**How to Transform the Body in Photoshop**

**Shaping the Body**

Altering a model’s body proportions is a very controversial topic. In today’s episode, we show you some techniques to get a great transformed body without pushing it too far.

Although tucking the stomach in usually comes to mind first, there are many other helping tricks for shaping bodies in Photoshop. Generally, you are going for increased height in the body. Lengthening the legs and the neck is a great subtle way to do this.

**Puppet Warp**

Duplicate the background layer and go to **Edit -> Puppet Warp.** With this tool, you can create anchor points for the areas that you would like to stay in place. For this image we create points on her hips and then on the outsides of her feet. Then, we can pull the feet down a little and stretch only the legs out.

You can use puppet warp for stretching the neck as well. Put points around her head so that it doesn’t move, and one on each shoulder. Then lift the head up to lengthen the neck.

At last, tummy slimming! We use the same puppet technique for this as well. Be careful not to over over-exaggerate this transformation.

**Liquify**

On a duplicate of your top layer, go to **Filter -> Liquify**. We use the Forward Warp Tool which can be found at the top left of the dialogue, and allows you to push and pull the image. Use this tool to bring in her arms and hips a bit.

Lähde: <http://phlearn.com/transform-body-photoshop>

Video: https://www.youtube.com/watch?v=CsERz-mCtiU