smoothing, NO rejuvenation, NO facial alteration. Keep her authentic appearance, including all natural skin texture and any age-appropriate signs.

Prompt 7 — Marche en bord de mer

Idéal pour : posts sur l'équilibre, le bien-être, la déconnexion, le ralentissement.

IDENTITY LOCK (most important):

Faithfully recreating the exact subject from the reference photos. Preserve identically: facial bone structure, jawline, nose shape and size, eye shape and color, eyebrow shape, lip shape, exact age (no rejuvenation, no skin smoothing, keep visible skin texture, keep fine lines and natural skin marks), exact hairstyle, exact hair color, exact hair length, body type and proportions. The subject must be 100% recognizable as the person in the reference photos, NOT an idealized or stylized version.

SCENE:

Create a serene lifestyle photograph of the subject walking on a deserted beach at sunset. The subject is walking barefoot along the shoreline, looking toward the horizon with a peaceful expression, light wind moving her hair and clothing naturally, footprints in the wet sand behind her. Background: vast empty beach, soft pastel sky in pink and gold tones, gentle waves.

CLOTHING:

Flowing white linen dress or oversized beige shirt with linen pants, fabric catching the breeze.

CAMERA & SETTINGS:

Shot on a Canon EOS R5 with an RF 85mm f/1.2L lens at f/2.8, ISO 100, shutter 1/1000s.

LIGHTING:

Warm golden hour rim light from behind, creating a luminous halo around her silhouette, soft fill light on her face from the sand reflection, slight lens flare for cinematic feel.

ATMOSPHERE:

Peaceful, introspective, connected to nature, deeply restorative.

FINAL IDENTITY LOCK:

Output: hyper-realistic 8K cinematic lifestyle photograph. The subject is the EXACT same woman as in the reference photos, with identical facial features, identical age, identical hairstyle. NO beautification, NO skin smoothing, NO rejuvenation, NO facial alteration. Keep her authentic appearance, including all natural skin texture and any age-appropriate signs.

Prompt 8 — Cosy chez soi avec un livre

Idéal pour : posts personnels, recommandations de lectures, moments d'intimité partagée.

IDENTITY LOCK (most important):

Faithfully recreating the exact subject from the reference photos. Preserve identically: facial bone structure, jawline, nose shape and size, eye shape and color, eyebrow shape, lip shape, exact age (no rejuvenation, no skin smoothing, keep visible skin texture, keep fine lines and natural skin marks), exact hairstyle, exact hair color, exact hair length, body type and proportions. The subject must be 100% recognizable as the person in the reference photos, NOT an idealized or stylized version.

SCENE:

Create an intimate lifestyle photograph of the subject reading a book at home on a rainy afternoon. The subject is curled up on a comfortable beige linen sofa, holding an open hardcover book, a steaming cup of tea on a side table, a soft blanket draped over her legs. Background: cozy living room with a window showing rain, plants, a warm floor lamp, bookshelves softly blurred.

EXPRESSION:

Relaxed, absorbed in reading, gentle natural smile, peaceful focus.

CLOTHING:

Soft oversized cream knit sweater, comfortable home loungewear.

CAMERA & SETTINGS:

Shot on a Fujifilm X-T5 with a 35mm f/1.4 lens at f/1.8, ISO 800, shutter 1/100s.

LIGHTING:

Warm indoor lamp light combined with soft cool light from the window, creating a beautiful warm-cool contrast, intimate mood, shallow depth of field.

ATMOSPHERE:

Cozy, introspective, nourishing, capturing a slow authentic moment of personal time, with subtle film-like grain.

FINAL IDENTITY LOCK:

Output: hyper-realistic 8K lifestyle photograph. The subject is the EXACT same woman as in the reference photos, with identical facial features, identical age, identical hairstyle. NO beautification, NO skin smoothing, NO rejuvenation, NO facial alteration. Keep her authentic appearance, including all natural skin texture and any age-appropriate signs.

Prompt 9 — Marché matinal

Idéal pour : raconter ton quotidien, ancrage local, vie de terrain.

IDENTITY LOCK (most important):

Faithfully recreating the exact subject from the reference photos. Preserve identically: facial bone structure, jawline, nose shape and size, eye shape and color, eyebrow shape, lip shape, exact age (no rejuvenation, no skin smoothing, keep visible skin texture, keep fine lines and natural skin marks), exact hairstyle, exact hair color, exact hair length, body type and proportions. The subject must be 100% recognizable as the person in the reference photos, NOT an idealized or stylized version.

SCENE:

Create an authentic lifestyle photograph of the subject shopping at a local outdoor market in the early morning. The subject is standing at a colorful market stall filled with fresh fruits and vegetables, holding a wicker basket in one hand, examining a fruit with a relaxed natural smile, light interaction with the vendor (out of frame). Background: bustling market with blurred stalls, soft morning light filtering through.

CLOTHING:

Simple natural style, [color] linen shirt or cotton dress, straw hat, woven bag, casual elegance.

