

“Us Magazine” featured Patti’s comments about the pros and cons of Star poses in the May 20, 2002 issue.

**faces & places**

# Star Pose Pros & Cons

**W**HY IS IT THAT SOME STARS ALWAYS LOOK picture-perfect and others seem to strike the oddest poses? You would think after all those say-cheese moments, they'd get it 100 percent right. They should take notes from one pose pro who takes the prize at every angle — **Penelope Cruz**. Celebrity photographer Patrick McMullan and body-language expert Patti Wood offer their stances on what makes for a good stance.



**Penelope – She's the**

**Nicole Kidman's secret weapon:** One leg in front of the other is slimming.

**Left profile:** Cruz's smile is all-natural, says Wood. "Her cheeks turn up with her lips."

**Full frontal:** Tilting her head up a little helps lengthen Cruz's neck, says McMullan.



**Queen!**

Right on: "See how her shoulders are rolled slightly back?" asks Wood. That comes across as comfortable and beautiful.



Gwyneth Paltrow's slumping shoulders say she's not at ease in her dress, says Wood.



Lisa Rinna would have looked great, but her thumbs point "down there," says McHale.



Elizabeth Banks's take-me pose is unnatural. "And it's very aggressive," says Wood.



Balancing act: Kelly Preston might fall over in her extreme stance.



Mira Sorvino's stiff body says she's not relaxed, says Wood.



Wild Steven Tyler has an over-the-top posture, too. How fitting.

### Strike-a-Pose Pointers From Patrick and Patti

**POSE GOs:**

- Slim your silhouette by crossing one leg in front of the other.
- Always keep your shoulders up and back — it conveys confidence.
- For the best eye contact, look straight into the camera or a little above it.

**POSE NOs:**

- Shiny makeup comes across as oily in photos. Wear matte makeup instead.
- Don't face your body directly at the camera. A side angle is more flattering.
- Avoid a double chin by sliding yours straight out and tilting it down slightly.