

THE *List.*



Nail your pose

Instagram via ezinatv

Author and musician Ezina believes the key to looking your best is choosing the right pose. One of her favorites is the Purse Pose. "On days when I feel a bit bloated and don't want that bloat to be seen on camera," she says, "I hold my purse in front of my tummy to mask it." If you want a more ladylike look, Ezina recommends the Criss Cross pose, which she says will "smooth out any lines on clothes from sitting. Cross your legs at the ankles and push your chest forward."

For taking pictures in dark locations, Ezina likes The Chin Pusher, "Sometimes you are photographed at night time indoors where lighting is not the best. Push your chin forward to

avoid having shadows that look like a double chin." She also has two ways of posing to look slimmer. "To look slender in photos place your hand on your hip and pop it. You can pop it forward or back. Choose one direction and work it." She also recommends leaning away from the camera, "Lean back and press your chest forward to slenderize your figure."

If you want to steal Ezina's beautiful smile, she even has a pose for her mouth that she calls a Roofie, "Put your tongue on the roof of your mouth while smiling. I'm looking at you Heidi Klum and Tyra Banks!" She also says the Slide and Glide is always a good choice, "Turn sideways and gracefully glide one foot in front of the other one. Point your front toe and glide your head over your shoulder." Her favorite photo editing apps are Enlight, Filterstorm Neue and VSCO.

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