GRÁTIS

PRA SEMPRE

# 30 PROMPTS QUE *viram* FOTO DE CAPA.

IMAGEM · UX · LANDING PAGE · GUIA DE COR

POR BRUNO LENSES

# LEIA *isso* PRIMEIRO.

*01*

## ABRA A IA

ChatGPT ou Gemini pra imagem. Lovable, v0 ou Bolt pra sites e componentes.

*02*

## ANEXE SEU ROSTO

2 ou 3 fotos nítidas, de frente, com luz boa. Sem óculos escuros, sem filtro.

*03*

## COLE O PROMPT

Copie o texto da caixa preta inteiro, do jeito que está. Em inglês mesmo: a IA entende melhor.

*04*

## AJUSTE EM PORTUGUÊS

Não ficou perfeito? Peça "mais aberto", "outra pose", "mais luz". Uma mudança por vez.

### 3 REGRAS QUE MUDAM O RESULTADO

- O rosto fiel vem da foto, não do prompt. Foto ruim = rosto diferente.
- Gere 3 ou 4 vezes antes de mexer no texto. A IA varia a cada tentativa.
- Troque só roupa, cor e lugar. A estrutura do prompt é o que faz funcionar.

# O QUE TEM *aqui dentro*


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60-30-10, paleta da sua foto, contraste, 5 paletas prontas e pares de fontes.

01

# RETRATO DE *estúdio*

Fundo liso, luz controlada e uma cor que manda. O tipo de foto que vira perfil, capa de site e "sobre mim".

01 · VERDE PODER
02 · HEADSHOT VINHO
03 · ESTÚDIO CORPORATIVO
04 · P&B GOLA ALTA
05 · P&B PENSATIVO
06 · LISTRAS DE LUZ
07 · SILHUETA VERMELHA
08 · RETRATO NA GALERIA
09 · POSE DO PENSADOR



CHATGPT · GEMINI

# 01 VERDE PODER

*Tom sobre tom: terno, poltrona e parede na mesma cor.*

PROMPT 01 · COPIE INTEIRO ✦

```
A photorealistic, highly detailed studio portrait of the person in the uploaded photos (keep the face identical). He sits confidently with hands clasped on his lap in a dark green velvet tufted wingback armchair. Tailored emerald green suit over a plain white crew-neck t-shirt, crisp white leather sneakers with green accents, thin gold chain, silver chronograph watch. Background: solid muted green seamless paper. Cinematic softbox lighting, sharp focus, luxury aesthetic. Shot on a medium format camera, 85mm lens, f/1.8. Vertical 4:5.
```

! **Ajuste fácil:** Troque "green" por qualquer cor da sua marca. Funciona com vinho, azul-marinho e mostarda.



CHATGPT · GEMINI

# 02 HEADSHOT VINHO

*O retrato profissional que não parece banco de imagem.*

PROMPT 02 · COPIE INTEIRO

```
Tight studio headshot of the person in the uploaded photos (keep the face identical). Head and shoulders, facing the camera, calm serious expression, chin slightly down. Charcoal ribbed crew-neck sweater. Solid deep burgundy-red seamless background. One large softbox at 45° camera left, subtle fill, soft falloff, gentle rim light on the shoulders. 85mm, f/2.8, eye level, razor-sharp eyes, natural skin texture with visible pores, no plastic retouching. Rich reds, warm skin, deep blacks. Vertical 4:5.
```

! **Ajuste fácil:** Pra LinkedIn, peça "crop from chest up, square". Pra site, deixe vertical.



