

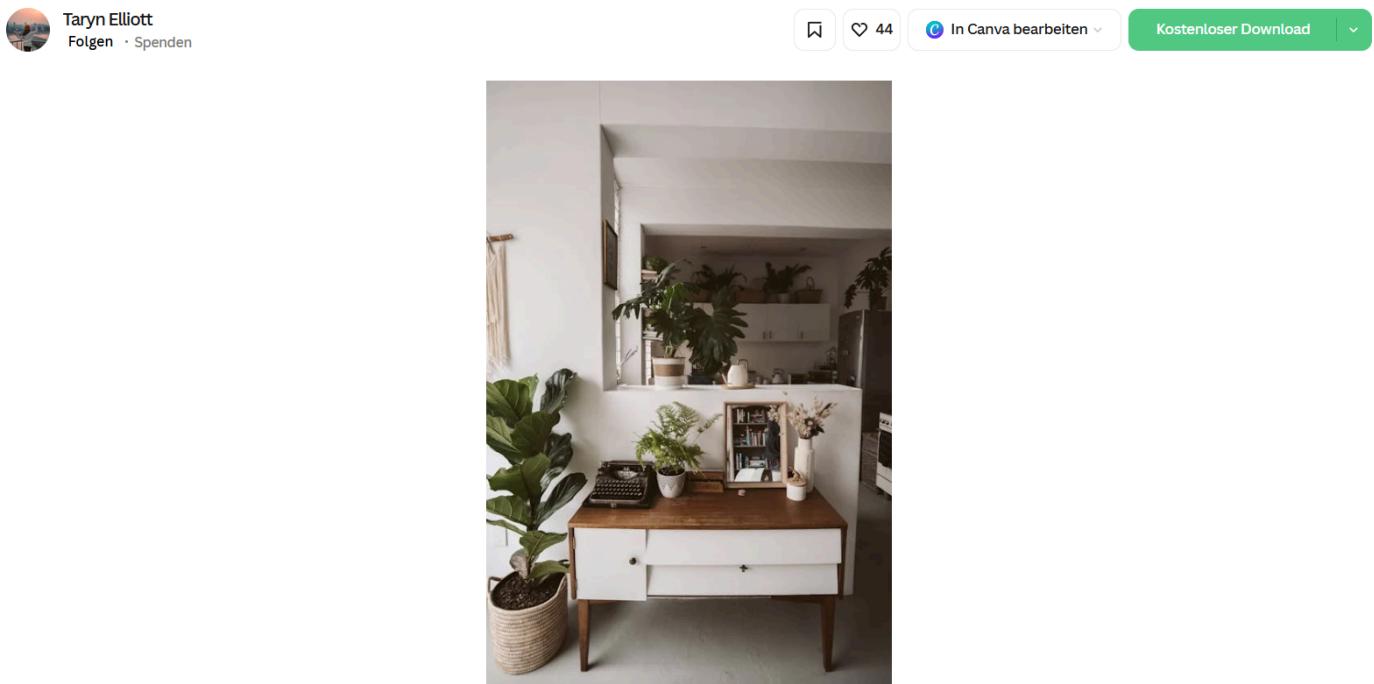
A1) Choose the *right* stock sources (2–3 min)

- Open Pexels or Unsplash in your browser. A lot of "regular" people (not only professionals) upload their photos there too, so the images often look more authentic and naturally match Pinterest's aesthetic better.
- Because the search functions on these platforms aren't always very precise, I usually use broader terms - something close to the keyword, but not too specific.

For example, instead of '*fall living room decor*', just search for '*living room*' or '*living room decor*'.

This helps me find images with the right vibe, and the platform then suggests more like them.

For instance, I came across this image - it's portrait-oriented and totally matches the Pinterest aesthetic. Underneath, I found lots of similar ones, and I always like to visit the creator's profile to see if they've got more great, relevant content.



- Pro tip: If you find creators with a great vibe and a lot of great content - follow them. It makes it easy to find new great images in your niche (especially if they're focused in the same niche as you are).

What to look for (keep this checklist next to you):

- Soft, natural light (no hard studio light)
- Slight texture/grain, small imperfections (creases, uneven shadows, real-life micro-mess)
- Compositions that feel attainable, not staged for an ad
- Clean, natural aesthetic - as if it were taken on an iPhone or "aesthetic" filter

A2) Download your picks (1–2 min)

- On Pexels/Unsplash, download vertical-friendly images if available (saves cropping later).

A3) Convert to Pinterest's preferred size (1080×1920) in bulk (2–5 min)

- Go to [Birme](https://v1.birme.net/) (simple free resizer - <https://v1.birme.net/>) → set 1080×1920 (9:16) → drag & drop your images → export in one go.

