

M A V E R I C K A I

8 AI PHOTO ANALYSIS PROMPTS

UPLOAD A SELFIE AND LET AI BE YOUR STYLIST

Eight copy-paste prompts that turn any AI chatbot into a personal color analyst, style consultant, skincare advisor, and more. Just upload a photo and paste the prompt.

Personal color analysis with seasonal palette

Face shape analysis with hairstyle recommendations

Style archetype finder based on your features

Eyewear and glasses frame guide

Skincare routine builder from a photo

Professional headshot and photo coaching

Facial feature styling (brows, lips, contouring)

Complete wardrobe color capsule builder

2026 Edition

How to Use These Prompts

8

Prompts to Copy

1

Selfie Needed

<2 min

Per Analysis

Every prompt in this guide follows the same pattern. You upload a photo of yourself, paste the prompt, and the AI gives you a detailed, personalized analysis. No apps to download. No quizzes to take. No appointments to book.

These work in ChatGPT, Claude, and Gemini. Any AI that can see images will handle them. I've tested all of these across multiple platforms and they consistently deliver solid results.

Get the Best Results

Photo Rule	Why It Matters
Natural lighting	Artificial light distorts your skin tone and undertone
No filters	Filters change your colors, which defeats the purpose
Face the camera straight on	Angles hide your face shape and proportions
Hair pulled back (for face prompts)	AI needs to see your full hairline and jawline
Minimal makeup (for skin prompts)	Makeup hides your actual skin tone and texture
Plain background	Busy backgrounds distract the analysis

HEADS UP

AI is analyzing pixels, not touching your face. It's going to be more accurate than a BuzzFeed quiz but less accurate than an in-person color analyst with fabric drapes. Use these as a strong starting point, not a final answer.

TIP

Run the same prompt with two or three different selfies taken on different days. If the AI gives you the same season or face shape every time, you can trust the result. If it keeps changing, your coloring might sit between two categories.

Prompt 1: Personal Color Analysis

1

■ The Color Analysis

Find your seasonal color palette, best and worst colors, metals, hair direction, and styling guidance

This is the one that started it all. Upload a selfie taken in natural light with no filters. The AI will determine your undertone, contrast level, and seasonal color type using the 12-season system, then build your full palette.

PROMPT 1: COLOR ANALYSIS

Create a warm, minimal, high-end personal color analysis report based on the uploaded photo, designed as a soft cream editorial layout with coral accents, rounded cards, thin dividers, generous spacing, and elegant modern typography.

Include an isolated front-facing image of my face presented as a color-analysis diagram. Work out my undertone (warm, cool, or neutral), my contrast level (low, medium, or high), and my seasonal color type using the 12-season system, and explain which features led to each conclusion.

Present my best color palette as labeled swatch cards, including my power colors, my best neutrals, and my best accent colors. Also show the colors that wash me out or clash with my undertone, presented as a smaller avoid palette.

Include which metals suit me best (gold, silver, or both), hair color directions that would harmonize with my season, and makeup or lip tones if

relevant.

Finish with practical styling guidance:

how to build outfits from my palette,
which colors to wear near my face, and
what to wear for photos.

Keep every conclusion honest and
grounded rather than flattering, and
keep the tone refined, direct, and
easy to understand.

WHAT YOU'LL GET BACK

Your undertone (warm, cool, or neutral), your contrast level, your 12-season type (like Soft Autumn or Deep Winter), a full color palette with power colors and neutrals, an avoid list, metal recommendations, hair color direction, and outfit-building guidance.

Prompt 2: Face Shape Analysis

2

■ The Face Shape Stylist

Determine your face shape and get hairstyle, facial hair, and accessory recommendations that actually work with it.

Most people have no idea what their face shape is. They Google it, take a quiz with vague questions, and get a result that doesn't help. This prompt skips all of that. Upload a photo with your hair pulled back so the AI can see your full hairline, jawline, and cheekbones.

