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# PHOTOS GUIDELINES

# Welcome to Spruce Micro, where your skin health journey begins!

Taking high-quality photos is one of the most critical steps in creating a skincare protocol that works for you. Why? Because clear, accurate pictures allow us to tailor your regimen with the precision needed to get you to your dream skin faster.

Now, we know taking these photos can feel frustrating at first—it's a process! But trust us, once you get the hang of it, you'll become a photo pro in no time. In fact, all of our patients do.

Let's dive in, and remember: Your attention to these details will set you up for the best skin of your life!

## Why Accurate Photos Matter

Yes, we're picky about photos—and even pickier about results. Your photos, combined with your check-in responses, are what we use to determine your protocol. Think of this as your virtual med spa appointment. Just because it's online doesn't mean it's rushed. Take your time; we're investing hours reviewing your photos and check-in responses to craft your plan. Your effort is equally important to ensure success.

Lighting, angles, and positioning can make a big difference in how your skin looks in photos. Following these instructions closely ensures we can make the best recommendations for you. Our goal is to provide you with clear, effective protocols, and your effort in taking these photos will help us guide you to the clear, healthy skin you're here to achieve.

## The basics

If in doubt, just remember: white light, bare face, straight posture, and three clear angles.

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# 1. TECHNICALS

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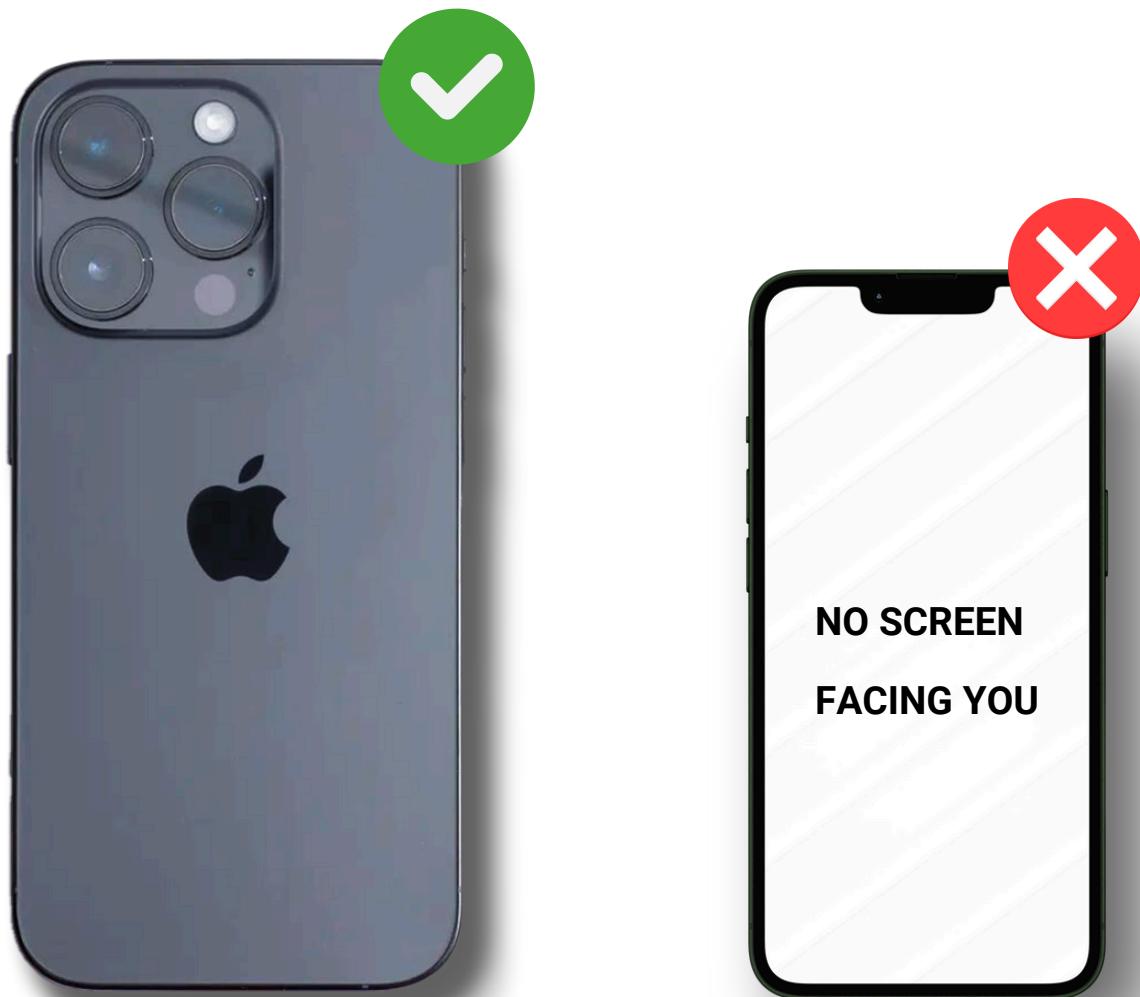
CAMERA SETUP - CAPTURE CLEAR  
AND ACCURATE PHOTOS

