Greenwich Medical Spa
There's a younger you inside ℠
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Protocol: Virtual Consultation Pictures

Recommendations:

1. If possible, have someone take them for you!

2. Prop your phone up and use the camera timer.

Depending on the type of consultation you are seeking we ask that you take either a face photo, a body photo or both.

==Face photos==: It is important that you do not have any makeup on for these photos. If your hair is long, please tie it in a ponytail so it does not obstruct the profile views. Please take 3 photos as shown below showing your **full face as well as your neck**. We will need one frontal view and two side views.
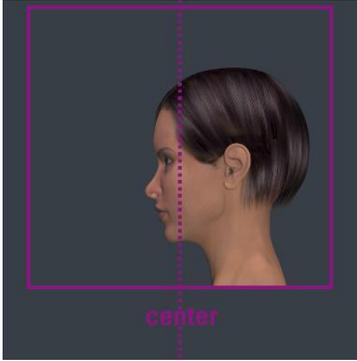
> 1.Frontal view: look straight at the camera making sure you are positioned in the middle of the screen.
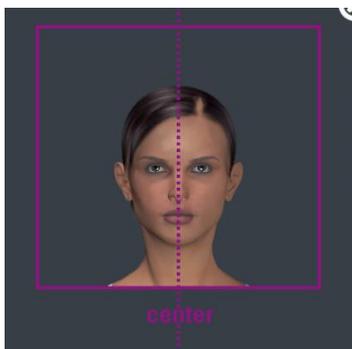
2.Right side profile view: turn 90 degrees to one side, pick a spot in front of you to look at that is at eye level.
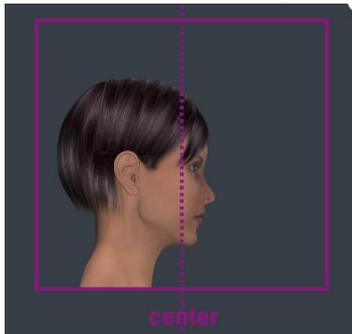
3.Left side profile view: turn 90 degrees to one side, pick a spot in front of you to look at that is at eye level.

Body Photos: Please take 4 photos as shown below. We will need one full body frontal view, a full body back view and two full body side views.

Place both arms behind head and make sure FULL body is shown. Please wear minimal clothing for photographs.

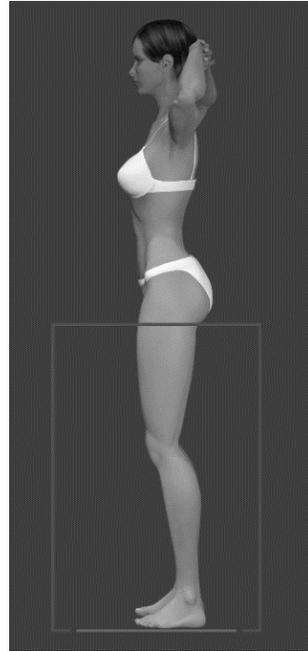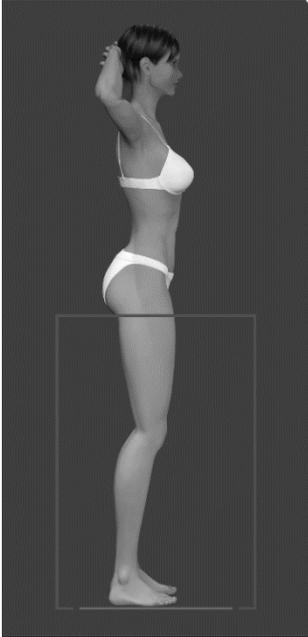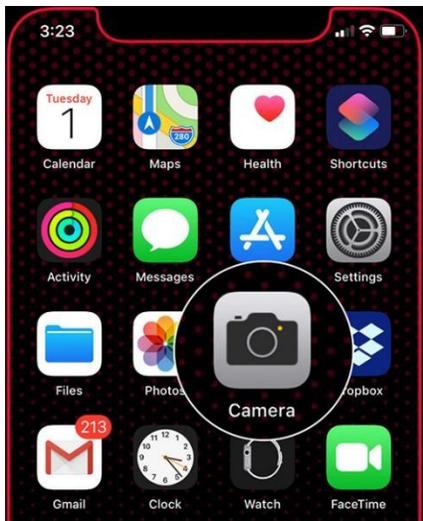1. Frontal Full Body View: 2. Back Full Body View:
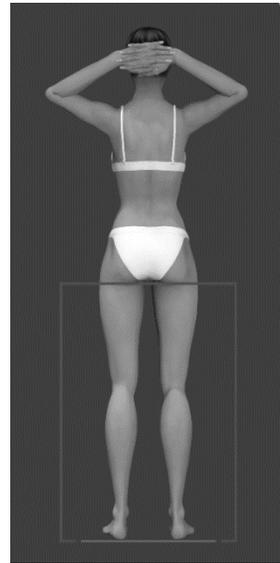
2. Right full Body side view: 3. Left full Body side view:
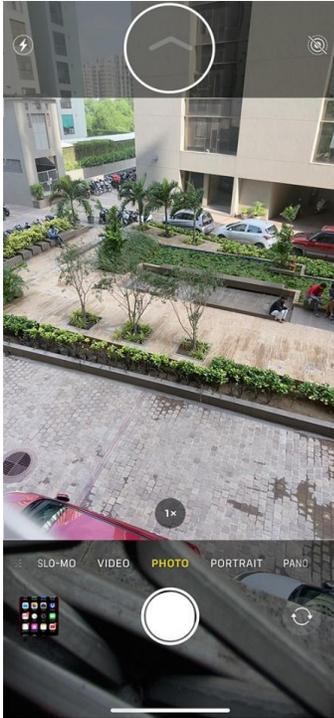
How to Take Timed Photos on iPhone.

