Frequency Separation Retouching

Frequency separation, separates the texture onto one layer, and puts the tones, shadows, and the colors on another layer so you can just work on the texture and the tones independently.

1. Import images from your camera using Adobe Lightroom
2. Choose your photo and do some light editing in the Develop module:
   a. Hold Option to Set the Black and White points, then raise Shadows a bit.
   b. Set White Balance: use the white balance tool click on the white or gray background or the whites of the eye.
   c. Raise the Vibrance a little to gently increase saturation.
3. From Lightroom: Right click on photo > Edit In > Edit in Adobe Photoshop
4. In Photoshop: Press Command + J to make a copy of the original Background Layer.
   a. Name the new Layer: SKIN RETOUCH
5. **Retouch Skin**: remove major blemishes on all skin that’s showing:
   a. To Zoom in close (hold the Z key and drag on the image), and press the space bar to get the Hand Tool, then click-hold and drag to move around the image.
   b. *Use the Healing Brush Tool (hold Option and click) to remove smaller blemishes and wrinkles and the Patch Tool to fix larger areas. In the Options bar, click Aligned
   c. Use the smallest brush size possible, only a little bigger than each blemish.
   d. When using the Patch Tool, be careful to match the skin texture on each area of the face, and be careful to avoid a blotchy look.
6. **If needed, Remove little red veins from eyes**:
   a. Zoom in really close to the eyes and use a tiny brush size with the Spot Healing Brush Tool and/or the Patch Tool to remove the little veins.
7. Press **Command + J** two times to make two copies of the skin retouch layer

8. Rename skin retouch copy 2, Texture

9. Rename skin retouch copy, Blur

10. Turn off visibility of Texture layer

11. Select Blur layer
   a. Go to Filter > Blur > Gaussian Blur
   b. Add about a 13 pixel blur

12. Turn on visibility and select the Texture layer
   a. Go to Image > Apply Image
   b. In the dialog box’ layer menu choose Blur
   c. Change Blend mode to Subtract
   d. Set Scale: 2 and Offset: 128
   e. Press OK

13. Change Blend Mode of Texture layer to Linear Light

14. Shift click to select the Texture and Blur layers,
   a. Press Command + G to put them into a group
   b. Rename the group Frequency Sep
15. Open the group and select the Blur layer
   a. Choose the Lasso Tool and set the Feather to 50 px
   b. Select a large area of the face and apply a 25px Gaussian blur to smooth color and tone.
   c. Continue to select areas and press Command + F to apply the same blur
   d. This will even the color and tone in each area you select.
   e. Do this for all of the skin that is showing: face, arms, chest, legs, etc...

16. Next: select the Texture layer
   a. Choose the Clone Stamp tool
   b. In the Options bar choose Sample: Current Layer
   c. Then hold Option and Clone away any unwanted blemishes

17. Then lower the Opacity of the Frequency Separation group to blend in with the original skin retouch layer

18. Look at the photo zoomed in and zoomed out in order to make sure the skin looks smooth and natural

19. Eyes: Add Contrast to make the natural color of the Eyes a little lighter and Stand Out
   a. Add a Levels Adjustment Layer
   b. Brighten the Mid-Tones and the Whites (move the Whites slider to the left)
   c. Fill Mask with Black and zoom in on the eyes
d. Use the Brush Tool at about 90% hardness, Click on the Mask, and paint White over the Iris

e. Adjust the Levels to brighten and add contrast and richness to the eyes

20. **Sharpen Eyes, Teeth, and Hair**

a. Make a new Layer Comp by pressing SHIFT+OPTION+COMMAND + E

b. Name it: **Sharpen**

c. Go to Filter > Sharpen > Unsharpen Mask

d. Amount 140%, Radius 1.5, Threshold 3

e. Hold Option and add a Layer Mask to hide the effect

f. Click on the Mask and paint white to show the sharpening on eyes, mouth, and hair.

g. *Lower the Opacity* of the Layer to make it look more natural.

21. **Add Eye Color, Lips, Hair Color, Makeup, etc...**

a. Add a Hue/Saturation Layer, name it: Eyes, fill Mask with Black, paint eyes with white and adjust to taste. *Lower the Layer Opacity* if needed

b. Using a Hue/Saturation Layer, you can choose Colorize and change the color of the eyes and to also add makeup. *Lower the Layer Opacity* if needed

c. Add another Hue Saturation Layer, name it: Lips,

22. Optional: You can add more Hue/Saturation Layers to add more color or makeup.

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