# Use the Back Camera

Please use the back camera for your photos. It provides better quality, which helps us accurately assess your skin. The front camera will automatically apply a filter, so photos taken with front cameras won't be accepted. Take advantage of your phone's shortcut (volume-up button for most iPhones) to take the picture.

If possible, have someone help you take the pictures to get the best angle, but you can also do it yourself with some patience.

- ✓ Higher Resolution
- ✓ No Automatic Filters
- ✓ Better Lighting Adjustments
- ✓ Wider Field of View



# Clean Camera Lens:

Ensure your camera lens is clean before taking your photos. A clean lens will help us get the clearest possible image of your skin.

- ✓ Clearer Images
- ✓ Accurate Skin Representation
- ✓ Improved Focus
- ✓ Avoid Retakes

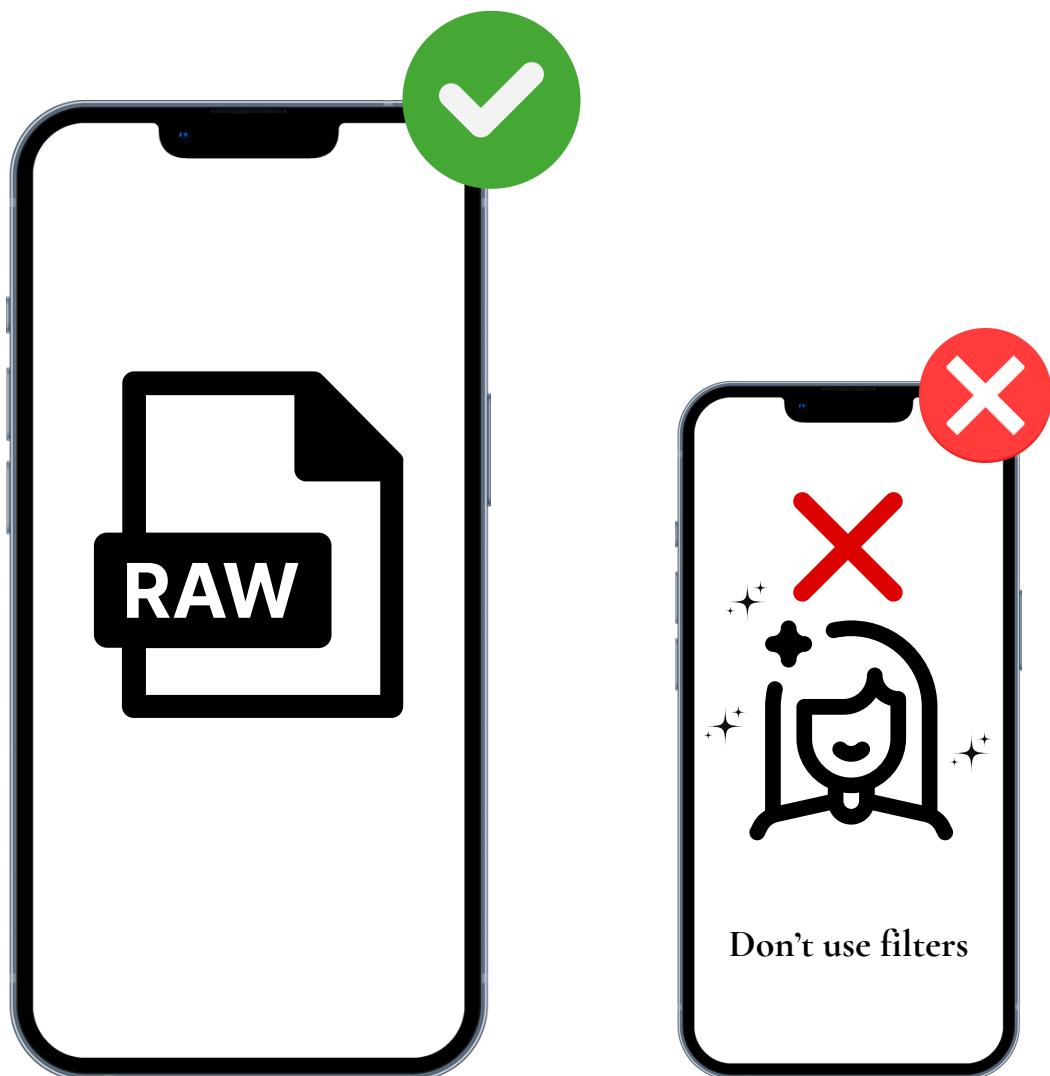


# No Filters or Cropping

Your photos should be raw, unfiltered, and uncropped. Please take them from the recommended distance and avoid altering them in any way.

*Search Google for instructions on how to set up **your** phone to take photos in RAW format.*

- ✓ Accurate Skin Representation
- ✓ Preserves Full Details
- ✓ True Lighting and Colors
- ✓ Professional Standards



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# 2. LIGHTING

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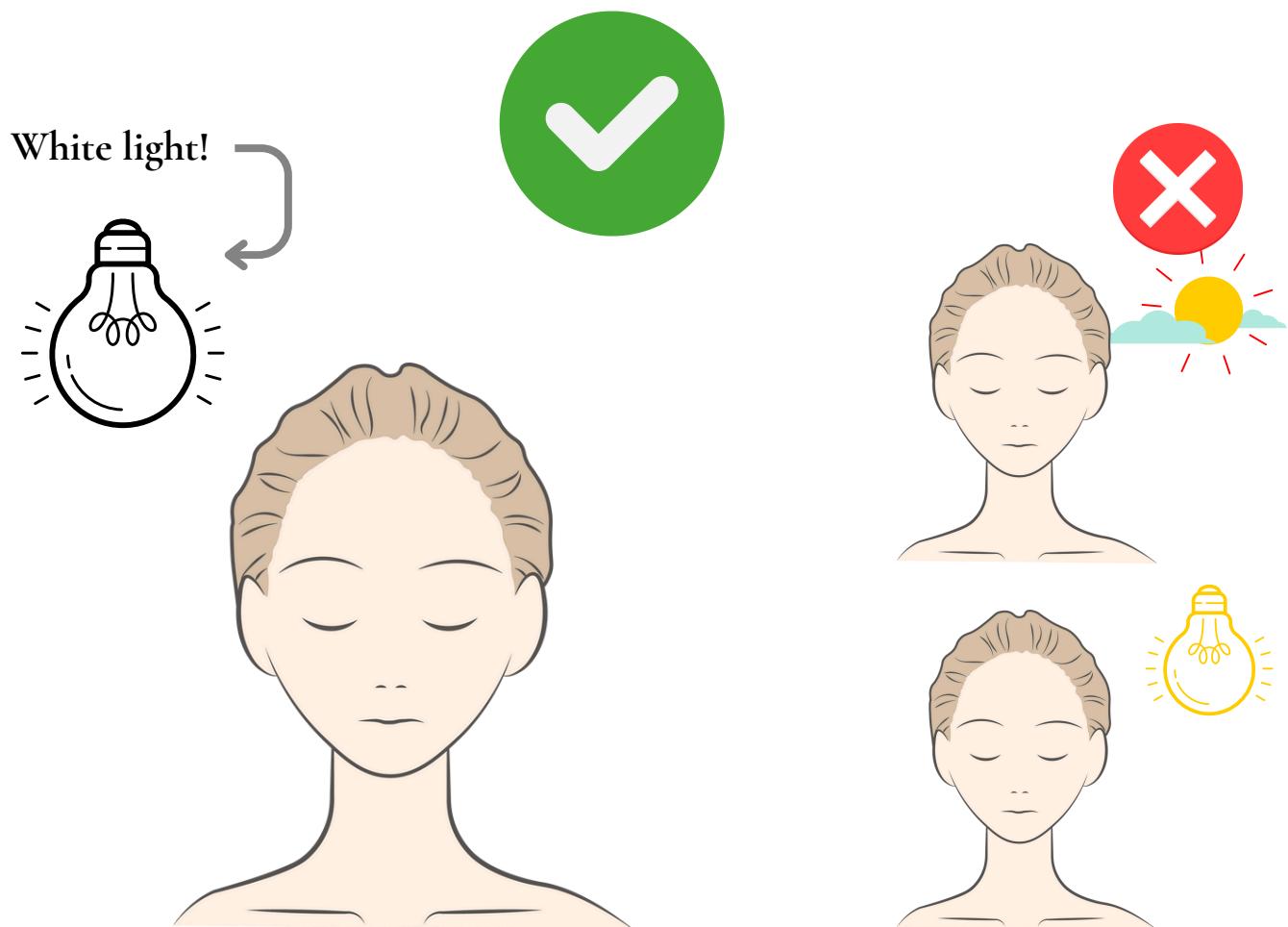
AVOID NATURAL LIGHTING, GLARES,  
AND DISRUPTIVE CLOTHING

