

Controlled Fashion Lighting on a Bright Background

THE LOOK

A clean, vibrant fashion setup using **two lights** to create a well-defined subject against a bright orange background. The key is controlled light — keeping the subject bright while preventing the key from washing out the backdrop.



KEY LIGHT

Modifier: Octa with Grid

Position: Camera Left, slightly in front of the model

The octa is used as the main light for the subject. The **grid keeps the light controlled and directional**, preventing unnecessary spill onto the bright background.

Because the backdrop is already bright, uncontrolled spill from the key could make it too bright and reduce the visual impact of the subject.

The goal here is simple:

Light the model, not the background.

The octa also gives a soft quality of light while maintaining enough direction to create shape and dimension on the face and body.



SEPARATION + BACKGROUND LIGHT

Modifier: Strip Light

Position: Camera Right, behind the model

The strip light performs **two jobs at the same time**.

First, it adds a subtle amount of light to the background, giving it more depth and variation.

Second, because it is positioned behind the model, it creates separation around the subject and helps prevent her from blending into the background.

This is a good example of using one light for multiple purposes rather than adding unnecessary lights.



WHY THIS SETUP WORKS

The setup is built around **control and separation**.

The gridded octa gives us the primary exposure and shapes the model, while the strip light works from behind to add depth and separation.

The orange and blue colour combination already provides strong visual contrast, so the lighting doesn't need to be complicated.

2 lights. Clear jobs. Controlled result.



CAMERA SETTINGS

Camera: Canon R6 Mark II

Lens: 24–105mm f/4

Shutter: 1/160 sec

Aperture: f/9

ISO: 200

These settings are the starting point for this particular setup and can be adjusted according to the light output, distance and desired exposure.



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SetMyLight
by Siddology

vylightz.com

LIGHTING FORMULA

Gridded Octa → Shape the subject

Strip Light → Background + Separation

Grid → Control spill

Bright Background → Colour + Contrast

KEY TAKEAWAY

You don't always need more lights to make an image more interesting.

Control where the light goes, give every light a purpose, and let the styling and colour do the rest.

