Lighting Workshop

Exploring Lighting Skin Tones
25th Nov 2025

Workshop Schedule - 25th November

Morning - Skin tone and lighting tests/exploration

- Explore how lighting different skin tones are changes at different exposures (IRE Values)
- Test how using filtration affects the camera's image and Its effect on skin
- Test how different skin tones react to light quality and light placement
- Explore how different skin tones react to bold colour/mixed white balances on camera

Afternoon - Shoot a sequence

- Light and film a short sequence using a dolly and track

Output of the session - to gain a series of visual assets to improve my delivery of teaching and learning lighting all people at UAL.

Workshop Values

- Ask respectful questions
- Facilitate each others learning
- Be kind and compassionate: Active Listening, Supportive responding
- Use hand up/Chat for questions

This is a safe environment which is open to all

Setting Exposure for S-log

When exposing you images in **S-log** you need to know the **correct exposure values** for your **colour space**. You must know what **colour space you are viewing on screen** when taking these measurements.

The camera manufacturer will have this information on their website

The exposure values for **Slog 3**:

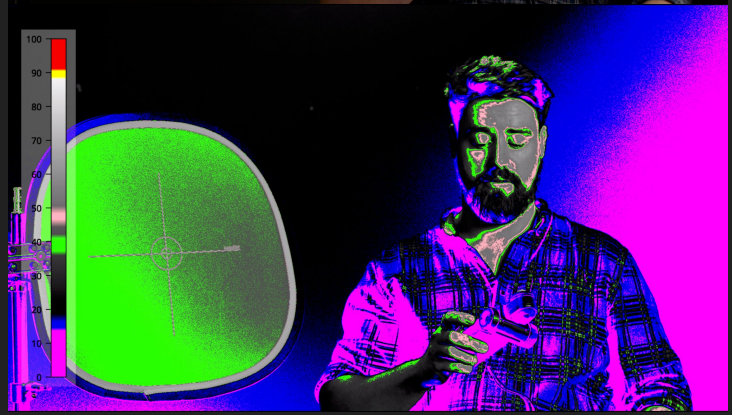
Middle Grey - 41%

Average skin tones - 48% - 52%

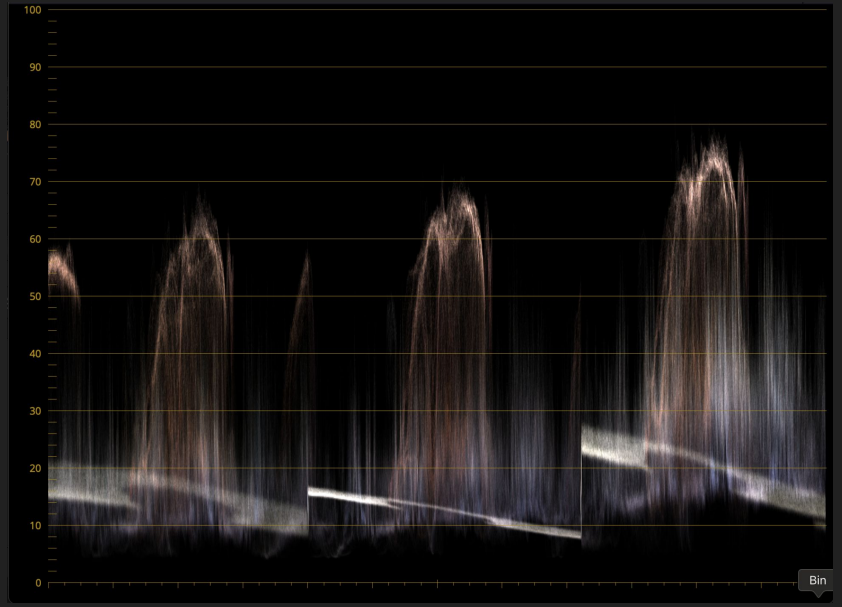
White Card - 61%

	Middle Grey	Average Skin Tones	90% Reflectivity white card (add 2-3% for white paper).
S-Log3	41%	48-52%	61%
s709	44-45%	57-62%	77-78%
709(800)	45-46%	65-70%	89%