CHATGPT · GEMINI

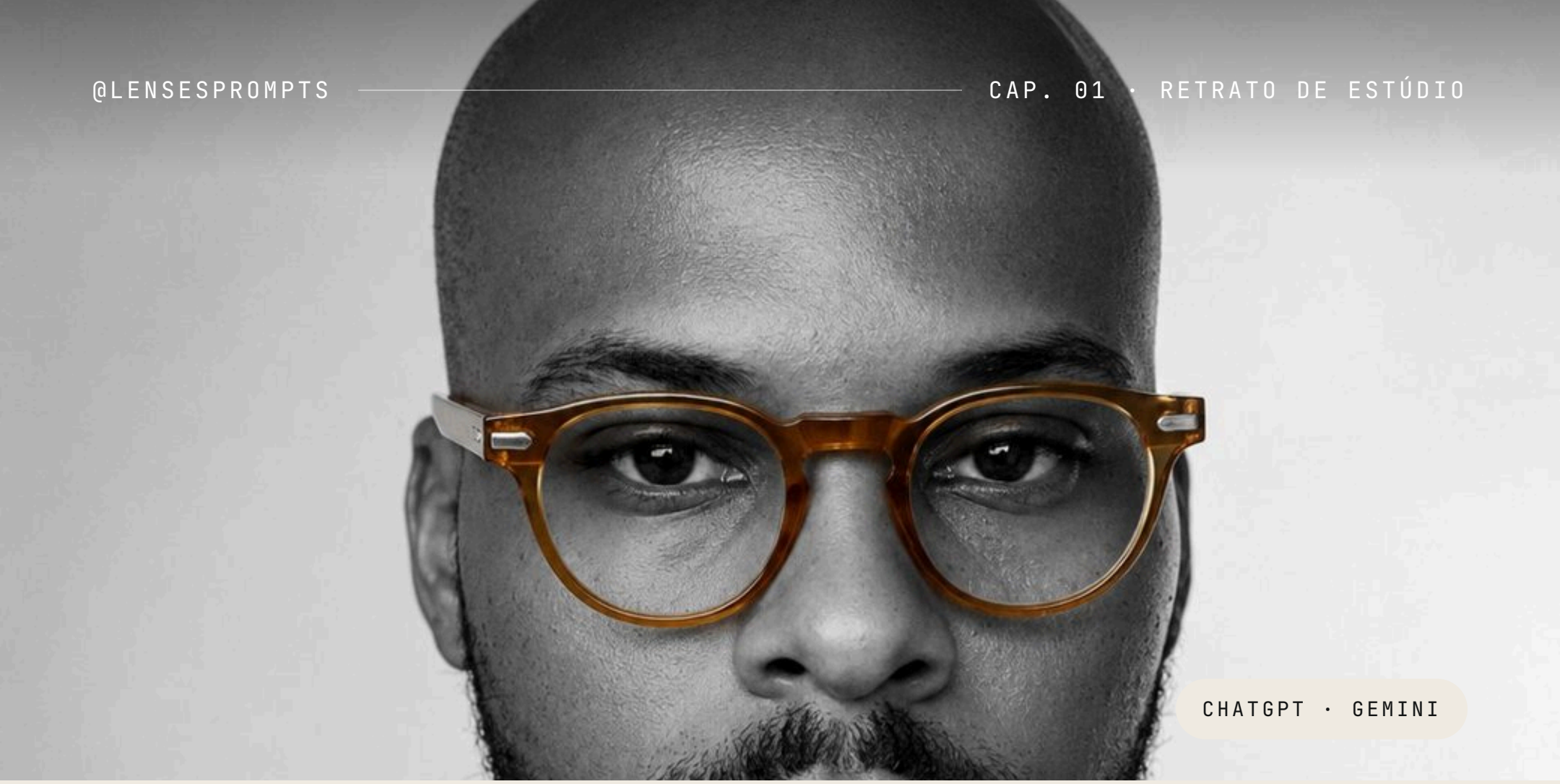
# 03 ESTÚDIO CORPORATIVO

*Sorriso natural, fundo neutro, cara de quem resolve.*

PROMPT 03 · COPIE INTEIRO

```
Clean corporate studio portrait of the person in the uploaded
photos (keep the face identical) sitting on a cream bouclé
armchair, leaning slightly forward with forearms on his knees and
hands clasped, warm genuine smile. Navy blue fitted button-up
shirt, beige chinos, black suede loafers. Seamless light-grey
background with a soft gradient, large soft key light from the
front, subtle shadow under the chair. 70mm, eye level, full body,
sharp and bright, natural skin. Vertical 4:5.
```

! **Ajuste fácil:** Se o sorriso ficar forçado, peça "subtle closed-mouth smile".