# Take Photos Indoors with White Lighting

Please do not take photos near a window or with natural lighting, as it can create inconsistencies. Make sure there are no glares or reflections on your face.. Make sure to take your photos indoors, using white lighting to avoid any warm tones that might make your skin look yellow or red. This will help us get a clear and accurate view of your skin.

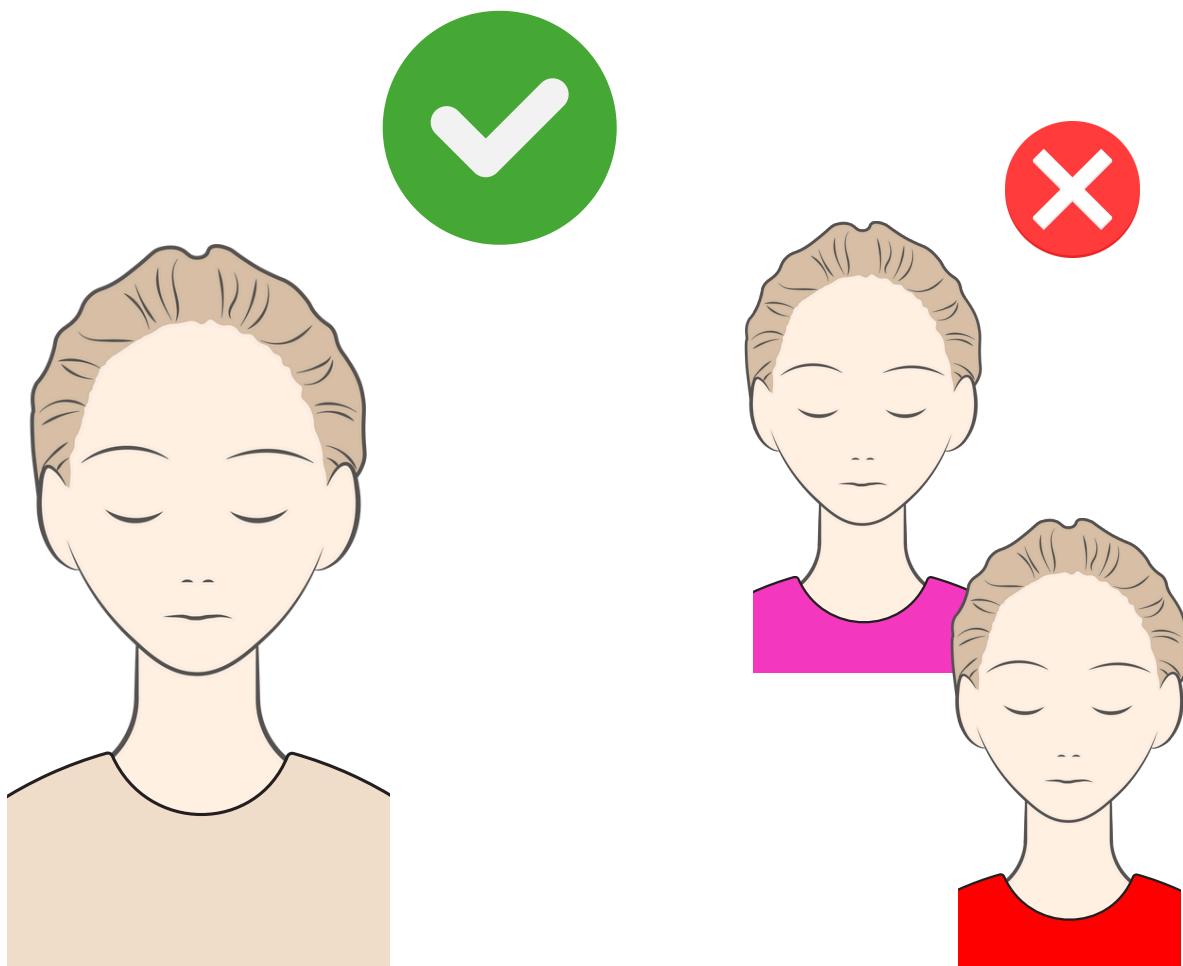
- ✓ Consistent Lighting
- ✓ Neutral Color Tones
- ✓ Enhanced Detail Visibility
- ✓ Avoids Glare

