

Taking Before and After Photos to Document Your Success

If you've ever gone on a diet and lost weight, chances are you didn't really become aware of how different you looked until someone else pointed it out.

The same concept applies for hair growth. That's why it's so important to track the progress of your LPT treatments and see the great results of your journey. Read the instructions for basic photo set-up (below) and how to achieve clear and consistent photos (following page).

Basic Photo Set-Up

- 1 Use a well lit room
- 2 Natural lighting only
- 3 Use a white, gray or neutral-colored background
- 4 Avoid distracting colors & patterns
- 5 Use the same background in every photo



Taking the Photo

- 6 Hold the camera roughly 18" away from your head (or close enough to capture the entire scalp)
- 7 Angle the lens at a 45° angle from your scalp
- 8 Take the photo

STEP-BY-STEP Before-and-After Photo Best Results



- 1 Clean, dry and style your hair in the same way for each photo session.



- 2 Enlist the help of another as photographer.



- 3 Only use natural lighting.



- 4 Absolutely do not use the camera's flash.



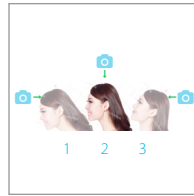
- 5 Set the camera to auto-focus.



- 6 Maintain consistency in positioning, lighting and camera angle for all photos.



- 7 Use the highest magnification and pixel density possible while still maintaining a global view of your head.



- 8 Frontal – lean head forward and shoot from the front.
Vertex – shoot directly from above.
Rear – lean head backward and shoot from the back.



- 9 Check all photos for clarity and focus before concluding the photo session.



- 10 View your progress photos in consistent surroundings and lighting for best interpretation of your results.