Example Lighting Test



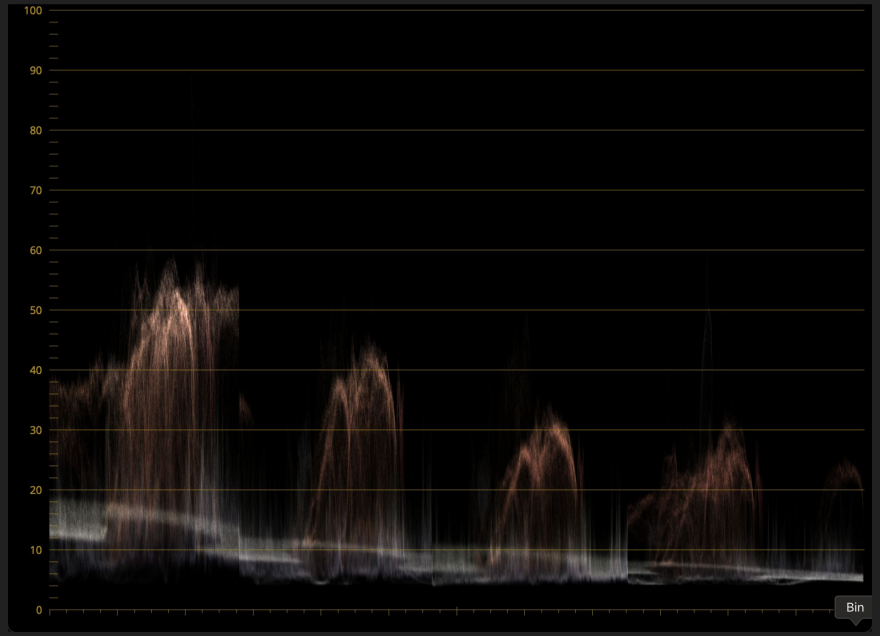
Example IRE Test



60-65% 65-70% 70 - 75%

Camera Settings - Alexa Mini LF - T.4.0 - 50mm

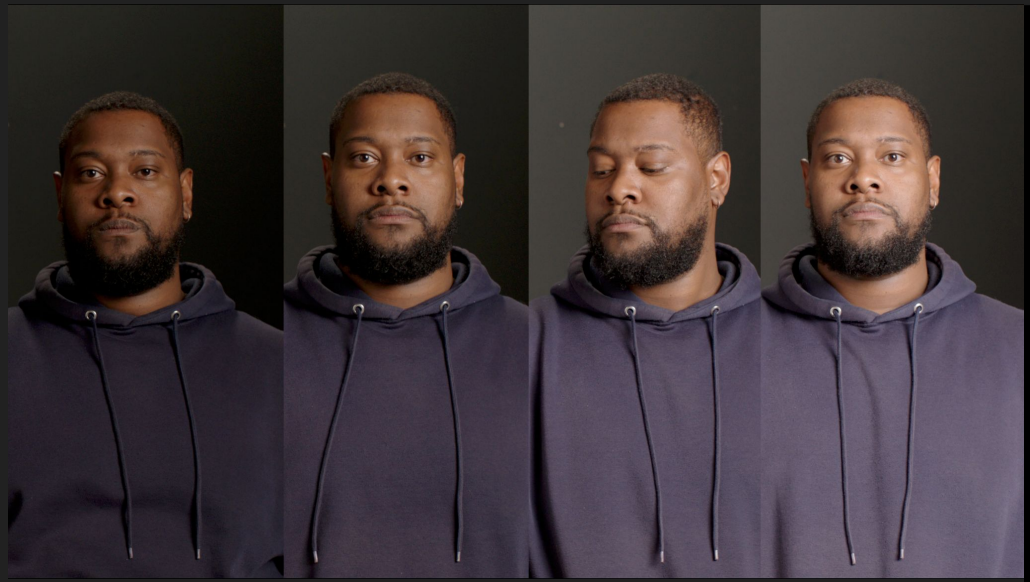
Example IRE Test

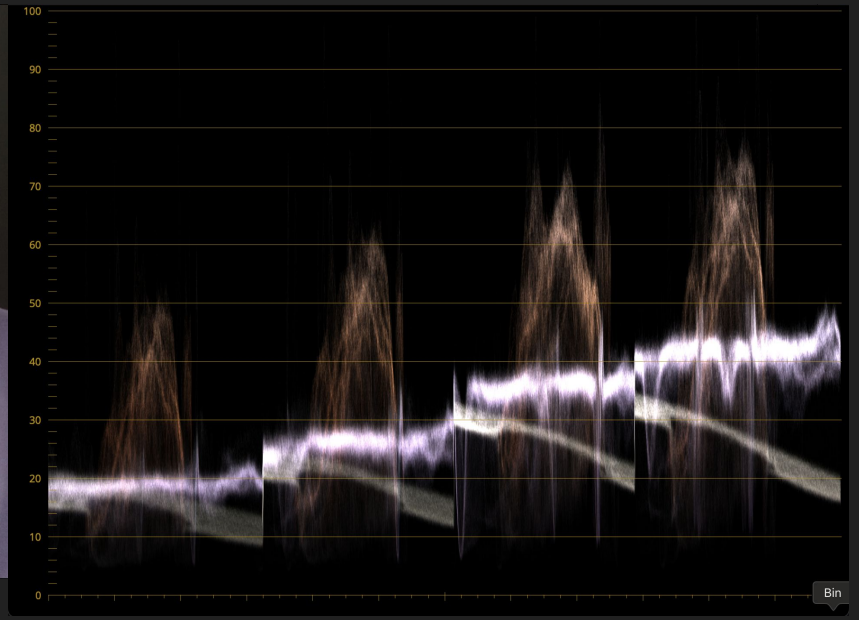


50 - 55% 40- 45% 25-30% 20-30%