**Overhead lighting tip:** Avoid having lights directly above you, as this can create glares. Lighting can be in front or on the side. The best setup is to have balanced lighting on each side of you, which ensures even illumination and reduces shadows.



**Clothing matters:** Avoid wearing bright colors like hot pink or red, as they can tint the light and make your skin appear redder. Avoid hoodies as well, as the hoods can create unwanted shadows.

- ✗ Difficult to Monitor Tints in Lighting
- ✗ Risk of Over-Focus on Details
- ✗ Skin Reflection Issues
- ✗ Shadows from Hoodies



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# 4. PREP YOUR FACE

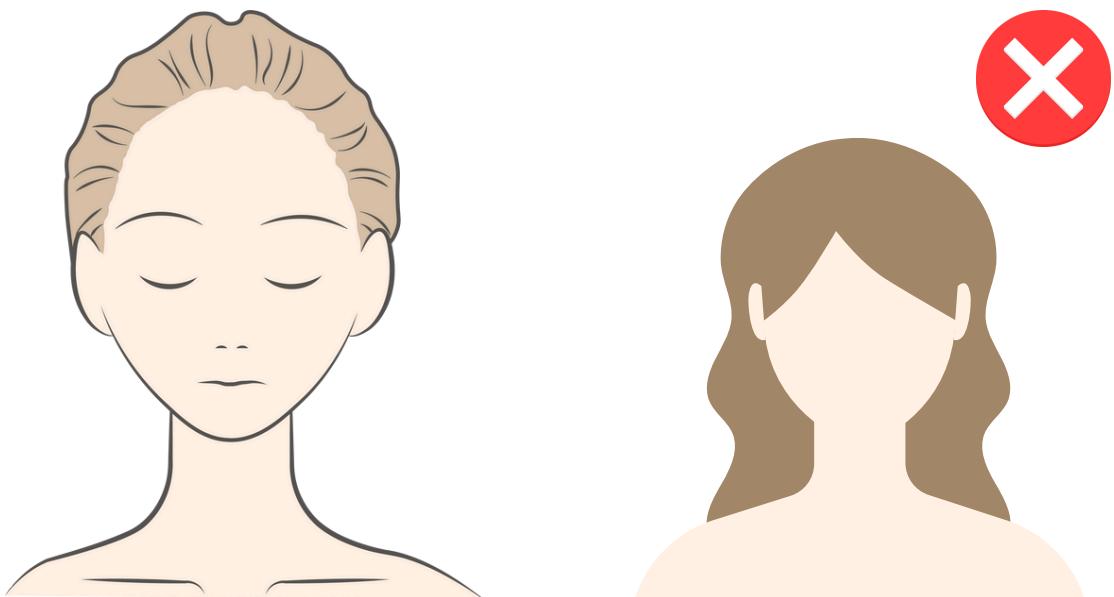
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HAIR BACK, BARE SKIN

# Hair Out of Face

Ensure your hair is pulled back completely and does not cover any part of your face. Avoid using towels or headbands that touch your facial skin.

