

## Creating More Realistic Avatars

**Most people think realism comes from better AI tools – but in reality, it comes from better prompting!**

Tiny wording changes can completely transform how human a face looks, how skin reacts to light, and whether an image feels like a real photo or obvious AI. The cheat-sheet below shows you the small but powerful phrases that consistently push AI models toward **true photographic realism**, especially when generating people.

Use these as your foundation whenever you want faces, skin, and environments to feel like they were captured with a real camera – not generated by a computer.

Adding even minor changes to your prompts can make a massive difference. If you are struggling to get the outcome you want, try adding some from this cheat-sheet to help you out!

THE BEST MODEL FOR REALISTIC AVATARS IS **NANOBANANA PRO!**



① CORE PHOTOREALISM TRIGGERS (MOST IMPORTANT)

Always include at least 2–3 of these:

- photorealistic
- ultra-realistic
- real-world photography
- cinematic realism
- lifelike details
- natural imperfections
- true-to-life textures
- realistic skin / materials / surfaces

✓ Example:

"ultra-realistic cinematic photography with natural imperfections"

This is your base to let the AI know that you want the outcome to be as realistic as possible, if you aren't specific, the program has to guess, which you don't want.

② CAMERA & LENS WORDS (THIS MAKES OR BREAKS REALISM)

These words tell the AI this is a photo and not a fake image.

### Camera Language

- DSLR photography
- mirrorless camera
- cinematic film still
- documentary-style photography
- street photography
- studio portrait photography

### Lens & Optics

- 35mm lens (most natural realism)
- 50mm lens (human eye look)
- 85mm portrait lens (faces)
- shallow depth of field
- natural bokeh
- realistic focal length

✓ Example:

"shot on a 35mm lens, shallow depth of field, natural bokeh"

REMEMBER: ChatGPT can help you to craft your prompts! Send it your photo, and ask "this doesn't look real enough to me, can we add some more detail to the prompt?"

### ③ LIGHTING WORDS

Avoid fantasy lighting. Use real-world lighting terms:

- natural light
- soft window light
- golden hour sunlight
- overcast daylight
- practical lighting
- studio softbox lighting
- subtle rim light
- realistic shadows

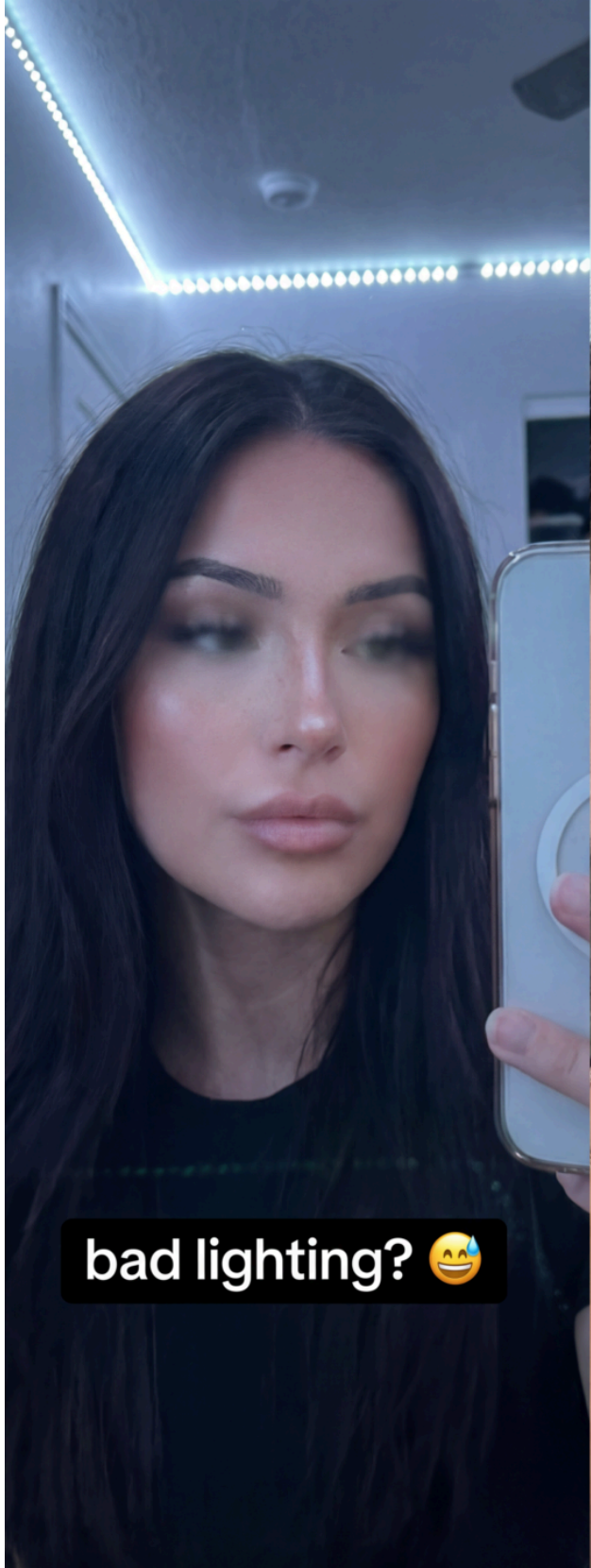
✗ Avoid: neon glow, magical light, fantasy lighting (unless intentional)

