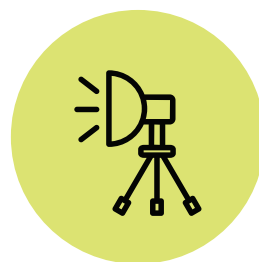# Social Media Tips

Social Media Tips:

1. Remove Distractions
Unnecessary extra space, random items and objects, or overly "busy" backgrounds distract from the central focus and make photos less interesting (bags or purses on the ground, trash cans or cars included, the side of another building in the frame, and so on). Do not zoom in, as zooming in makes the photo blurry and pixelated.

2. Lighting
Photos with poor lighting are poor quality. Move to an area with adequate lighting whenever possible. Camera flash creates unnatural lighting and extra shadows, so use it only when necessary. Make sure that everyone's face is well lit, without shadows from trees hats, and more.

3. Make It Personal
An intimate photo is a captivating photo. People want to see something that makes them feel, so get close! Capture natural emotion. Pose less and go for candid shots.

4. Tag Us
If you choose to post about your project on your personal social media accounts—make sure to tag @doterrahhf on Instagram and @doterrahealinghandsfoundation on Facebook.

5. Use Hashtags
Be sure to use doTERRA Healing Hands Foundation hashtags so that we can find your images! Some hashtags to use include #engageingood, #doterracares, #dhhftogether, and #dhhf.

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