

AI Prompt Tips for Photo Touch Ups

Nursing-Focused Touch-Up Prompts

- 1. Clinical-realism polish:** “Apply natural retouching suitable for a healthcare professional: even skin tone, reduce shine, soften under-eye shadows, keep pores and texture visible. Maintain a warm, approachable expression.”
- 2. Shift-friendly lighting:** “Brighten the lighting to create a well-rested, alert look without altering my facial structure. Add soft highlights to the eyes for a compassionate, attentive feel.”
- 3. Hair + mask-line correction:** “Reduce marks from masks on the face, tidy flyaways, and smooth hair naturally while preserving my real hairstyle.”

Background Prompts for Nurses

- 1. Hospital hallway (soft blur):** “Replace the background with a softly blurred hospital hallway with bright, clean lighting. Keep the subject well-lit and professional.”
- 2. Clinic or patient-care room:** “Replace the background with a modern clinic environment, softly blurred, with neutral medical tones.”
- 3. Neutral healthcare gradient:** “Replace the background with a smooth gradient in medical blues or teals for a clean, trustworthy healthcare look.”

Brand-Aligned Prompts for Nurses

- 1. Compassionate caregiver:** “Enhance warmth in the lighting, soften shadows, and use a light, calming background to convey empathy and approachability.”
- 2. Clinical expert:** “Increase clarity and contrast slightly, use a cool-toned background, and sharpen details to convey precision and competence.”
- 3. Leadership / charge nurse:** “Add confident lighting, a darker gradient background, and subtle contrast to create a strong, authoritative presence.”

Fun/Creative Prompts for Nurses

- 1. Medical-themed artistic portrait:** “Create a soft watercolor or sketch-style background with faint medical icons (stethoscope, heartbeat line) while keeping the face photorealistic.”
- 2. Night-shift aesthetic:** “Apply a cinematic, cool-toned color grade with soft highlights to mimic night-shift lighting while keeping the portrait flattering.”
- 3. Scrubs-as-fashion editorial:** “Give the image a magazine-style color grade with crisp lighting and a clean studio background, highlighting the scrubs as a stylish uniform.”

Touch-Up / Polishing Prompts (Natural + Professional)

These keep you looking like *you*, just refined.

- 1. Ultra-natural retouch:** “Make subtle, natural retouching: even skin tone, reduce shine, soften under-eye shadows, remove temporary blemishes, keep pores and texture visible. Preserve my facial structure and identity.”
- 2. Corporate-ready polish:** “Apply light professional retouching suitable for a corporate headshot: smooth skin slightly, brighten eyes, whiten teeth minimally, reduce flyaway hairs, adjust lighting for a clean, well-lit look.”
- 3. Color + lighting correction:** “Correct color balance, improve contrast, and add soft, flattering lighting without altering my facial features. Keep the image realistic and professional.”
- 4. Wardrobe cleanup:** “Remove lint, wrinkles, and dust from clothing. Sharpen edges and improve fabric texture while keeping it natural.”

Background Replacement Prompts (Professional)

These are great for LinkedIn, company websites, or speaking engagements.

- 1. Clean studio background:** “Replace the background with a soft, neutral studio backdrop (light gray or off-white). Add subtle depth-of-field blur.”
- 2. Modern office setting:** “Replace the background with a modern, bright office environment with soft blur. Keep lighting consistent with the subject.”
- 3. Outdoor but professional:** “Replace the background with a softly blurred outdoor cityscape with natural daylight. Keep colors muted and professional.”
- 4. Gradient tech-style backdrop:** “Replace the background with a smooth gradient (navy to deep teal) for a polished, tech-industry look.”

Brand-Building / Personality-Forward Prompts

These help if you want your headshot to match your personal brand.

- 1. Warm + approachable:** “Enhance lighting to be warm and inviting, soften shadows, and use a light neutral background to create an approachable, friendly tone.”
- 2. Bold + confident:** “Increase contrast slightly, add crisp lighting, and use a dark gradient background for a strong, confident look.”
- 3. Creative professional:** “Use a soft pastel gradient background and gentle color grading to create a modern, creative professional vibe.”