✓ Example:

"soft natural daylight with realistic shadows"

Natural daylight is probably my most used phrase when prompting for realism. Daylight highlights all of the imperfections we have and creates an image that is how we see the world every day.

✓ Example: Both are AI generated, but one looks insanely real.



bad lighting? 😓



natural light ✨  
real skin

#### ④ TEXTURE & DETAIL WORDS (IMPORTANT)

These prevent the plastic AI look even further:

- high-detail textures
- realistic surface detail
- visible pores
- fabric grain
- skin micro-details
- dust, scratches, wear
- slight imperfections
- tactile materials

✓ Example:

"visible skin pores, natural fabric grain, slight imperfections."

Imperfections is the big one! Unless you tell it not to, AI sometimes loves to make skin perfect and plastic, adding the small imperfections adds a level of realism that makes your avatars next level.

Then once you pair this with natural lighting etc, the whole image transforms.

#### ⑤ COLOR & TONE CONTROL (REALISM = RESTRAINT)

Use controlled, photographic color language:

- natural color grading
- muted tones
- earthy color palette
- cinematic color balance
- realistic contrast
- soft highlights, deep shadows

✗ Avoid: hyper-saturated, neon, cartoon colors

#### ⑥ COMPOSITION WORDS (think like a photographer)

These subtly push realism:

- rule of thirds
- eye-level shot
- candid moment
- unstaged composition
- natural framing
- foreground / background separation

#### 7 GRAIN & IMAGE QUALITY (THE FINAL 10%)

These make more cinematic images feel captured instead of AI generated:

- subtle film grain
- cinematic grain
- high dynamic range (HDR, used lightly)
- sharp focus
- clean but not overly polished

#### 8 NEGATIVE WORDS (CRITICAL)

Not getting the result you want? Add negatives to your prompts to protect realism:


Negative Prompt Essentials


- No cartoon style
- No CGI
- No 3D render
- No game engine
- No plastic skin
- No unrealistic lighting
- No text, logo, watermark

You'll end up with something like this:


"Ultra-realistic cinematic photography of a female model, shot on a 35mm lens, natural day time lighting, realistic shadows, shallow depth of field, true-to-life textures, visible imperfections, subtle film grain, natural color grading"

Then you just need to add the context of what you want.