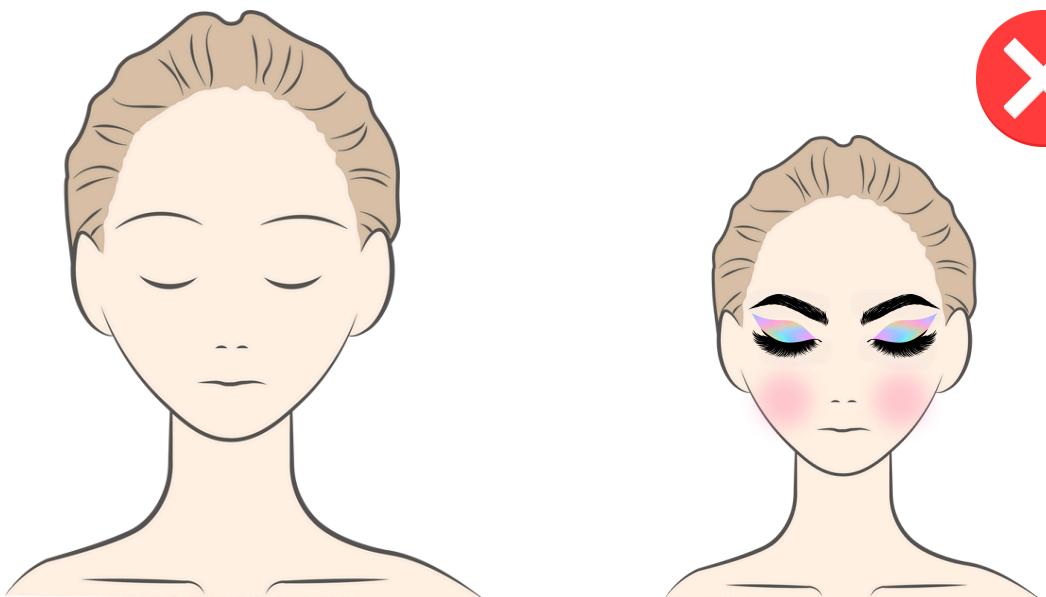
- ✓ Reduces Contamination Risk
- ✓ Improves Clarity
- ✓ Professional Presentation
- ✓ Enhances Symmetry Assessment



# No Makeup or SPF

Remove all makeup and don't SPF when taking your photos. This includes makeup or SPF that may be left in your hairline. We must be able to clearly see the hairline. Wait at least 30 minutes after washing your face to ensure your skin isn't unusually red.

- ✓ True Skin Representation
- ✓ Accurate Skin Assessment
- ✓ No Product Interference
- ✓ Natural Lighting Reflection



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# 5. POSITIONING & CONSISTENCY

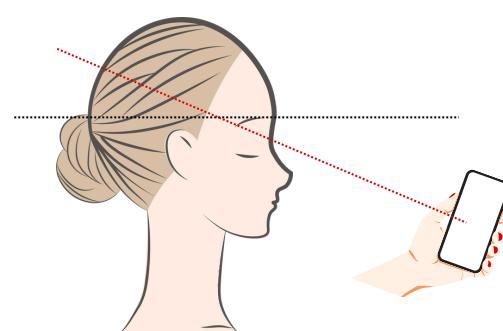
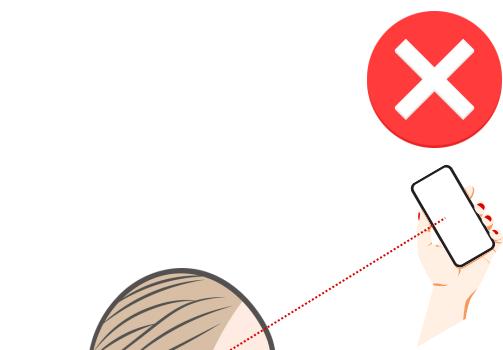
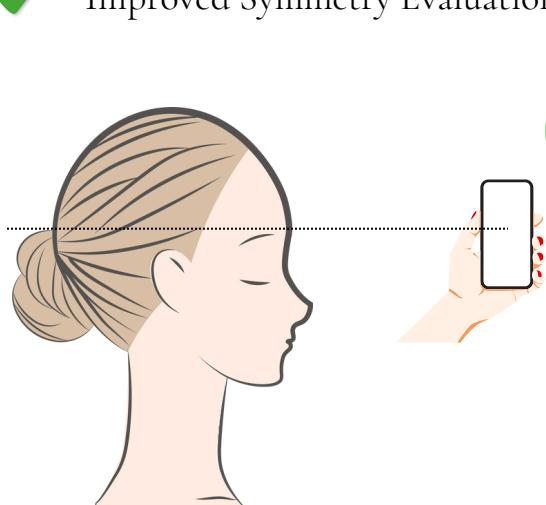
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PERFECTING YOUR PHOTO SETUP

