



How to take photos

Clothing and poses criteria for precise scans
December 2023



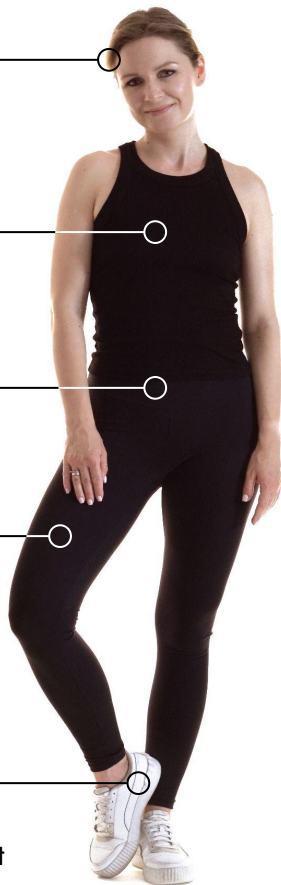
Put your hair up

Wear tight tee shirt
or tank top, no bra

No belt and
accessories

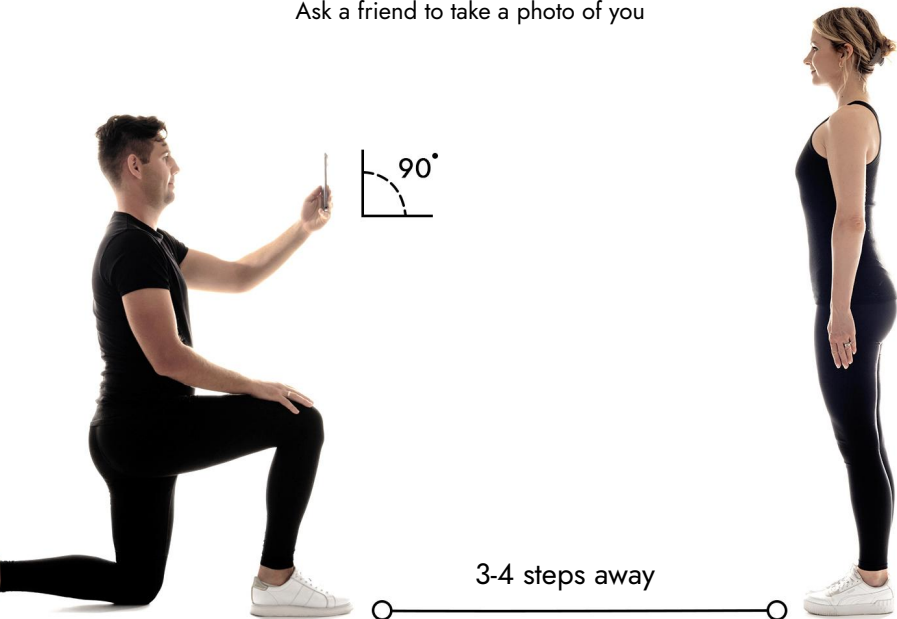
Wear tight leggings
or bike shorts

Don't wear high heels -
wear flat shoes or bare feet