CAMERA & SETTINGS:

Shot on a Leica M11 with a 35mm Summicron f/2 lens, ISO 400, shutter 1/500s.

LIGHTING:

Soft warm morning sunlight, gentle backlight creating beautiful highlights, vibrant but natural colors, slight haze.

ATMOSPHERE:

Authentic, grounded, joyful, capturing a real-life candid moment of daily ritual, with subtle warm color grading.

FINAL IDENTITY LOCK:

Output: hyper-realistic 8K lifestyle photograph. The subject is the EXACT same woman as in the reference photos, with identical facial features, identical age, identical hairstyle. NO beautification, NO skin smoothing, NO rejuvenation, NO facial alteration. Keep her authentic appearance, including all natural skin texture and any age-appropriate signs.

Prompt 10 — Méditation matinale

Idéal pour : positionnement bien-être, sophrologie, accompagnement holistique.

IDENTITY LOCK (most important):

Faithfully recreating the exact subject from the reference photos. Preserve identically: facial bone structure, jawline, nose shape and size, eye shape and color, eyebrow shape, lip shape, exact age (no rejuvenation, no skin smoothing, keep visible skin texture, keep fine lines and natural skin marks), exact hairstyle, exact hair color, exact hair length, body type and proportions. The subject must be 100% recognizable as the person in the reference photos, NOT an idealized or stylized version.

SCENE:

Create a serene lifestyle photograph of the subject practicing morning meditation at home. The subject is seated cross-legged on a natural beige yoga mat near a large window, hands resting on her knees in a relaxed mudra, eyes gently closed, soft natural smile, peaceful expression. Background: minimalist serene interior with plants, soft light curtains, a small candle, neutral natural tones, slight depth.

CLOTHING:

Simple comfortable activewear, [color] soft top and loose pants, natural fabrics.

CAMERA & SETTINGS:

Shot on a Sony A7 IV with a 50mm f/1.4 lens at f/2, ISO 400, shutter 1/200s.

LIGHTING:

Soft diffused morning light from the window, gentle glow on her face, calm and luminous atmosphere, subtle dust motes catching the light.

ATMOSPHERE:

Deeply peaceful, centered, aligned, capturing the quiet power of an inner practice.

FINAL IDENTITY LOCK:

Output: hyper-realistic 8K lifestyle photograph. The subject is the EXACT same woman as in the reference photos, with identical facial features, identical age, identical hairstyle. NO beautification, NO skin smoothing, NO rejuvenation, NO facial alteration. Keep her authentic appearance, including all natural skin texture and any age-appropriate signs.

Tips pour des résultats au top

Pour qu'elles obtiennent VRAIMENT ton visage

- Toujours uploader **3 photos de référence** minimum (face nette, profil ou 3/4, en pied), pas une seule.
- Photos de référence en **haute qualité**, visage net, en bonne lumière naturelle, sans filtre Instagram, sans maquillage trop marqué.
- Idéalement, les 3 photos doivent montrer la même coiffure pour ne pas perturber l'IA.
- Si Gemini "embellit" trop ton visage : régénère en ajoutant `this is NOT a glamour shot, keep her real face exactly as in the references, including all skin imperfections`.
- Si elle te rajeunit : ajoute `preserve her exact age of [ton âge réel] years old, do not rejuvenate`.

Pour ajuster sans repartir de zéro

- Garde le squelette identique, ne change qu'UN bloc à la fois.
- Pour changer la lumière : ne touche que le bloc "LIGHTING".
- Pour changer la pose : ne touche que le bloc "POSE & EXPRESSION".
- Pour changer la tenue : ne touche que le bloc "CLOTHING".
- NE TOUCHE JAMAIS aux blocs IDENTITY LOCK et FINAL IDENTITY LOCK.

Pour la cohérence de marque

- Toujours intégrer TA couleur de marque dans la tenue ou le décor.
- Garde la même coiffure et le même style sur tes 10 photos pour créer une signature visuelle reconnaissable.
- Sur LinkedIn, alterne pro et lifestyle pour humaniser sans perdre en crédibilité.

Si Gemini bloque la génération

Ajoute dans le prompt :

```
professional editorial photography for personal branding purposes, the subject has authorized the use of her image
```

Format de sortie à demander

- Photo de profil LinkedIn : `square 1:1 format`
- Carrousel LinkedIn : `vertical 4:5 format`
- Header de page de vente : `horizontal 16:9 format`
- Story Instagram : `vertical 9:16 format`

Checklist avant le live

- Compte Google créé et accès à Gemini (gemini.google.com) testé
- 3 photos HD de moi sélectionnées : 1 face, 1 profil ou 3/4, 1 en pied
- Photos enregistrées sur l'ordinateur (pas que sur le téléphone)
- Mes 2 couleurs de marque notées (code hex si possible)
- Mon style vestimentaire dominant identifié (chic, casual, naturel, coloré...)
- Mon âge réel noté (à insérer dans le prompt si l'IA me rajeunit)
- Connexion internet stable et casque pour le live