

# iD5 Solutions - How to Take Better Cell Phone Selfies for AI Cloning and Video Generation

*A simple guide for capturing clean, consistent reference images that work well for avatar creation, face consistency, and realistic AI video prompts.*

**Goal:** Give the AI a clear, accurate view of the person’s face, proportions, skin tone, hair, and features without distortion, blur, harsh shadows, or heavy beauty filters.

## 1) Use the rear camera if possible

- The back camera usually gives better detail than the selfie camera.
- If using the front camera, turn off beauty mode, smoothing, portrait blur, face reshaping, and any filters.
- Wipe the lens before shooting! A slightly dirty lens can make images look soft or hazy.

## 2) Choose the right lighting

- Best option: stand facing a window with soft daylight coming toward your face.
- Second-best option: go outdoors in open shade, such as a porch, garage opening, or the shadow side of a building.
- Avoid overhead lights, direct midday sun, colored lights, and very dark rooms.
- Your whole face should be evenly lit. You want detail in both sides of the face, not one bright side and one dark side.

### Lighting quick check

Good	Avoid
Window light facing you	Bright window behind you
Soft daylight outdoors in shade	Direct sun causing squinting
Neutral room light plus daylight	Strong yellow, blue, or colored lights
Even light across both cheeks and eyes	Harsh shadows under eyes, nose, or chin

## 3) Keep the background simple

- Use a plain wall, clean room, or uncluttered background.
- Avoid mirrors, busy shelves, bright windows, posters, moving people, and strong patterns.
- The subject should stand out clearly from the background.

## 4) Hold the phone at the right distance and angle

- Do not hold the phone too close to your face. Close-up selfies can distort the nose, forehead, jaw, and cheeks.

- A good rule is to keep the camera about 2 to 4 feet away and zoom slightly if needed.
- Keep the phone roughly at eye level for the main front-facing shot.
- Do not tilt the phone sharply up or down unless you are intentionally taking extra angle references.

## 5) Capture the essential angles

- Take at least these: straight-on front view, left 45-degree view, right 45-degree view, left profile, right profile.
- Also take one relaxed smiling shot and one neutral-expression shot.
- Keep your head position natural and consistent between shots.

### Minimum photo set to collect

Shot	Expression	Notes
Front view	Neutral	Eyes open, mouth relaxed, camera at eye level
Front view	Light smile	Natural smile, no teeth strain
Left 45°	Neutral	Turn only the head slightly
Right 45°	Neutral	Match the opposite side
Left profile	Neutral	Full side of face visible
Right profile	Neutral	Full side of face visible
Upper body	Neutral	Helpful for body proportions and posture
Full body	Neutral	Helpful for wardrobe or avatar consistency

## 6) Keep expression, grooming, and styling realistic

- Use your normal everyday appearance unless the clone specifically needs a branded or polished look.
- Do not use sunglasses, hats, heavy face-obscuring hair, or masks for the main reference shots.
- If you normally wear glasses and want the clone to include them, take one set with glasses and one without.
- Avoid dramatic makeup, extreme contouring, or temporary looks unless that exact style is part of the intended final output.

## 7) Wear simple clothing

- Solid colors work best.
- Avoid tiny stripes, loud logos, reflective fabrics, and complex patterns.
- For face cloning only, clothing matters less. For talking-avatar or full-body video work, clothing consistency matters more.

## 8) Use the phone settings that preserve detail

- Use the highest photo quality available.
- Turn off beauty enhancements, slimming effects, skin smoothing, and AI camera effects.
- If your camera app offers portrait mode, use normal photo mode for the main set. Portrait blur can hide important edge detail.
- Do not over-edit after shooting. No heavy sharpening, beauty retouching, filters, or background removal.

## Most common mistakes that hurt cloning quality

- Only providing one selfie
- Using filtered social media photos
- Taking pictures too close to the face
- Bad lighting or strong shadows
- Blurry images or motion blur
- Different hairstyles in every photo
- Busy backgrounds and mirror shots
- Sending screenshots instead of original photos

## Fast shooting checklist

- Clean the lens
- Stand facing soft daylight
- Use a plain background
- Turn off filters and beauty mode
- Keep camera 2 to 4 feet away
- Take front, 45-degree, and profile shots
- Take neutral and light-smile versions
- Send the original photos, not compressed screenshots

## Best file handoff for AI video work

- Send 8 to 15 original photos if possible.
- Include a mix of close face framing, upper-body framing, and at least one full-body image if body consistency matters.
- Name files clearly if needed, such as front, left45, right45, profile-left, profile-right, smile, neutral.
- If the final clone must match a specific hairstyle, beard length, makeup look, or wardrobe, include a clean reference set showing that exact version.

*Tip: consistency beats quantity. A smaller set of sharp, evenly lit, natural-looking photos usually performs better than a large set of random selfies.*