PROMPT 2: FACE SHAPE ANALYSIS

Analyze the uploaded photo and create a detailed face shape analysis report.

First, determine my exact face shape (oval, round, square, heart, oblong, diamond, triangle, or inverted triangle) and explain which specific measurements and proportions led to that conclusion: forehead width vs. cheekbone width vs. jawline width, and face length vs. face width ratio.

Then provide specific recommendations for hairstyles that complement my face shape, including best lengths, best partings, styles to avoid, and whether bangs work for me. If facial hair is relevant, include beard or mustache shapes that balance my proportions.

Add recommendations for eyeglass frame shapes, earring styles, and neckline shapes that work best. Include contouring guidance for where to place highlight and shadow to enhance my natural bone structure.

Be specific and honest. If my face is between two shapes, say so and explain how to style for the dominant one.

Present it as a clean, editorial
report with clear sections.

TIP

Pull your hair completely back with a headband or tie. The AI needs to see the full outline of your face, including your temples and the corners of your jawline. Hair covering any of those throws off the analysis.

Prompt 3: Style Archetype Finder

3

■ The Style Archetype

Discover your natural style personality based on your features, proportions, and the vibe you naturally give off.

This one goes beyond colors and shapes. It looks at the overall impression your features create and matches you to a style archetype. Are you more classic? Dramatic? Natural? Romantic? This prompt figures that out and tells you how to dress in a way that feels like you instead of a costume.

PROMPT 3: STYLE ARCHETYPE

Based on the uploaded photo, analyze my facial features, bone structure, and overall physical impression to determine my style archetype.

Use the Kibbe body type system and the facial profiling approach to identify whether my features lean Dramatic, Natural, Classic, Gamine, or Romantic (or a blend of two). Explain which specific features led to each conclusion: bone structure angularity, lip fullness, eye shape, nose profile, jawline definition, and overall facial geometry.

Then give me a complete styling guide based on my archetype: ideal fabric types, pattern scales, silhouette shapes, jewelry styles, shoe shapes, and overall aesthetic direction.

Include 5 specific outfit formulas I can build from. For each one, describe the pieces, proportions, and what makes it work for my type.

Finish with style icons or public figures who share my archetype so I have visual references to draw from.

Be honest about the assessment, not
flattering.

WHAT ARE STYLE ARCHETYPES?

Style archetypes come from the Kibbe body typing system, which matches your physical features (bone structure, body proportions, facial geometry) to one of five main categories. Each has specific guidelines for fabrics, silhouettes, and accessories that look most natural on your frame. The AI analyzes your face as a proxy for your overall type.

Prompt 4: Eyewear Guide

4

■ The Glasses Finder

Find the exact frame shapes, sizes, colors, and styles that suit your face shape, coloring, and features.

Buying glasses online is a nightmare because you can't try them on. This prompt gives you a cheat sheet before you even start shopping. It tells you the exact frame shapes that work for your face, what colors to look for based on your skin tone, and what size measurements to search for.

PROMPT 4: EYEWEAR GUIDE

Analyze the uploaded photo and create a personalized eyewear guide.

First, determine my face shape, face width (narrow, average, or wide), the distance between my eyes, my nose bridge width, and my skin undertone.

Based on those measurements, recommend the best frame shapes for me (with specific names like aviator, wayfarer, cat-eye, round, clubmaster, etc.) and explain why each works with my face. Also list 2-3 frame shapes I should avoid and why.

Recommend frame colors that complement my skin tone and contrast level. Break it into everyday frames, bold/statement frames, and professional/interview frames.

Include sizing guidance: approximate lens width, bridge width, and temple length I should look for. Add specific brand and model suggestions if possible.

If I'm a candidate for sunglasses, include lens tint colors that work with my complexion. Keep it practical

and shopping-ready.

