



Use video effects during FaceTime calls on Mac

During a FaceTime video call, you can use video effects on compatible Macs to focus the attention on you or your reactions.

Appears when you're in a FaceTime call.



















Lists available video effects for the selected camera.

[Open FaceTime for me](#)


Add reactions with hand gestures

With macOS Sonoma, you can add reactions—visual effects you use during a video call to express how you feel. Reactions are available in FaceTime when you use a Mac with [Apple silicon](#), or when [using your iPhone as a webcam](#).

Choose any of the following reactions:

| Reaction | Gesture | Icon |
|-------------|---|---|
| Hearts |  |  |
| Thumbs up |  |  |
| Thumbs down |  |  |
| Balloons |  |  |
| Rain |  |  |
| Confetti |  |  |
| Laser |  |  |
| Fireworks |  |  |



Note: When using gestures, hold your hands away from your face, and pause for a moment to activate the effect.



To add a reaction without using a gesture, click the Video button  in the [menu bar](#), click the arrow > next to Reactions, then choose an option. (If you don't see the arrow, click Reactions to turn on the feature.)

To turn off reactions, click the Video button  in the [menu bar](#), then click Reactions.

Blur your background with Portrait mode

With macOS 12 or later and a Mac with [Apple silicon](#), you can turn on Portrait mode to automatically blur the background and put the visual focus on you. Portrait mode is also available while [using your iPhone as a webcam](#).



In the FaceTime app  on your Mac during a video call, click the Video button  in the [menu bar](#), then select Portrait.


 **Tip:** To adjust the amount of background blur, click the arrow  next to Portrait and use the slider.

To turn Portrait mode off, click the Video button  in the [menu bar](#), then deselect Portrait.

Turn Center Stage on or off

Center Stage keeps you, and anyone with you, centered in the frame as you move around during a video call. With macOS 12.3 or later, you can use Center Stage when you have an Apple Studio Display connected to your Mac. With macOS 13 or later, you can also enable Center Stage while [using your iPhone as a webcam](#).



In the FaceTime app  on your Mac during a video call, click the Video button  in the [menu bar](#), then select Center Stage.

When using an iPhone 11 or newer as a webcam, you can click the arrow  and choose Main to keep yourself centered in the frame in a smaller field of view, or choose Ultra Wide to move further around the room. To adjust the camera frame, use the controls to zoom in and out, or pan left and right. To automatically place yourself in the center of the frame, choose Recenter.

To turn Center Stage off, click the Video button  in the [menu bar](#), then turn off Center Stage.

Zoom, pan, or recenter



When [using your iPhone as a webcam](#), you can control the camera by zooming in, panning left or right, or recentering the frame.



In the FaceTime app  on your Mac during a video call, click the Video button  in the [menu bar](#), turn off Center Stage, then do any of the following:

- *Zoom:* Depending on your iPhone model, you can toggle between 0.5x and 1x to quickly zoom in or out. For a more precise zoom, touch and hold the zoom controls, then drag the slider right or left.
 - *Pan:* Click in the preview and drag your cursor to adjust what you're showing in your video.
 - *Recenter:* Click the Recenter button to automatically detect your face and frame you in the center.
 - *Reset the framing:* Click the 0.5x or 1x button in the preview.
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Use Studio Light

With macOS Sonoma and a Mac with [Apple silicon](#), you can use Studio Light to dim the background and illuminate your face. With macOS 13 or later, you can also enable Studio Light while [using your iPhone as a webcam](#).


In the FaceTime app  on your Mac during a video call, click the Video button  in the [menu bar](#), then select Studio Light.


 **Tip:** To adjust the amount of light, click the arrow  next to Studio Light and use the slider.


To turn Studio Light off, click the Video button  in the [menu bar](#), then deselect Studio Light.


Use Desk View

When you [use your iPhone as a webcam](#) with macOS 13 or later, you can use Desk View to appear on screen while showing what's on your desk.

1. In the FaceTime app  on your Mac during a video call, click the Desk View button in the upper-right corner of the window.
2. Use the Desk View setup window to align your desk with the rear-facing camera on your iPhone. To zoom in or out, drag the onscreen control at the bottom of the window.
3. Click Share Desk View.

To stop sharing Desk View, switch to the Desk View window and choose Desk View > Quit. You can also click the screen-sharing button  in the Desk View window, then choose Stop Sharing.

To pause video during a FaceTime call, click the Mute Video button . Your camera is temporarily turned off, but everyone in the call can still hear each other talk. To turn the camera back on, click the button again.

Note: If you click the yellow minimize button  at the top of the FaceTime window, the camera stays on, but video may be paused.

See also

[Make and receive FaceTime video calls on Mac](#)

[Share your screen in FaceTime on Mac](#)

[Use Presenter Overlay during video conferencing](#)

[Choose a camera or microphone for FaceTime calls on Mac](#)