

Just a few follow up notes.

Please see below a few things I have mentioned during my talk that may be of interest.

In no particular order:

- The studio light I use manufactured by Bowens.

<https://www.wexphotovideo.com/bowens-xmt500-twin-head-softbox-kit-10002951/>

- Good budget option for continuous light:

<https://www.wexphotovideo.com/interfit-f5-two-head-fluorescent-lighting-kit-1579703/>

- The software I use for remote shooting and for focus stacking called Helicon and it exists in few packages - I have Helicon remote which I use for remote shooting and Helicon focus which I use for focus stacking.
Here is official web site with lots of demo footage and easy to get a trial version of software:

<http://www.heliconsoft.com/>

- The paper I use to print my images is Hahnemühle Photo Rag, which I usually buy from Paperspectrum company, but they also sell great budget friendly option: Pinnacle Photo Rug.

<http://www.paperspectrum.co.uk/>

Occasionally I use Permajet brand - Portrait White, which is also matt, slightly textured paper.

- Some of backgrounds (fabric ones, not digital) I use come from either B&H :

www.bhphotovideo.com

or from WEX:

<http://www.wexphotographic.com/>

I prefer collapsible backgrounds as they are easy to assemble in a few seconds and easy to store.

- Very well-made artificial flowers that I use for practising and teaching come from:

www.amaranthineblooms.co.uk

- Clamps to support flowers in front of the camera called Wimberley The Plamp II :

<https://www.wexphotovideo.com/wimberley-the-plamp-ii-1553097/>

- Readymade medium size background boards I use for teaching purposes are produced and sold by Photo Boards company:

<https://www.photoboards.org/collections/the-full-collection>

Any local art shop is usually a good source of backgrounds; I usually buy art paper popular for arts and crafts. You can photograph it separately and use it as an added layer in Photoshop achieving various effects by changing the opacity and blending mode.

I use pre-cut mounts from Cotswoldmounts - very reliable service with reasonable prices:

<http://www.cotswoldmounts.co.uk/>

- Names of the artists and photographers whose work influenced me:

Jan van Huysum (1682 – 1749)

Pierre-Joseph Redouté's (1759-1840)

Lilian Snelling (1879–1972)

Georgia O'Keeffe (1887 – 1986)

Robert Mapplethorpe (1946 - 1989)

Ron Van Dongen (1964 -)

Willem Claesz. Heda (1594-1680)

Francisco de Zurbarab (1598-1664)

Mary Stevenson Cassatt (1844-1926)

Rene Francois Ghislain Margitte (1898-1967)

Soren Emil Carlsen (1853-1932)

Vanitas still life examples by:

Edward Collier

Adriaen van Utrecht

- I run Introduction into Creative Flower Photography, Intermediate Creative Flower Photography, Advanced Creative Flower Photography and Still Life workshops at Amersham studios in collaboration with RPS:

<https://tradesecrets.live/>

Amersham studios also offer customised workshop for a group of up to 8 people, it is a good value per person and very convenient if you have group of 8 as you don't have to wait till places become available and can book the whole day for your group straight away:

<https://tradesecrets.live/product/private-workshop-with-polina-plotnikova-up-to-8-people/>

If you prefer one2one sessions I run them at the studio in Wimbledon, you can find all the relevant information on my web site:

<https://www.polinaplotnikova.com/section851288.html>

All one2one or small groups (up to three participants) are tailored to your own needs.

I also offer online one2one tuition (via Zoom) on subjects related to creative postprocessing of flowers and still life including the practical session aimed at improving still life composition, usage of layers and textures in Photoshop and mimicking multiple exposure if you can't do it in-camera.

- Another thing you might find interesting is my photo tour in Bruges which I lead for Wilde Photography Holidays Company:

<https://wildphotographyholidays.com/holidays/bruges-belgium-a-medieval-romance>

- I am member of Arena Photographers Group, we run the whole weekend photography seminar once a year in Bournemouth:

<https://arenaphotographers.com/>

- I regularly update my official website:

www.polinaplotnikova.com

- And here is my Facebook and Instagram accounts:

<https://www.facebook.com/polina.plotnikova.372>

<https://www.instagram.com/photoartitude/>

Please do not hesitate to drop me an e-mail if you have any questions.

Kind regards,

Polina Plotnikova, FRPS EFIAP