

## Headshots

### Why do I need a headshot?

Pictures are one of the most important tools an actor needs to market him/herself. As an actor, you will have to shoot headshots approximately every six months to a year if your look changes dramatically. The most important factor of your headshot is that **you look like it**. The more professional your entire package looks, the more professional others will take you. Your management and/ or agent will go over your pictures with you so that you both have the same clear vision as to what type of look you need to attain.

### What is a headshot?

This is how your headshot of yourself should look - close up of your face in an 8x10 black & white format (Color pictures are not necessary). Avoid backgrounds that are busy; you are selling you and should look as close to what you look like in everyday life. One way to tell if a picture is workable is to cover everything except the eyes. One of the most important factors in a headshot is what your eyes are communicating to a casting director.

### What is a body shot?

This type of shot is simply a broader view of you; it's not as tight thus showing off your body a little more. Whether or not a head shot is preferable to a body shot is up to you. Whatever works best for you and makes you more comfortable is what makes you marketable.

We can further breakdown headshots into 3 categories:

**COMMERCIAL SHOT:** This shot is used to submit commercially. It has tons of energy and shows off your teeth.

**THEATRICAL SHOT:** This shot is used for television and film submissions. It's normally more on the serious side, with focus being on the eyes.

**COMPOSITES/ ZED CARDS:** These are what models use for print and modeling work. Normally there is a picture of you on one side of the card and three or more smaller photographs on the other side. The photographs should all be different and show the range of looks you have available.



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### **What else should I know about my shoot?**

**CLOTHES:** Avoid printed patterns, stripes, t-shirts with writing, logos or pictures on them. Bring 6-7 outfits (clean and pressed) so that the photographer can choose what will look best. NOTE: NO JEWELRY OR WATCHES. Small stud earrings are ok, but no more!

**MAKEUP:** Keep the makeup simple - it should be used to only touch up blemishes or bags under the eyes.

**HAIR:** Come with your hair as ready as possible - avoid products that will make your hair look greasy. The less you have in your hair, the better. The natural look is in!

### **What should my next step be?**

If you live in Los Angeles or are soon relocating to the Los Angeles area and need help getting some great headshots call the ESI NETWORK to schedule a meeting to see if they can assist you.

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