Once you've got your basic prompt, like I mentioned before, ask ChatGPT to transform it into something better - "make this prompt way more detailed" 

Ultra-realistic, true-to-life cinematic photography of a female model captured as if shot on a full-frame professional DSLR with a 35mm prime lens at f/1.8, using natural midday sunlight filtered through the atmosphere, creating physically-accurate soft highlights and deep realistic shadows. The image exhibits authentic optical depth of field with natural lens falloff, subtle background bokeh, and gentle edge softness, while the main subject remains razor-sharp. Surfaces show real-world micro-texture including skin pores, fabric weave, dust, fingerprints, smudges, scratches, and slight wear — nothing looks airbrushed or artificially clean. Lighting behaves realistically with light wrap, bounce light, and soft ambient occlusion, producing dimensional depth and grounded presence. Color grading is neutral and photographic with true whites, natural skin tones, and slight warm daylight bias, avoiding oversaturation or artificial HDR. There is fine cinematic film grain and sensor noise in the shadows, preserving organic realism. Highlights roll off smoothly with no clipping, and blacks retain detail instead of crushing. The image looks like a high-end still frame from a real cinematic camera, not an illustration, render, or digital painting — it should be visually indistinguishable from real life photography. 



Ultra-realistic close-up selfie of a beautiful woman sitting on her bed, soft natural morning light through sheer curtains, phone held at arm's length, natural skin texture with faint freckles, light eye bags, glossy lips, messy hair tied loosely, white oversized t-shirt, cozy bedroom blurred behind her, raw iPhone selfie look, no makeup filter, UGC TikTok aesthetic, hyper-realistic skin pores and hair strands, 8K photorealism, no cartoon, no fantasy, no plastic skin, unstaged composition, skin micro-details 




Ultra-realistic, close-up front-facing smartphone selfie of a beautiful young woman standing in a modern, softly lit bathroom, captured as if filmed on a real iPhone Pro front camera in 8K resolution. She is holding her phone slightly angled in front of her face, partially obscuring it in a natural, casual influencer pose, with her fingers and phone edges visible in the frame. The lighting comes from warm white LED strips and ceiling lights, creating soft facial highlights, realistic skin shine, and gentle light bloom in the mirror. Her skin shows real-world micro-detail including pores, faint blemishes, subtle redness, and natural oiliness – nothing airbrushed or plasticky. Her lips are slightly glossy with realistic light reflections and texture. She is wearing a loose, casual hoodie with visible fabric fibers, folds, and natural wrinkles. The mirror shows authentic reflections, slight glare, and depth, with soft background blur from shallow depth of field. The overall look is raw, unfiltered UGC influencer style, like a real bathroom mirror selfie posted to TikTok or Instagram Stories, with natural phone camera sharpness, slight digital noise, and zero artificial beauty retouching – it should look indistinguishable from a real photo taken by a real person. 



Ultra-realistic, cinematic beauty UGC portrait of a young woman sitting on a soft, beige sofa in a bright, modern apartment living room, holding a pink lipstick in her hand and presenting it toward the camera in a natural influencer product-demo pose. She is framed from the waist up, facing forward, making direct eye contact with the camera with a calm, confident, slightly conversational expression, as if speaking to her audience. Her hair is wet and slicked back naturally, with realistic strands clumping together and subtle shine from moisture. Her skin shows true-to-life texture including pores, faint freckles, slight redness, and natural glow – no heavy makeup, no airbrushing. Her lips have a soft, natural sheen and realistic texture.

She is wearing a simple black strapless top, with visible fabric tension and folds, and minimal gold jewelry including hoop earrings and rings that catch the light with soft metallic reflections. The lipstick is held delicately between her fingers, with her other hand posed underneath it in a classic beauty-influencer product framing gesture, showing natural fingernails, skin creases, and subtle hand imperfections.

The environment is a warm, cozy, high-end apartment living room with cream-colored cushions, textured fabric throws, and large windows behind her. Soft natural daylight streams through the windows, creating gentle highlights on her face, realistic shadow falloff, and warm ambient bounce light across the room. The background is slightly out of focus with shallow depth of field, producing natural bokeh and giving the subject strong separation from the environment.

The image is captured as if shot on a real full-frame camera with a 35mm lens at a wide aperture, producing authentic optical depth, slight edge softness, and crisp focus on the subject's eyes and the lipstick. Color grading is neutral and photographic with warm daylight tones, realistic skin colors, and no artificial HDR or oversaturation. Fine film grain and subtle sensor noise are present in the shadows, giving the image an organic, cinematic feel. 



Hope this helps. If you create any realistic avatars like this be sure to show us all! 🚀