Step #1. To start things off, make sure camera lens is clean! Launch the **Camera app** on your iPhone 11 Series device.

Step #2. Now, for the newer Iphones tap on the **tiny upward arrow** at the top center of the screen and press **flip screen icon so that the camera to faces you.** The icon to flip the screen to face you will look
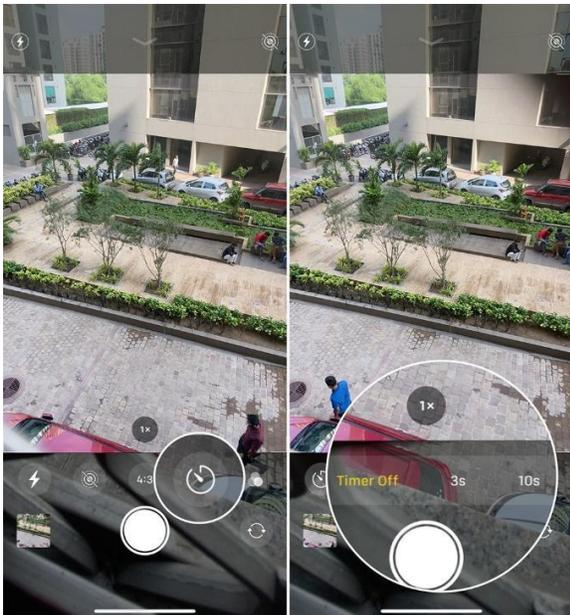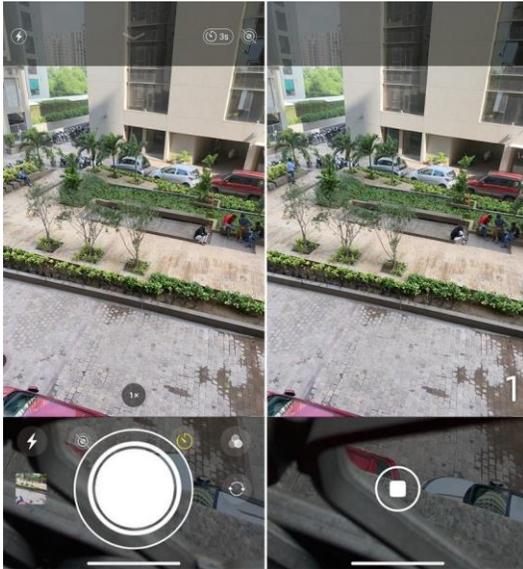
like this

Alternately, you can simply swipe up on the viewfinder to reveal the control toolbar above the shutter button.

NOTE: If you do not have the arrow, **the timer button** will be on the top of the screen! See picture below for image of what the timer button looks like.

Step #3. Find and tap on the **timer icon** to select a **3s or 10s** option.

Step #4. Finally, get ready for the shot and then hit the **shutter button**. The Shutter button is usually in the middle of the screen and is what will actually take the picture.

That's all there is to it!