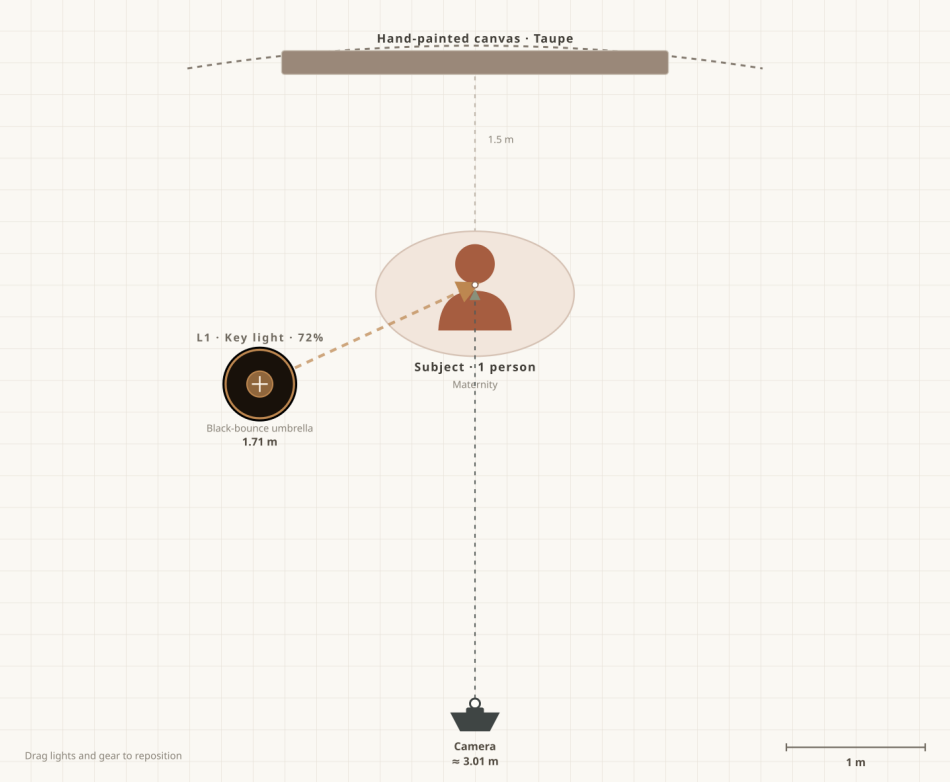
One-light maternity

Maternity · 1 person



On-set sequence

1. Place the key light. Studio monolight · Black-bounce umbrella · 45° left · 72%

2. Control contrast. Check the shadows on the face.

3. Arrange the set. Lights 1 · Set gear 0 · Backdrop distance 1.5 m

4. Take a test shot. f/8 · 1/160 s · ISO 100. Check the light and focus on every subject.

Personal notes

Start with one soft key. Turn the subject slightly toward the umbrella and make a test exposure before adjusting flash power.

Technical references

Session
Maternity

Subjects
1 person

Backdrop
Hand-painted canvas / Taupe

Backdrop distance
1.5 m

Camera to subject (estimate)
301 cm (3.01 m)

Camera to backdrop (estimate)
451 cm (4.51 m)

Lens and framing
35 mm / 23.5 × 15.6 mm / Vertical / Height 200 cm

L1 · Key light
Studio monolight / Black-bounce umbrella / Round / Ø 180 cm / Depth 62 cm / 400 Ws / 72% / 171 cm (1.71 m) from subject

Light direction
45° left

Quick fill preset
No fill

Gown
Chiffon / Ivory

Starting exposure
f/8 / 1/160 s / ISO 100

White balance
Flash / 5400 K