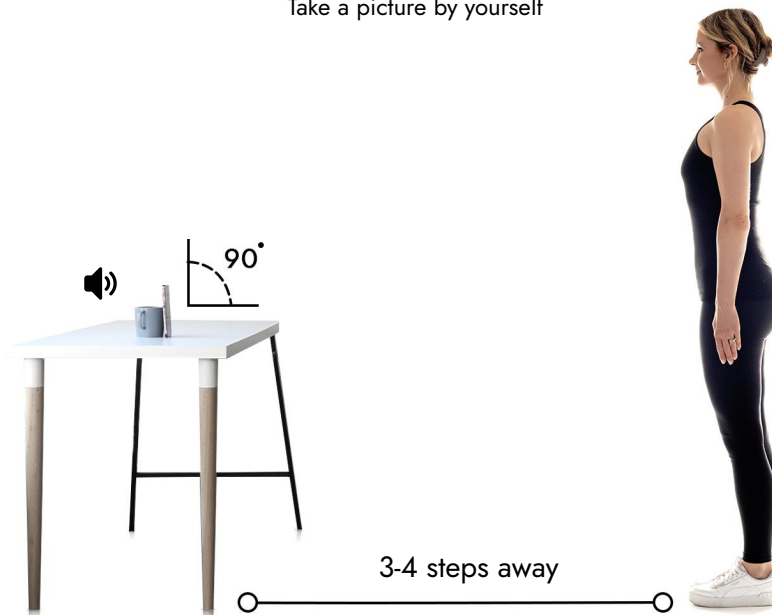
With a friend

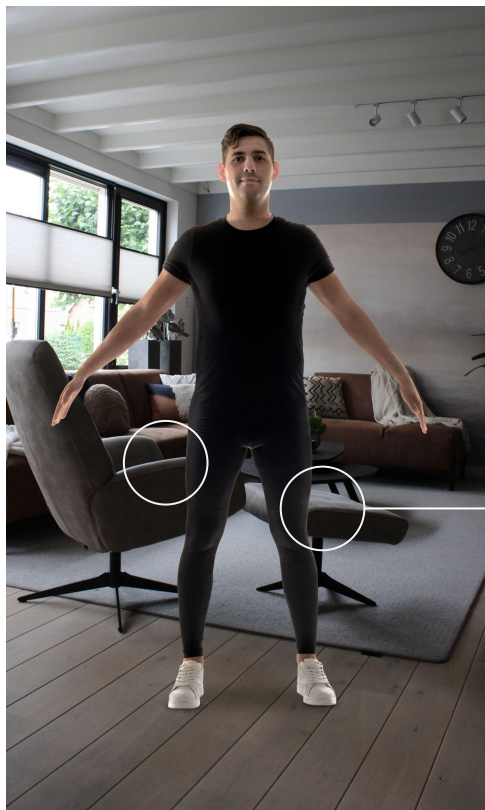
Ask a friend to take a photo of you



By myself

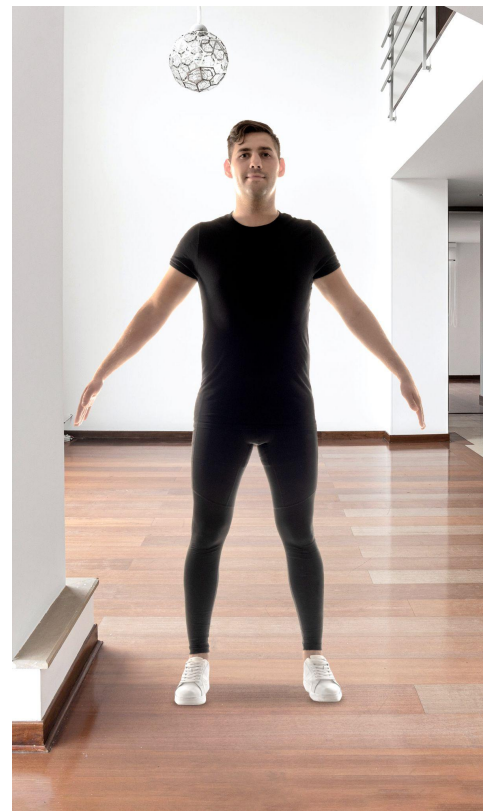
Take a picture by yourself





The background should not be cluttered - choose a clean background

Same color objects in the background can confuse our AI's body shape detection.



