

Top Down Octa for Full-Body Soft Light

This is a very clean **full-body fashion setup** built around one large overhead octa and two passive reflectors. The key here isn't just the size of the octa — it's **where the model is positioned relative to the light**.



Light 1 — Key Light

Position: Directly above and slightly in front of the model, angled downward

Modifier: Large Octabox

The large octa is positioned high and angled down toward the model. The model is placed **slightly behind the front edge of the octa's light spread**, allowing the light to feather across the body rather than hitting the subject with the centre/hottest part of the source.

This gives you:

- Soft facial light
- Smooth falloff across the body
- Controlled highlights
- Enough coverage for full-body frames
- A clean, commercial fashion look

The important technique here is **feathering**. Instead of pointing the centre of the octa directly at the model, you use the softer edge of the beam to create more even illumination.



Fill — Camera Left + Camera Right

Modifiers: 2 × White Thermocol Reflectors

Two white thermocol reflectors are placed on either side of the model.

Their job is simple: **bounce the key light back into the shadows.**

Because they're white rather than silver, the fill stays soft and natural. This prevents the shadow side of the face, torso and legs from becoming too dark while retaining enough dimensionality.



Why This Setup Works

The beauty of this setup is that you can get a very polished fashion look without adding multiple lights.

Large octa → soft, broad key light

Top-down angle → creates natural shaping across the face and body

Feathering → spreads the light more evenly

White thermocols → open up the shadows from both sides

The real technique to pay attention to here is **light placement, not equipment count**.

A common mistake is to place the model directly under the centre of the octa and point it straight at them. That can give you uneven exposure and less control over the falloff.

Instead, **position the model within the feathered portion of the source**.



Camera Settings

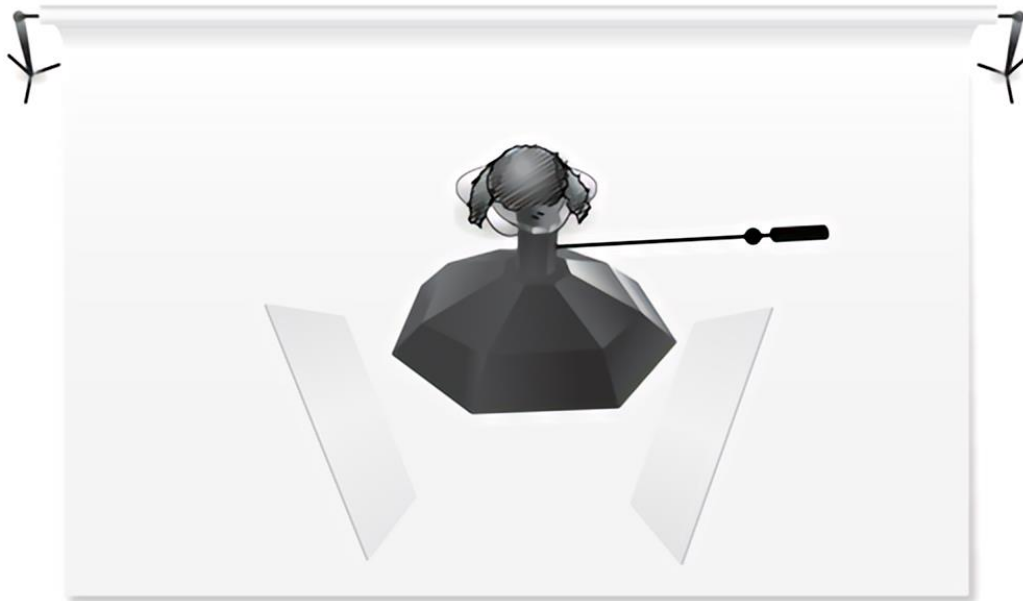
Camera: Canon R6 Mark II

Lens: 24–105mm f/4

Shutter: 1/160 sec

Aperture: f/9

ISO: 100



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