

A woman with dark hair pulled back, wearing a black strapless dress, is holding a purple lupine flower stem near her face. She is looking upwards and to the left. The background is a dense field of purple lupine flowers, with some in sharp focus and others blurred. The lighting is warm and soft, suggesting late afternoon or early morning.

10 POSES FOR YOUR HANDS

Emily Williams Photography

Pose #1

HANDS IN POCKETS



This is a simple pose that always looks great! I often start with this pose because it's easy for your model to do, and a great way to get into the flow of the photoshoot. Make sure you ask the model to keep their thumbs out.

This is to make sure their hand doesn't look cut off.



Pose #2

PLAY WITH YOUR HAIR



Here's another one of my go-to poses. I usually tell the model to tuck hair behind their ear or twirl the ends of their hair. Get them to repeat that action a few times in a row while you snap away! Doing an action will make them feel less awkward than if it was a stationary pose.



Pose #3

90° AT THE WAIST



This is a simple pose to do instead of having the model's arms hanging by their side. Tell them to bend both arms 90° and bring their hands together in front of their stomach. The angle of their arms will now create dimension and give their body more shape.

Pose #4

HAND TO ELBOW



Have your model keep one arm by their side and grab their elbow or forearm with the other hand.

Pose #5

HAND TO CHIN



Get your model to place one arm across their waist or lean on an object. Have them place the other hand under their chin or put their fingertips to the back of their jaw line.



Pose #6

HOLD AN OBJECT



This is an easy pose and a great way to level up the photo. Add a simple prop that the model can hold.

Pose #7

TWO HANDS UP



This pose is great if the model is leaning up against a wall or if they are in an open space. Tell the model to take a deep breath as they reach their arms up over their head so the pose looks light and airy. Tell the model to keep a slight bend at the elbows and to imagine their arms are floating.

Pose #8

PLAY WITH YOUR CLOTHES



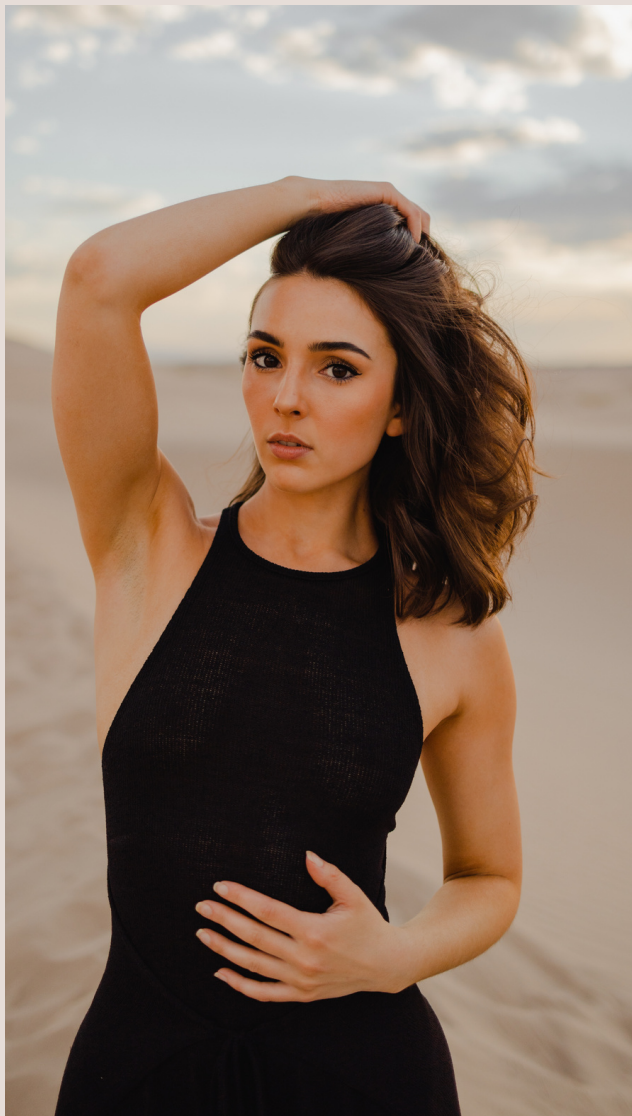
Get the model to place both hands somewhere on their clothing such as adjusting the collar or hood on their jacket.

Pose #9

"S" SHAPE



Creating shapes are a great way to create interesting photos and an easy way to pose the models hands. Have your model place one arm up over their head keeping it slightly bent. Have them place the other somewhere lower on their body also keeping a slight bend at the elbow. This creates two angles on either side of their body in a "s" shape.



Pose #10

COLLARBONE



Place one or two hands
to the collarbone area
or on the chest.

Keeping the hands
close to your body helps
create a soft and simple
photo.

BONUS TIP



Try combining two of the poses from above! For example, have your model place one hand in their pocket and one playing with their hair.



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