The background should be clean and contrasting to your body and clothes



Make sure you are in a well lit room



Keep hands and feet within the frame ✓

Your body should cover **70%** of frame ✓

Front photo

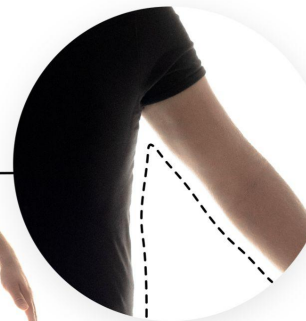
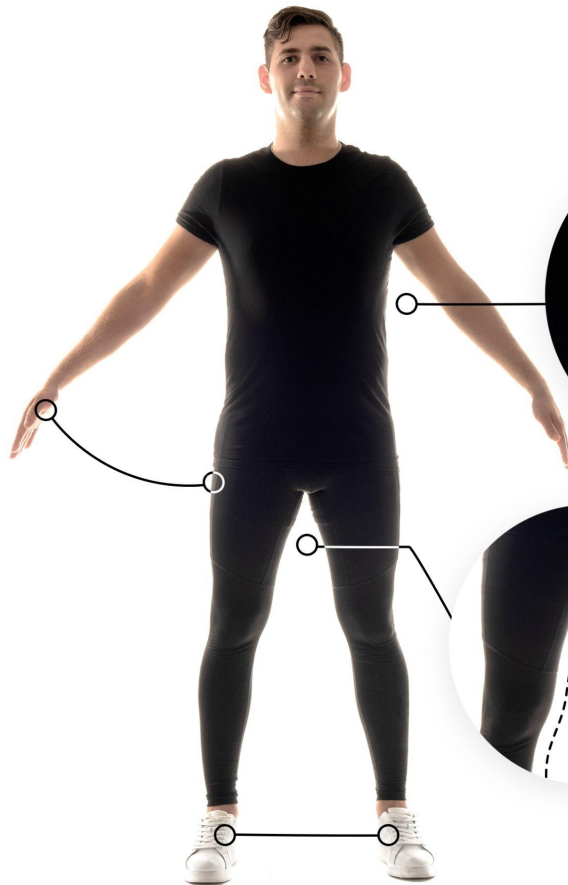
Stand up straight,
facing the camera



Spread your arms away
from hips in A pose



Keep your feet apart
from each other



Show full arm outline



Show full leg outline

Side photo

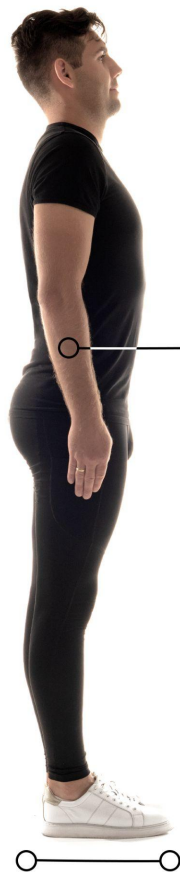
Turn to the left in same
position, stand up straight



Align your arms with
the line of your pants



Keep your legs and
feet together



It's important to show the front
and back outline of your body



✘ Arms should not be put on the hips, crossed behind the back, or over the head



✘ Arms and legs should not be together



✘ Stand up straight. Don't lean or hunch forward or backwards



✘ Don't tilt the head



✘ Arms should be placed with the line of your pants



✘ Arms should be placed with the line of your pants



✘ Don't angle your body



✘ Legs and feet should be together



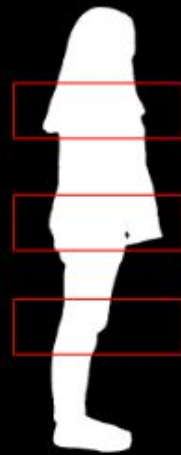
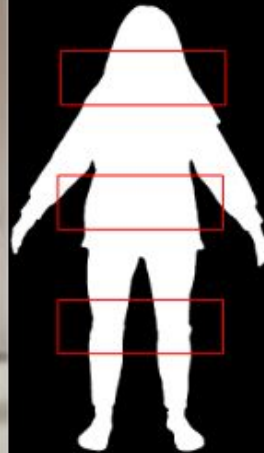
✘ Don't lean or slouch

Scan vs photos. The Impact of Protocol Adherence on Measurement Consistency: Loose Clothing and Incorrect Hairstyle

Accuracy: Loose clothing hides your body's true shape, leading to inaccuracies in measurements.

