REALISTIC PORTRAIT PROMPT TEMPLATE

Making AI Faces Look Human

THE PROBLEM

Default AI faces look:

- Plastic, airbrushed
- Perfectly symmetrical
- Obviously fake
- "Uncanny valley"

We want faces that look:

- Textured, real
- Naturally imperfect
- Photographed, not rendered
- Human

THE FIX: IMPERFECTION LANGUAGE

AI defaults to "perfect" because prompts ask for:

- Beautiful
- Flawless
- Perfect
- Stunning

Instead, ask for reality:

- Natural skin texture
- Visible pores
- Subtle asymmetry
- Real lighting with actual shadows

THE REALISTIC PORTRAIT TEMPLATE

```
[Emotional quality] portrait. [Photography style], [lighting setup].

Subject: [age/type] with [natural features]. [Pose/expression].

Realism requirements:
- Visible skin texture and natural pores
- Subtle facial asymmetry
- [Specific lighting with real shadows]
- Authentic expression (not posed/fake smile)
- Natural hair texture with slight imperfections
- Catch lights in eyes that reflect environment
```

```
Avoid: Airbrushed, perfect, flawless, smooth skin, symmetrical, porcelain.

Technical: [Camera specs], [lens], [ratio].
```

PORTRAIT PROMPTS BY TYPE

Natural Beauty Portrait

```
Intimate natural beauty portrait. Soft window light from camera left, creating gentle
shadows.

Woman in early 30s, warm brown skin, natural texture visible, slight freckles on
cheeks. Looking directly at camera with calm, confident expression.

Realism requirements:
- Visible skin texture and natural pores
- Subtle undereye circles (realistic, not dark)
- Natural lip texture, not glossy
- Eyebrow hairs with natural direction
- Real shadows under cheekbones
- Subtle asymmetry in eyes

Avoid: Perfect, flawless, porcelain skin, airbrushed, beauty filter.

Shot on 85mm lens, f/2.0, 3:4 ratio. Focus on authenticity over perfection.
```

Professional Headshot

```
Confident professional headshot. Studio lighting with soft fill, slight rim light for
separation.

Man in 40s, clean-shaven, slight gray at temples. Genuine, approachable expression -
not forced smile.

Realism requirements:
- Natural skin texture, visible pores
- Subtle laugh lines (age-appropriate)
- Real hair texture, slight imperfection
- Authentic eye contact
- Natural lip color variation
- Slight five o'clock shadow texture

Avoid: Overly polished, perfect, corporate stock look.

Shot on 100mm lens, clean neutral background, 4:5 ratio.
```

Lifestyle/Candid Portrait

```
Candid moment portrait. Natural light in coffee shop setting, soft but directional.

Young woman late 20s, caught mid-laugh. Natural makeup, hair slightly messy from the
day.

Realism requirements:
- Genuine expression with asymmetric smile
- Visible skin texture in motion
- Natural under-eye area (not concealed)
- Real teeth (slight imperfections OK)
- Hair catching light naturally
- Environmental reflections in eyes

Avoid: Posed, perfect, staged, stock photo smile.

Documentary style, 35mm lens, 3:4 ratio.
```

Editorial Beauty Close-Up

```
Editorial beauty close-up. Dramatic side lighting, high fashion aesthetic.

Subject: Striking face, focus on texture and form. Bold, confident energy.

Realism requirements:
- Extreme detail in skin texture
- Visible pores, especially on nose
- Natural lip texture and slight dryness
- Real eyebrow texture with individual hairs
- Subtle imperfections that add character
- Complex shadows showing facial structure

Avoid: Retouched, smooth, airbrushed, perfect.

Macro detail level, 100mm lens, 1:1 ratio.
```

REALISM CHECKLIST

Before generating, include at least 5 of these:

Skin

- ☐ Visible pores
- ☐ Natural texture
- ☐ Subtle color variation
- ☐ Age-appropriate lines/features
- ☐ No airbrushing

Features

- ☐ Subtle asymmetry

- [ ] Natural eyebrow texture
- [ ] Real lip texture (not glossy unless specified)
- [ ] Catch lights in eyes
- [ ] Natural tooth appearance

Hair

- [ ] Individual strand visibility
- [ ] Slight flyaways
- [ ] Natural shine (not plastic)
- [ ] Real roots/texture

Lighting

- [ ] Defined shadows
- [ ] Soft shadow falloff
- [ ] Realistic environmental reflection
- [ ] Natural highlight behavior

NEGATIVE PROMPT WORDS

Always include in ChatGPT: "Avoid: [these words]"

Words that create fake-looking faces:

- Perfect
- Flawless
- Smooth skin
- Porcelain
- Airbrushed
- Beauty filter
- Symmetrical
- Plastic
- Doll-like
- Retouched

Words that create realistic faces:

- Natural
- Textured
- Authentic
- Real
- Genuine
- Visible pores
- Imperfect
- Documentary
- Candid
- Lived-in

LIGHTING FOR REALISM

Best for Realism

- **Window light:** Natural falloff, believable shadows
- **Soft diffused:** Gentle but still directional
- **Golden hour:** Forgiving, natural warmth
- **Practical lighting:** Real-world light sources

Creates Fake Look

- **Flat beauty lighting:** Too even, no shadows
- **Ring light:** Artificial catch light pattern
- **Over-diffused:** Loses dimension
- **No shadows:** Face looks flat/rendered

QUICK REFERENCE

Good Prompt Structure

```
[Mood] portrait. [Natural lighting type].

[Subject description with authentic details].

Realism: natural skin texture, visible pores, subtle asymmetry, genuine expression,
[lighting-specific shadows].

Avoid: perfect, flawless, airbrushed, porcelain.

Technical: [specs].
```

The 3 Rules

1. **Ask for texture:** Pores, skin, hair
2. **Ask for asymmetry:** Eyes, smile, features
3. **Ask for real shadows:** Defined but soft

This template is from LOOPWORKER. For more resources, follow @loopworker.