TIP

If you already wear glasses, take the photo without them. The AI needs to see your naked face and bridge shape. If you can't remove them, mention that in the prompt and ask it to work around the current frames.

Prompt 5: Skincare Routine Builder

5

■ The Skin Analyzer

Get a custom skincare routine based on what the AI can actually see in your photo: texture, tone, visible concerns, and likely skin type.

This one works best with a close-up photo in natural light with zero makeup. The AI will assess what it can see in your skin and build a routine around it. It's not a dermatologist, but it's a solid starting point if you've been staring at the skincare aisle with no idea where to begin.

PROMPT 5: SKINCARE ANALYSIS

Analyze the uploaded close-up photo of my face (no makeup, natural light) and create a personalized skincare assessment and routine.

Assess my visible skin characteristics: estimated skin type (oily, dry, combo, or normal), visible texture, pore size, any uneven tone or pigmentation, visible fine lines or wrinkles, under-eye concerns, and overall skin clarity. Be honest about what you see.

Build me a morning and evening routine with specific product types (cleanser, toner, serum, moisturizer, SPF) and the key active ingredients I should look for based on my visible concerns. Include affordable product suggestions and luxury alternatives.

Add a weekly treatment schedule (exfoliation, masks, treatments) and flag any ingredients I should probably avoid based on what you see.

Include lifestyle factors that might be affecting my skin and a realistic timeline for visible improvement. Present it as a clean, organized

routine I can actually follow.

HEADS UP

AI cannot diagnose skin conditions. If you see anything that looks like a rash, unusual mole, persistent acne, or anything medical, see a dermatologist. These prompts are for general skincare guidance, not medical advice.

Prompt 6: Headshot and Photo Coach

6

■ The Photo Coach

Learn your best angles, expressions, lighting positions, and what to wear so every photo looks good

Some people are just photogenic. The rest of us need to learn the angles. This prompt analyzes your features and tells you exactly how to position your face, where the light should come from, and what expressions actually work for your face shape. It's the difference between a LinkedIn photo that gets clicks and one that gets scrolled past.

PROMPT 6: PHOTO COACHING

Analyze the uploaded photo and give me a professional photo coaching report.

Based on my facial structure, assess: my best side (left or right) and why, my optimal head tilt angle, whether I should face the camera straight or at a slight angle, and my most flattering chin position (up, level, or slightly down).

Recommend lighting setups: where the key light should be relative to my face, whether soft or hard light works better for my features, and specific lighting patterns (Rembrandt, loop, butterfly) that suit my bone structure.

Give me expression coaching: how wide to smile, whether teeth-showing or closed-lip works better, what to do with my eyes (squinch technique, etc.), and how to look natural instead of frozen.

Include wardrobe guidance for photos: neckline shapes, colors, patterns, and accessories that photograph well for my coloring and face shape.

Cover posing for different scenarios:

LinkedIn headshot, social media

selfie, group photo, and video call

framing. Be direct and specific.

TIP

After you get the analysis, take 10 selfies following its advice. Compare them to 10 selfies you'd normally take. You'll see the difference immediately. Small adjustments in angle and chin position make a huge impact.

Prompt 7: Feature-by-Feature Styling

7

■ The Feature Stylist

Get specific guidance for brows, lips, contouring, and makeup placement based on your individual features.

Generic makeup tutorials assume everyone has the same face. They don't. Your eye spacing, lip proportions, brow bone, and cheekbone placement all change where products should go. This prompt gives you a feature-by-feature breakdown so you know exactly where to place everything.

PROMPT 7: FEATURE STYLING

Analyze the uploaded photo and create a feature-by-feature styling and makeup placement guide.

For each feature, assess its shape and proportion, then give specific guidance:

EYEBROWS

Current shape assessment, ideal arch position, recommended thickness, and where my brow should start, peak, and end relative to my nose and eye.

EYES

Eye shape (almond, round, hooded, monolid, downturned, etc.), spacing (close-set, wide-set, average), and specific eyeshadow placement to enhance my natural eye shape.

