

# Loop Lighting

1. Loop lighting is when the shadow from the subjects nose is cast down on their cheek at about a 45° angle. It is used for portraits because it generally is flattering for the subject and it highlights their bon facial structure.
2. To set up loop lighting there is generally one light shining on the subject from a 45° angle above the subject, this should create the light at around their eye level.

## Links

- <https://digital-photography-school.com/6-portrait-lighting-patterns-every-photographer-should-know/>
- <https://www.slrlounge.com/glossary/loop-lighting-definition/>
- <https://westcottu.com/loop-lighting-tips>

## Notes

- “Loop lighting is a portrait lighting pattern where the subject is lit from about 45 degrees in front of them and above. This creates a nose shadow that 'loops' down at an angle onto their cheek. It is a slightly directional lighting pattern - the light is not flat, but the face is still mostly illuminated.”
- “ Just play with the angles, by changing the placement of the reflector you can change the lighting pattern. For Loop lighting it will need to be somewhere around 30-45 degrees from the camera. It also needs to be slightly above their eye level so the shadow or loop of their nose angles down towards the corner of the mouth”