The screenshot shows the Birme website interface. At the top left is the B.I.R.M.E logo. To its right is a yellow banner with the text "Bulk Image Resizing Made Easy BIRME V2 is out. Try it now!". Below the banner, a descriptive text explains that BIRME is a flexible and easy-to-use batch image resizer that can resize images in bulk to any specific dimensions and crop them proportionately if necessary. It's an online tool that doesn't require download or installation. A "144 Shares" counter is followed by social sharing icons for Facebook, X (formerly Twitter), LinkedIn, Reddit, and a green share icon. The main interface features a large central area for "DRAG AND DROP FILES HERE". Below this area are two buttons: "BROWSE FOR FILES" and "CLEAR ALL". To the right of the file upload area is a configuration panel with the following settings:

- Resize and crop to dimensions:
Width: 1080 px Height: 1920 px
- No auto-sizing Auto-height Auto-width
- Crop align: X: Center Y: Center
- Resize by percentage: 100 %
- Border thickness: 0 px
- JPG quality setting: 100 %

That's the optimal pin format for Pinterest.

A4) Batch “make it look human” + metadata clean with XnConvert (5–8 min)

Give stock images that Pinterest’s native feel *and* strip metadata.

A6) Batch “make it look human” + metadata clean with XnConvert (5–8 min)

1. Install & open XnConvert. Click Input → Add folder and select your resized images.

2. Go to Actions and create a one-time recipe:

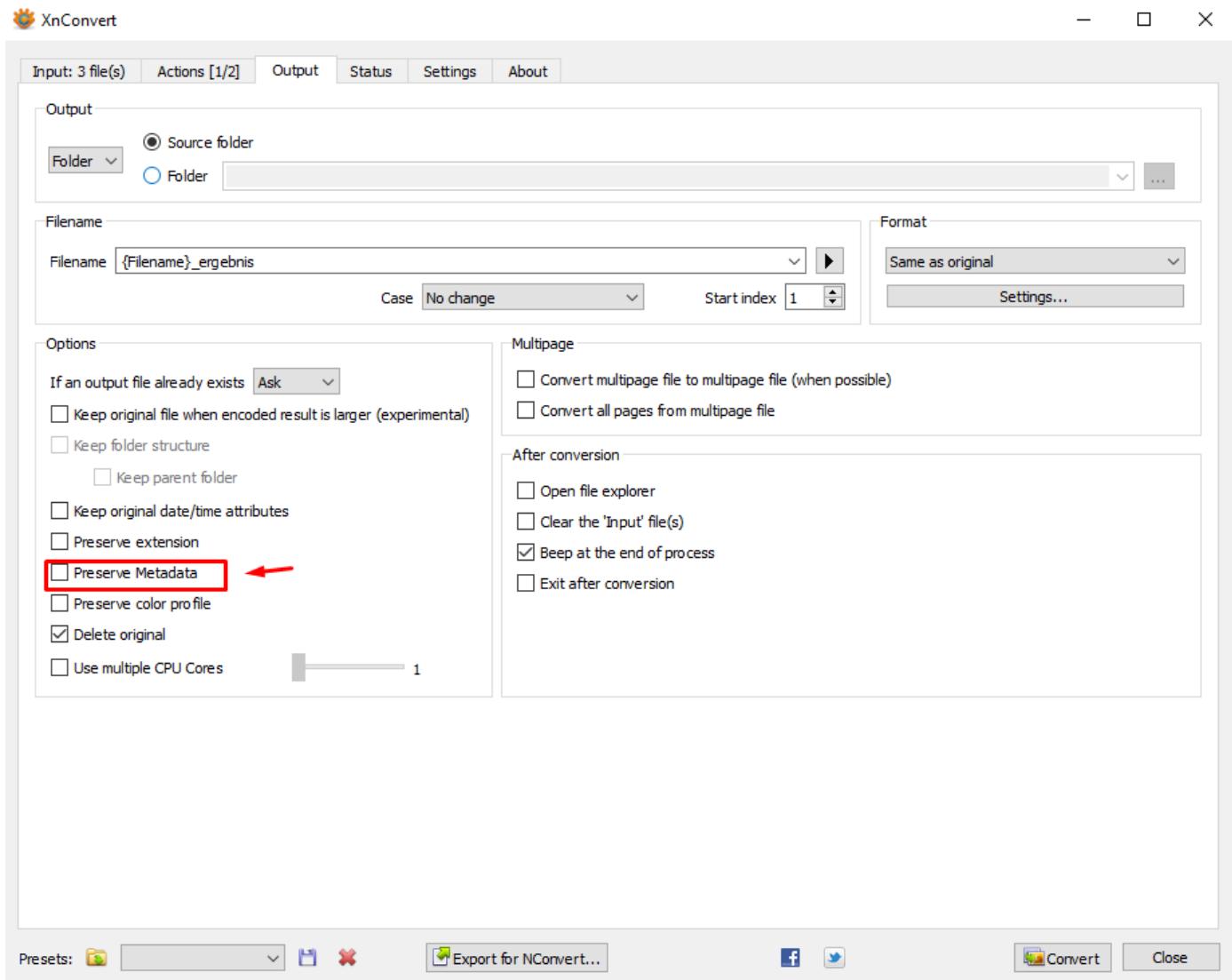
- Brightness/Contrast first (very small adjustments).
- Add slight grain / texture (subtle noise or texture layer; tiny amounts).
- Optional: Light vignette (very subtle).
- Optional: Text overlay (if this pin will be title-driven).