Camera Settings - Alexa Mini LF - T.4.0 - 50mm

Example IRE Test

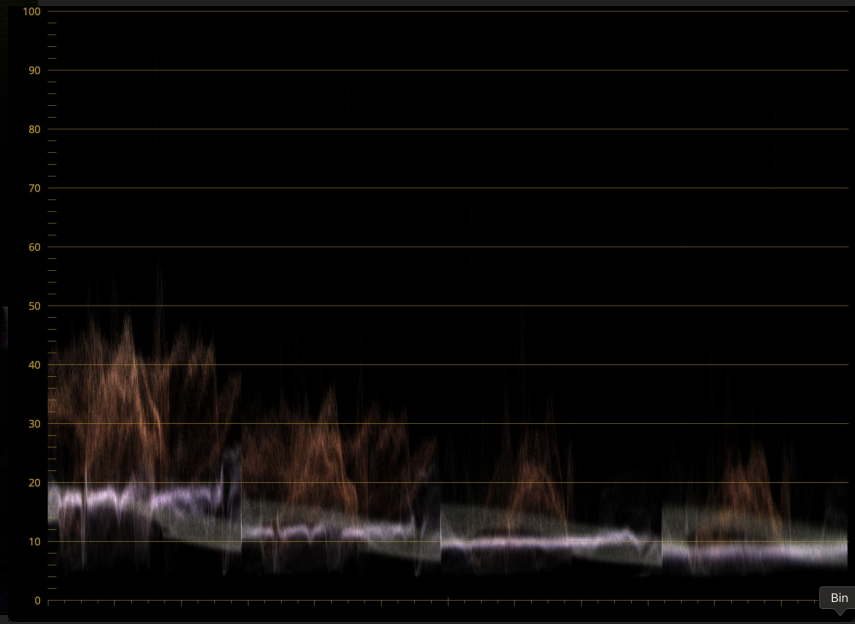




45-50% 50-60% 60-70% 70-75%

Camera Settings - Alexa Mini LF - T.4.0 - 50mm

Example IRE Test



40-45% 30-35% 25-30% 20-25%

Camera Settings - Alexa Mini LF - T.4.0 - 50mm

Example IRE Test - Adjusted (Not using RAW data)