# Camera Level and Centered:

Keep the camera level with your head, ensuring your face is centered and your nostrils are facing down. Look straight ahead, and don't tilt your head up or down. This consistency is essential for us to accurately track changes over time.

- ✓ Accurate Perspective
- ✓ Consistent Progress Tracking
- ✓ Balanced Facial Alignment
- ✓ Improved Symmetry Evaluation



# Body Positioning

Stand straight with your shoulders back and feet facing forward. For side photos, your head should turn at a **45-degree angle**—not 90 degrees. Imagine your chin aligned directly in front of your shoulder blade, as if your jaw could touch the front edge of it. This positioning ensures we can see all parts of the side of your face clearly.

Avoid turning your head too far (90 degrees), where it ends up directly above your shoulder, as this obscures key areas of your face. Proper alignment is crucial for accurate assessment.

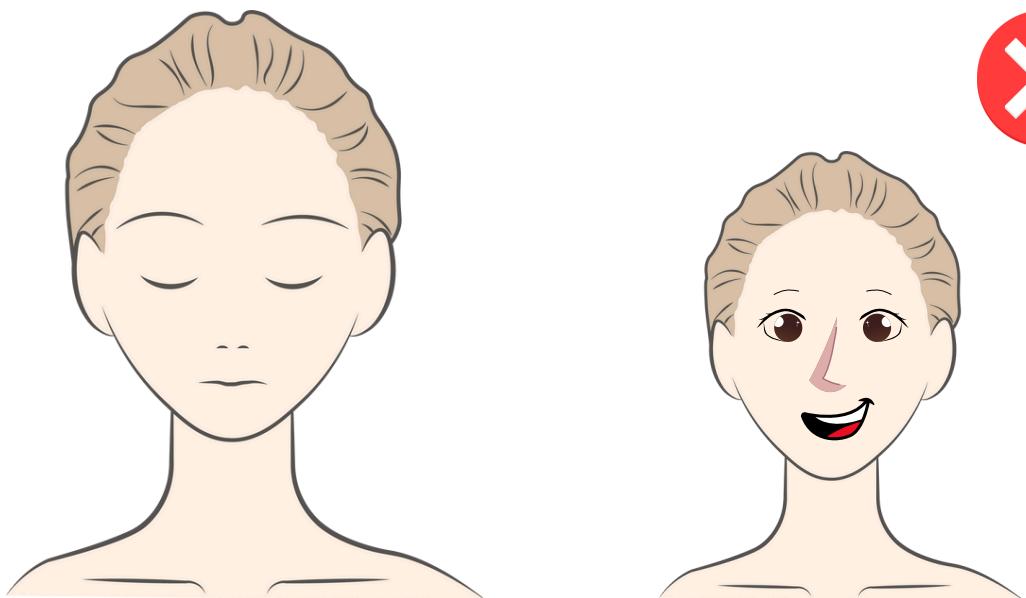
- ✓ Clear View of Face and Neck
- ✓ Better Lighting Distribution
- ✓ Minimizes Overlapping Features



# Facial Expressions

Keep a neutral expression in your photos—no smiling or exaggerated facial movements. This ensures we get a consistent view of your skin's natural state.