LIPS

Lip proportion (full, thin, uneven), cupid's bow definition, and lipstick or liner techniques to enhance shape.

CHEEKBONES AND CONTOUR

Cheekbone placement and prominence, exact contour placement lines, where to place blush and highlighter for my specific bone structure.

NOSE

Nose shape and any contouring techniques that complement it.

Be specific about product placement using anatomical landmarks. Honest assessment, not flattering.

WORKS FOR EVERYONE

This prompt works whether you wear a full face of makeup or just want to know where to put sunscreen and concealer. The feature analysis is useful for anyone. If makeup isn't your thing, focus on the brow shaping and contouring sections, which apply to grooming in general.

Prompt 8: Wardrobe Color Capsule



■ The Wardrobe Builder

Turn your color analysis into a complete capsule wardrobe with specific pieces, outfit combos, and shopping list.

This is the follow-up to the color analysis prompt. Once you know your season and palette, this prompt turns that information into an actual wardrobe plan. It tells you what pieces to buy, how to combine them, and gives you a shopping list you can take to the store or use online.

PROMPT 8: WARDROBE CAPSULE

Based on the uploaded photo, determine my seasonal color type and build me a complete capsule wardrobe plan.

First, confirm my color season and list my 10 best colors. Then build a 30-piece capsule wardrobe using only colors from my palette:

TOPS (10 pieces)

List specific items with exact color descriptions (not just 'blue' but 'dusty slate blue' or 'warm cognac').

BOTTOMS (6 pieces)

Jeans, trousers, skirts with specific color and wash recommendations.

OUTERWEAR (4 pieces)

Jackets, coats, blazers in my palette.

DRESSES/JUMPSUITS (4 pieces)

Complete outfits in my best colors.

ACCESSORIES (6 pieces)

Bags, scarves, belts in my metals and accent colors.

For each piece, explain why that color works for my season. Then show me 10 outfit combinations from these 30 pieces. Finish with a prioritized

shopping list of the 10 pieces to buy
first if I'm starting from scratch.

THE TWO-PROMPT COMBO

Run Prompt 1 (Color Analysis) first. Screenshot or save your season and palette. Then run Prompt 8 (Wardrobe Capsule) in a new chat with the same photo. You can also paste your color analysis results into the wardrobe prompt for even more targeted recommendations.

Quick Reference

Here's every prompt in one place with the photo requirements for each.

#	Prompt	Best Photo	Works In
1	Color Analysis	Natural light, no filters, front-facing	ChatGPT, Claude, Gemini
2	Face Shape	Hair pulled back, front-facing	ChatGPT, Claude, Gemini
3	Style Archetype	Full face, natural expression	ChatGPT, Claude, Gemini
4	Eyewear Guide	No glasses, front-facing	ChatGPT, Claude, Gemini
5	Skincare	Close-up, no makeup, natural light	ChatGPT, Claude, Gemini
6	Photo Coach	Any photo you want to improve on	ChatGPT, Claude, Gemini
7	Feature Styling	Close-up, front-facing, no makeup	ChatGPT, Claude, Gemini
8	Wardrobe Capsule	Same as color analysis photo	ChatGPT, Claude, Gemini

TIP

Save your best natural-light selfie and reuse it across multiple prompts. Prompts 1, 3, 6, and 8 can all use the same photo. Prompts 2 and 7 work better with hair pulled back. Prompt 5 needs a no-makeup close-up.

STACK THEM FOR MAXIMUM VALUE

The real power is running several of these in sequence. Start with Color Analysis (Prompt 1) to get your palette. Then run Face Shape (Prompt 2) for structure. Then Style Archetype (Prompt 3) for personality. Now run Wardrobe Capsule (Prompt 8) and you have a complete, personalized style system built from your actual features.

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Your mirror lies. AI doesn't. Upload the selfie.