Shape Definition: Tight clothing ensures our AI can understand the definition of your body for the most precise measurements

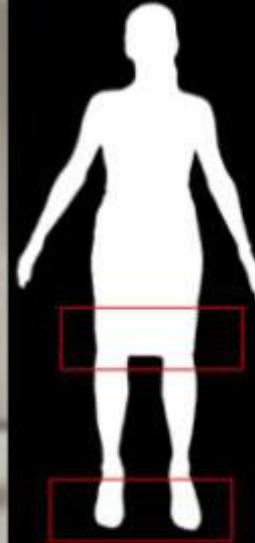
Hair: Long hair or hair that is not tied up makes it difficult for our AI to detect upper body measurements accurately



Scan vs photos. The Impact of Protocol Adherence on Measurement Consistency: Skirt/Dress and Heels

Heels: They elevate height and alter stance potentially affecting the accuracy in measuring stature and posture

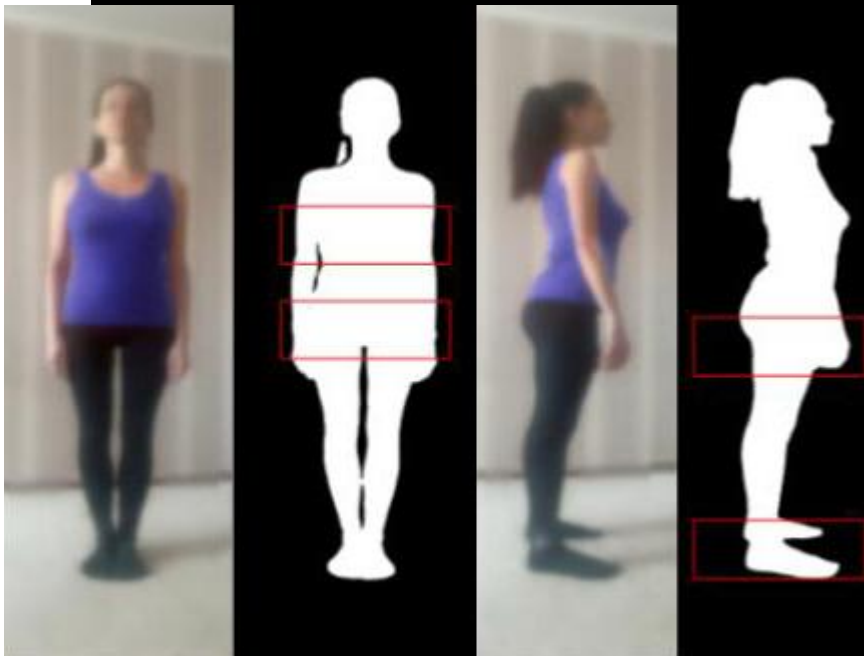
Skirt: Wearing a skirt or dress obscures the precise contours of the lower body, resulting in a scan that does not accurately represent actual body shape



Scan vs photos. The Impact of Protocol Adherence on Measurement Consistency:

Incorrect Pose

When arms and hands are too close to the body during a scan, they can be mistaken for part of the torso, leading to measurement errors. Correct arm and hand placement as per instructions is essential for accurate results.

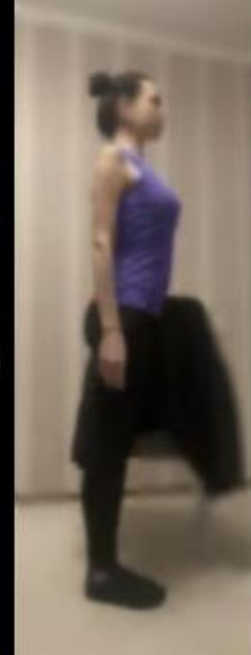
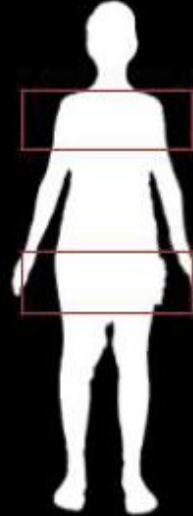


Scan vs photos.

The Impact of Protocol Adherence on Measurement Consistency:

Incorrect Background and Arm and Hand Position for the Front & Side Photo

For the front pose, arms and hands should be held away from the body in an 'A' pose, ensuring they are not obstructing the view of the torso. In the side pose, arms and hands need to be aligned with the body, allowing the AI to clearly see both the front and back of the body producing the most precise measurements





Our methods ensure precise and consistent measurements, outperforming manual techniques. To maintain this performance, adherence to all rules and instructions is important.

Thank you for choosing 3DLOOK!