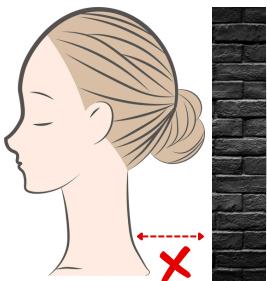
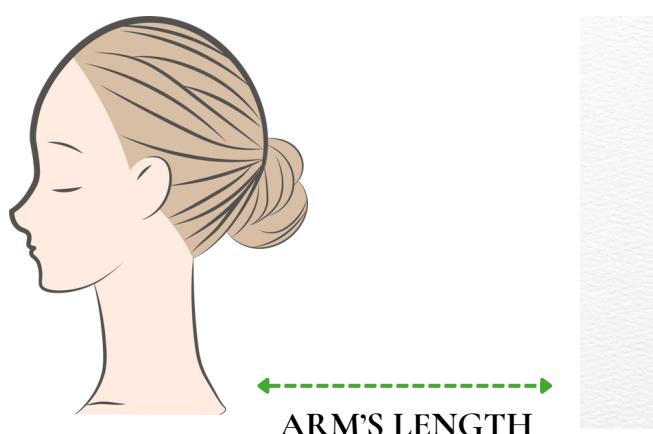
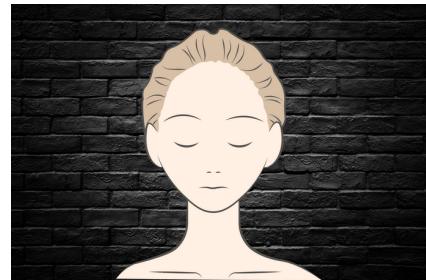
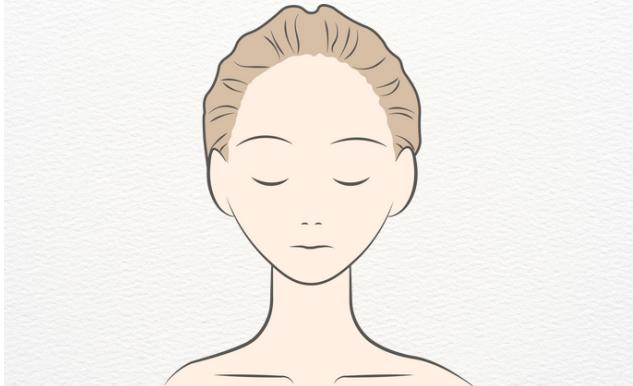
- ✓ Easier Comparison
- ✓ Reduces Tension in the Face
- ✓ Consistent Results
- ✓ Accurate Skin Assessment



# Background and Positioning:

Stand against a light, blank wall, and ensure there are no shadows. If possible, keep an arm's length from the wall to prevent shadows from affecting the quality of your photo.

- ✓ Consistent Lighting
- ✓ No Background Distractions
- ✓ Balanced Contrast
- ✓ Enhanced Facial Focus



## Consistent Environment:

All photos should be taken at the same time, in the same place, and from the same distance to maintain consistency. This helps us accurately assess changes in your skin over time.

- ✓ Accurate Comparison
- ✓ Reliable Assessment
- ✓ Standardized Lighting Conditions
- ✓ Minimized Environmental Influence



# Auto-Assess Your Photos

After taking your photos, take a moment to review them yourself. Ensure they meet all the guidelines we've outlined. Check for:

- Proper lighting and angles.
- Clarity (can we see your pores and pigmentation details on every side of your face?).
- Consistency in distance and framing.

This simple step helps catch any issues early and makes sure your photos are the best they can be. Remember: white light, bare face, straight posture, and clear angles are key. By doing this quick self-assessment, you're helping us help you even better!

## Final Thoughts

And that's it! Taking photos that meet our standards is not just a requirement—it's a skill that will fast-track your skincare results. When you get it right, we can fine-tune your regimen with unparalleled precision.

If it feels challenging now, don't worry. Every one of our patients has mastered this, and we're here to support you. If in doubt, just remember: white light, bare face, straight posture, and three clear angles.

Thank you for trusting Spruce Micro with your skin journey. Together, we'll achieve the transformation you've been dreaming of—one picture-perfect step at a time! We appreciate you greatly.