



How to take the photo

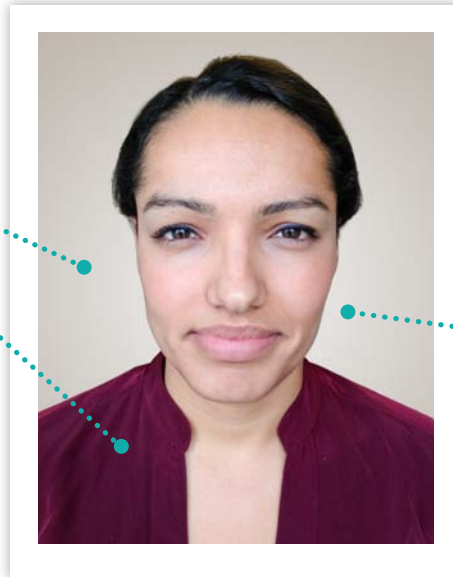
1 Picture needs to be of you alone.

2 Color photography.

3 **Background:** plain white or off-white.

4 **Clothing:** either V-neck or scoop neck. No collars. No patterns. No logos. No hats, glasses, etc. Don't wear white or black tops.

5 **Lighting:** early morning, late afternoon recommended; natural lighting to avoid shadows on your face.



6 **Angle:** head shot only, not full body. Position yourself directly in front of the main source of light. Take one full-face view and one profile view.

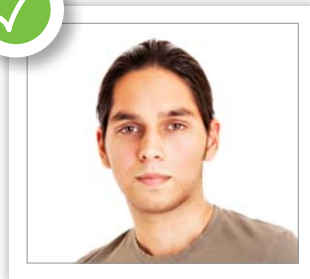
7 **Facial expression:** neutral and pleasant with both eyes open.

8 **Makeup:** tap oil-absorbing powder on your forehead and nose. Women may use mascara, blush and clear lip gloss to look polished but not overly made-up.

9 **Hair:** those with long hair should pull it back in a ponytail.

DO

- **Check your camera settings.** Go to "Image Quality" on your digital camera, select the highest resolution possible and confirm it is set correctly. Find "Image Quality" options by browsing the "Menu" of any digital device.
- **Select size.** If your email application prompts a "select a size" message, select either "Original" or "Actual Size" to avoid compressing or reducing the quality of your photos.
- **Submit** your photos to **HerbalifeSKIN.com** with your name in the subject line.



DON'T

- **Don't import your photos into another application.** Microsoft Word, Powerpoint, Excel, etc., tend to compress or reduce the size of images, which downgrade the quality.
- **Don't send photos downloaded from the Internet.** Images on Facebook, Twitter, Flickr, etc. are not suitable for printing.
- **Don't edit.** Photoshop, Paint or iPhoto may decrease image quality and size.
- **Don't obscure your face** with eyewear, hair, etc.
- **Avoid busy backgrounds** and other people, etc. in photos.