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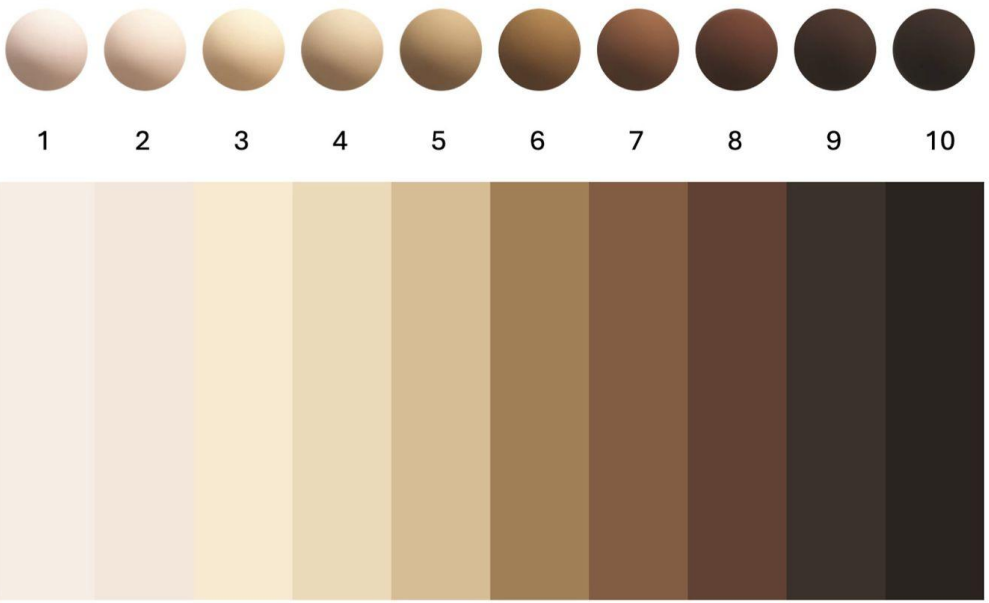
The Monk Skin Tone Scale



Monk Skin Tone Scale Orbs and Swatches

- MST is used to visually classify human skin tone across 10 categories.
- For printed use, color-accurate printing is recommended.
- The scale should be held near the target site (e.g., face, hand) for comparison.
- Matching can be done using orbs or rectangles; the chosen format should be documented.
- Optional punched holes can assist in isolating the skin area for tone matching.
- The closest matching category is recorded for use in research or documentation.

Test 1 - Testing IRE Levels

For this test I want you to use the key light provided and your spot meter/false colour to work with your partner to test out different lighting levels.

Step 1 - Pick where you think you fit on the Monk Scale

Step 2 - Try out lighting your subject at different luminosities

Step 3 - Record 3 different test shots at different IRE values

Each contributor has a mirror as a reference tool. While you are being recorded, note down which value you think best represents your skin tone, where do you feel the monitored image looks the most natural.

Test 2 - Filters

Test 2 - Testing Polarization and Softening Filters

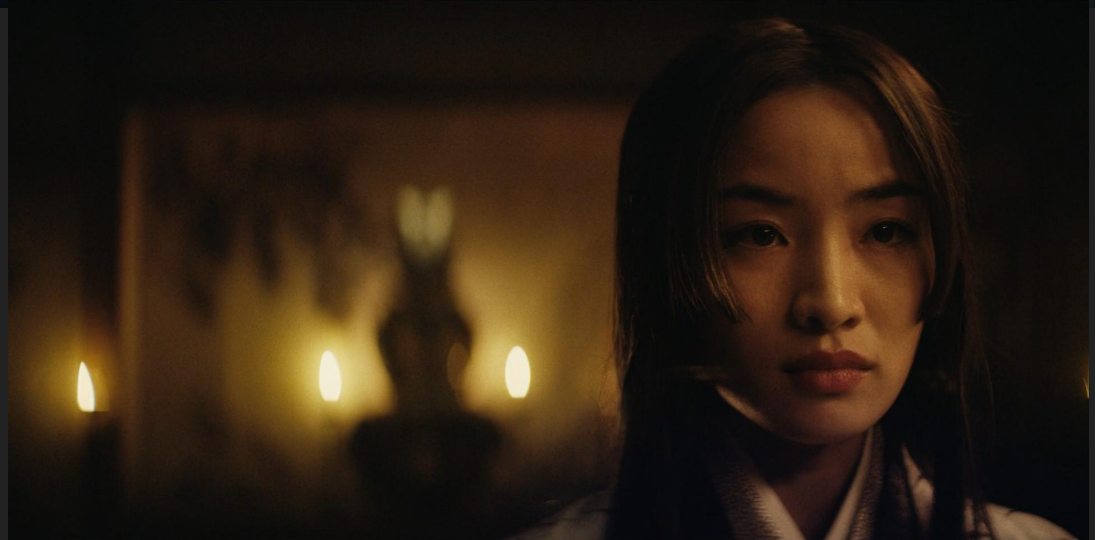
For this test I want you to explore using different types of filtration and to see how your image is affected on camera. There are two different types of filters available to you, polarizing filters and softening filters

