

FLASH IN MACRO PHOTOGRAPHY

BLUEPRINT

In macro photography, getting enough light on your subject can be challenging. Because of this, it's good to have a macro flash. A portable (and affordable!) flash like a speedlite can improve your macro photography a lot!



The best light for macro photography depends on your subject and preferences - you can experiment with both natural and artificial light! Even though you can use any flash for this genre of photography, a macro ring flash that attaches to your lens provides even and natural-looking light.

The main benefit of using flash is that it allows you to get more light onto your subject and use an adequate aperture such as f/9 or f/11.



Examples of using flash
macro photographs

1 RING FLASH

A ring flash is a wonderful choice for macro lighting. It's different from speedlites because it fits around the lens. This allows the light to spread out evenly around your subject.



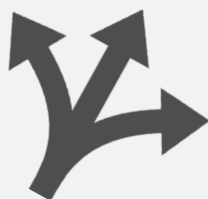
This soft, diffused look is suitable for many lighting scenarios in macro photography. Some ring lights supply a constant source of light instead of a flash, which makes them even easier to work with. If you're seriously interested in macro photography, investing in a good quality macro flash ring is well worth it.

TIP:

Check out popular ring lights such as Neewer R-160, Yongnuo YN-14EX and Canon Macro MR-14EX II.

2 LIGHTING DIRECTION

The direction of light in macro photography matters as much as the quality of light.



It's very important that you understand how your choice of lighting position affects your results. For instance, front lighting can be rather flat and lack dimension, while backlighting can emphasize textures and shapes. Side lighting is usually a good choice no matter what you shoot.

TIP:

You can have a lot of control over the direction of light with a speedlight mounted to a stand. With a ring flash, you usually can't experiment that much.

THE ESSENTIALS 3 LIGHT MODIFIERS

The right light modifier can do wonders for your macro flash photography, especially if you use a speedlite.



Modifiers help you shape and direct the light. In general, soft lighting is the best for macro photography. A softbox that you can attach to your speedlite will help spread the light out. You can also use domes, flash brackets, and light spheres.

TIP:

If you're on a budget, you can make a DIY flash diffuser. All you need is a white piece of paper or a white translucent fabric like shower curtains.