

VIDPROD - How to Take Better Cell Phone Selfies for AI Cloning and Video Generation

A simple guide for capturing clean, consistent reference images that work well for avatar creation, face consistency, and realistic AI video prompts.

Goal: Give the AI a clear, accurate view of the person's face, proportions, skin tone, hair, and features without distortion, blur, harsh shadows, or heavy beauty filters.

1) Use the rear camera if possible

- The back camera usually gives better detail than the selfie camera.
- If using the front camera, turn off beauty mode, smoothing, portrait blur, face reshaping, and any filters.
- Wipe the lens before shooting! A slightly dirty lens can make images look soft or hazy.

2) Choose the right lighting

- Best option: stand facing a window with soft daylight coming toward your face.
- Second-best option: go outdoors in open shade, such as a porch, garage opening, or the shadow side of a building.
- Avoid overhead lights, direct midday sun, colored lights, and very dark rooms.
- Your whole face should be evenly lit. You want detail in both sides of the face, not one bright side and one dark side.

Lighting quick check

| Good | Avoid |
|--|---|
| Window light facing you | Bright window behind you |
| Soft daylight outdoors in shade | Direct sun causing squinting |
| Neutral room light plus daylight | Strong yellow, blue, or colored lights |
| Even light across both cheeks and eyes | Harsh shadows under eyes, nose, or chin |

3) Keep the background simple

- Use a plain wall, clean room, or uncluttered background.
- Avoid mirrors, busy shelves, bright windows, posters, moving people, and strong patterns.
- The subject should stand out clearly from the background.

4) Hold the phone at the right distance and angle

- Do not hold the phone too close to your face. Close-up selfies can distort the nose, forehead, jaw, and cheeks.

- A good rule is to keep the camera about 2 to 4 feet away and zoom slightly if needed.
- Keep the phone roughly at eye level for the main front-facing shot.
- Do not tilt the phone sharply up or down unless you are intentionally taking extra angle references.

5) Capture the essential angles

- Take at least these: straight-on front view, left 45-degree view, right 45-degree view, left profile, right profile.
- Also take one relaxed smiling shot and one neutral-expression shot.
- Keep your head position natural and consistent between shots.

Minimum photo set to collect

| Shot | Expression | Notes |
|---------------|-------------|---|
| Front view | Neutral | Eyes open, mouth relaxed, camera at eye level |
| Front view | Light smile | Natural smile, no teeth strain |
| Left 45° | Neutral | Turn only the head slightly |
| Right 45° | Neutral | Match the opposite side |
| Left profile | Neutral | Full side of face visible |
| Right profile | Neutral | Full side of face visible |
| Upper body | Neutral | Helpful for body proportions and posture |
| Full body | Neutral | Helpful for wardrobe or avatar consistency |

6) Keep expression, grooming, and styling realistic

- Use your normal everyday appearance unless the clone specifically needs a branded or polished look.
- Do not use sunglasses, hats, heavy face-obscuring hair, or masks for the main reference shots.
- If you normally wear glasses and want the clone to include them, take one set with glasses and one without.
- Avoid dramatic makeup, extreme contouring, or temporary looks unless that exact style is part of the intended final output.

7) Wear simple clothing

- Solid colors work best.
- Avoid tiny stripes, loud logos, reflective fabrics, and complex patterns.
- For face cloning only, clothing matters less. For talking-avatar or full-body video work, clothing consistency matters more.

8) Use the phone settings that preserve detail

- Use the highest photo quality available.
- Turn off beauty enhancements, slimming effects, skin smoothing, and AI camera effects.
- If your camera app offers portrait mode, use normal photo mode for the main set. Portrait blur can hide important edge detail.
- Do not over-edit after shooting. No heavy sharpening, beauty retouching, filters, or background removal.

Most common mistakes that hurt cloning quality

- Only providing one selfie
- Using filtered social media photos
- Taking pictures too close to the face
- Bad lighting or strong shadows
- Blurry images or motion blur
- Different hairstyles in every photo
- Busy backgrounds and mirror shots
- Sending screenshots instead of original photos

Fast shooting checklist

- Clean the lens
- Stand facing soft daylight
- Use a plain background
- Turn off filters and beauty mode
- Keep camera 2 to 4 feet away
- Take front, 45-degree, and profile shots
- Take neutral and light-smile versions
- Send the original photos, not compressed screenshots

Best file handoff for AI video work

- Send 8 to 15 original photos if possible.
- Include a mix of close face framing, upper-body framing, and at least one full-body image if body consistency matters.
- Name files clearly if needed, such as front, left45, right45, profile-left, profile-right, smile, neutral.
- If the final clone must match a specific hairstyle, beard length, makeup look, or wardrobe, include a clean reference set showing that exact version.

Tip: consistency beats quantity. A smaller set of sharp, evenly lit, natural-looking photos usually performs better than a large set of random selfies.