(Brightness first, then overlays - so your text isn't washed out by later edits.)

These edits make your pins look even more human and much more optimized.

Feel free to play around and set up a few templates in XnConvert. We've now got several ready for different niches and styles - so we just drop in the images, and it automatically generates all the text overlays for us.

3. Go to Output and uncheck “Preserve metadata.” Click Convert → Yes.
(Removes embedded info; you keep your images lean and consistent.)



A7) (Optional) Sync to Google Drive → ready for upload (1–2 min)

- Install Google Drive for Desktop and organize all your pins there.

You now have Pinterest-ready pins from stock images: vertical, human-looking, lightly textured, optionally titled, cleanly named, organized for upload.

PART B - INSTAGRAM IMAGES → PINTEREST-READY (Step by Step)

Upfront note: This route can work great for authentic, human aesthetics - but it's gray-hat. You must credit creators, and there's copyright risk. You recommend trying AI first (more efficient); if using IG, proceed carefully, ask permissions when possible, and build small creator networks for ongoing use.

B1) Prepare your IG sourcing account (3–5 min)

- Create a fresh IG account used only to follow creators in your niche. This trains your Home feed for relevant finds.
- Use niche hashtags to discover more creators (e.g., #c, #slowfashionoutfits, #minimaldesk).

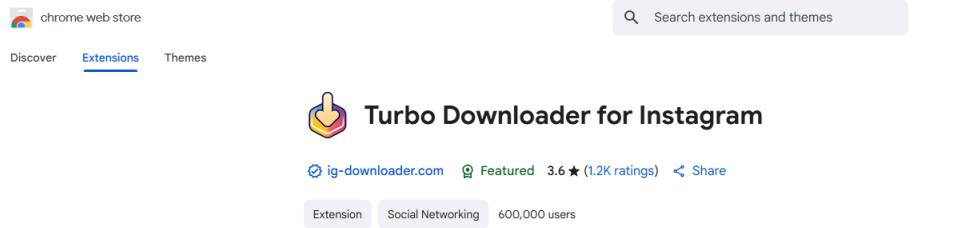
#	Hashtag	Post Count
#	#cozykitchen	105 Tsd. Beiträge
#	#cozykitchen_гончарная	100+ Beiträge
#	#cozykitchentales	1000+ Beiträge
#	#cozykitchenvibes	1000+ Beiträge
#	#cozykitchens	1000+ Beiträge

B2) Find save-worthy images

Use the exact same visual checklist as for stock images (soft light, slight grain, attainable look, phone-style). Download images that match the Pinterest inspo vibe.

B3) Download images (1–3 min)

- Use your preferred Chrome extension to download images from posts.
 - Single image: open it, then click the extension.
 - Carousel: the extension can download all slides in one click.
- I like to use this one: <https://chromewebstore.google.com/detail/turbo-downloader-for-inst/cpgaheeihidjmolbaklolchdpljenai?hl=en&pli=1>



B4) Credit + permission (important)

- In your pin description, add “Credits: @CreatorName” or “Owner: @CreatorName”.
- If you plan to use many images from the same creator, ask for permission and consider a simple ongoing shout-for-use deal (10 creators is a great “network sweet spot”).

B5) Convert to 1080×1920 (2–5 min)

- If images aren't vertical, batch-resize/crop to 1080×1920 with Birme (drag & drop, export). (*Same sizing logic as stock.*)

B6) Use XnConvert (5–8 min)

- Something I also really like to do here is add text overlays.

With XnConvert, you can even include the creator's name in a small text box directly on the Pin itself - which can save you some time, since you can then leave it out of the description if you want.

A small tip: the bigger and more noticeable your text overlay is, the less important the background image becomes. Of course, that doesn't fully protect you in case a creator dislikes their image being used, but for example, slightly lowering the brightness can help reduce that risk a bit.