Step 1 - Pick where you think you fit on the Monk Scale

Step 2 - Test your polarizing filter to see how this affects the look of your contributors skin

Step 3 - Test your different softening filters to see how this affects your images

Test 3 - Lighting position and quality



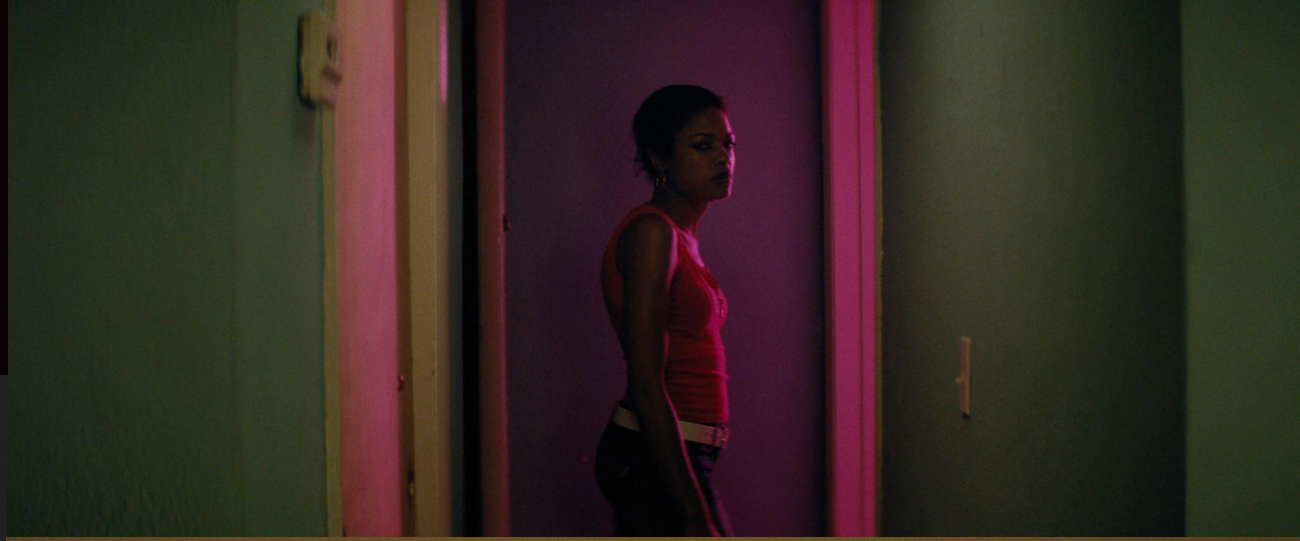
Test 3 - Lighting position and quality

For this test I want you to explore using different quality of light on your subject. This is an opportunity to experiment with position, direction and quality of light.

Step 1 - Pick an exposure value to light your subject at

Step 2 - See how your subject looks using different types of lighting modification (Gold/silver/ reflectors, bounced book light, hard direct lighting)

Step 3 - Test how light reacts at different positions and with different levels of Key/fill light (different contrast ratios)



Test 4 - Bold Colour Examples

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Test 4 - Bold Colour

For this test I want you to explore using different coloured light sources on your subject. Use a mix of RGB lighting and Gels available to you.

Step 1 - Pick an exposure value to light your subject at (use light or spot meter)

Step 2 - Try out different bold colour combinations and see how this reacts to contributors skin tone

Step 3 - Experiment by bringing in different white balances/colour combinations

Student Feedback Form

https://forms.gle/cXzEAhtBEsdzWeRs6