

Ergänzung zum Video “Profilbilder mit KI-Tools”

Video: <https://www.youtube.com/watch?v=mzJC0mBI4m8>

Hinweise

Google Nano Banana kann einiges besser funktionieren mit dem langen Prompt und mit mehr und besseren Bildern. Bei zu guten Bildern verweigerte es den Dienst wegen “Public Figure” - da hab ich dann per VPN aus den USA eingeloggt und es ging.

Achte darauf:

- **Gute Qualität der Referenzfotos (aber zu hohe Auflösung kann Warung triggern)**
- **Jeweils die Bild-Generierungsfunktion anwählen (ChatGPT und Gemini)**

Bessere Resultate als im Video hab ich danach erhalten (links Flux, rechts Nano Banana):



Long Prompt:

Create a high-quality, professional portrait photo that accurately preserves the subject's true facial proportions, identity, and defining features from the reference image. The framing shows the person from the upper torso upwards, leaving generous space above the head so no part of the head is cropped.

The subject is positioned front-on, with both face and body directly aligned toward the camera, making eye contact with a calm and confident expression. Styling reflects a modern studio photoshoot, featuring a smart-casual v-cut black t-shirt suitable for a business profile.

The background is a clean, solid studio backdrop in a very dark neutral tone (#1a1a1a), keeping full focus on the subject. Lighting is soft, diffused, and bright, resembling a

professional studio setup, gently shaping the face and creating natural catchlights in the eyes for clarity and depth.

The image is captured with the look of an 85 mm portrait lens at approximately f/1.8, producing shallow depth of field, sharp focus on the eyes, and smooth, creamy background blur. Fine details are visible, including fabric texture, individual hair strands, and realistic, natural skin without heavy retouching.

Overall mood is polished yet approachable, conveying confidence and professionalism. Color grading is clean and cinematic, with balanced contrast and a subtle warm tone for a contemporary, high-end finish.

Short Prompt: (besser kompatibel)

Professional studio portrait that strictly preserves the subject's exact facial structure, identity, and key features from the reference image. Chest-up framing with sufficient headroom, no cropping. Subject faces the camera directly with calm, confident eye contact, wearing a smart-casual black V-neck t-shirt. Solid dark neutral background (#1a1a1a). Soft, bright, diffused studio lighting with natural eye catchlights. 85 mm portrait look, shallow depth of field, sharp focus on eyes, realistic skin texture, polished and approachable mood.

Format: 1:1 wo möglich

Variationen: 3 bis 4 wo möglich

Ziel: Input schlechte Bilder direkt ab Webcam → Pro Studio-Look

Flux (via Poe AI) <https://poe.com/>



Google Nano Banana <https://gemini.google.com/app>



MidJourney <https://www.midjourney.com/>



GPT-Image (via [ChatGPT image generation](#) / OpenAI Images)



Stable Diffusion 3.5 <https://stability.ai/>



Kling Image Gen <https://kling.com>