CHATGPT · GEMINI

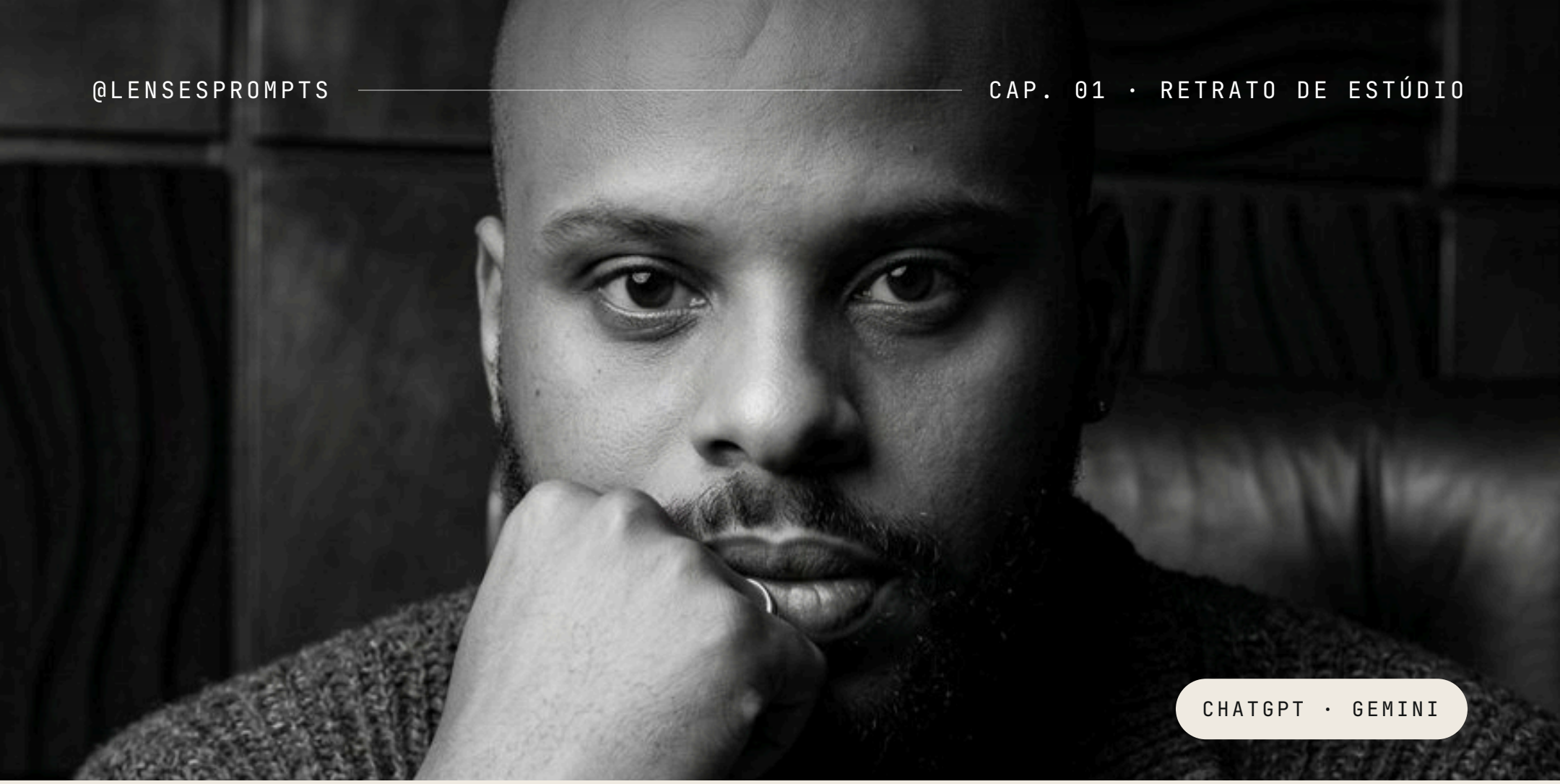
# 04 P&B GOLA ALTA

*Fine art em preto e branco com óculos e gola alta.*

PROMPT 04 · COPIE INTEIRO

```
Black-and-white fine-art portrait of the person in the uploaded
photos (keep the face identical). Head and shoulders, black
turtleneck, tortoiseshell round glasses, looking straight at the
camera with a calm, confident expression. Clean light-grey studio
background with a soft gradient. Large soft key light from the
front-left, gentle shadows sculpting the cheekbones and beard.
Medium format, 100mm, f/4, rich tonal range from deep blacks to
bright whites, fine natural grain, sharp eyes. Vertical 4:5.
```

! **Ajuste fácil:** Sem óculos? Apague a parte dos óculos e peça "hands crossed at the chin".



CHATGPT · GEMINI

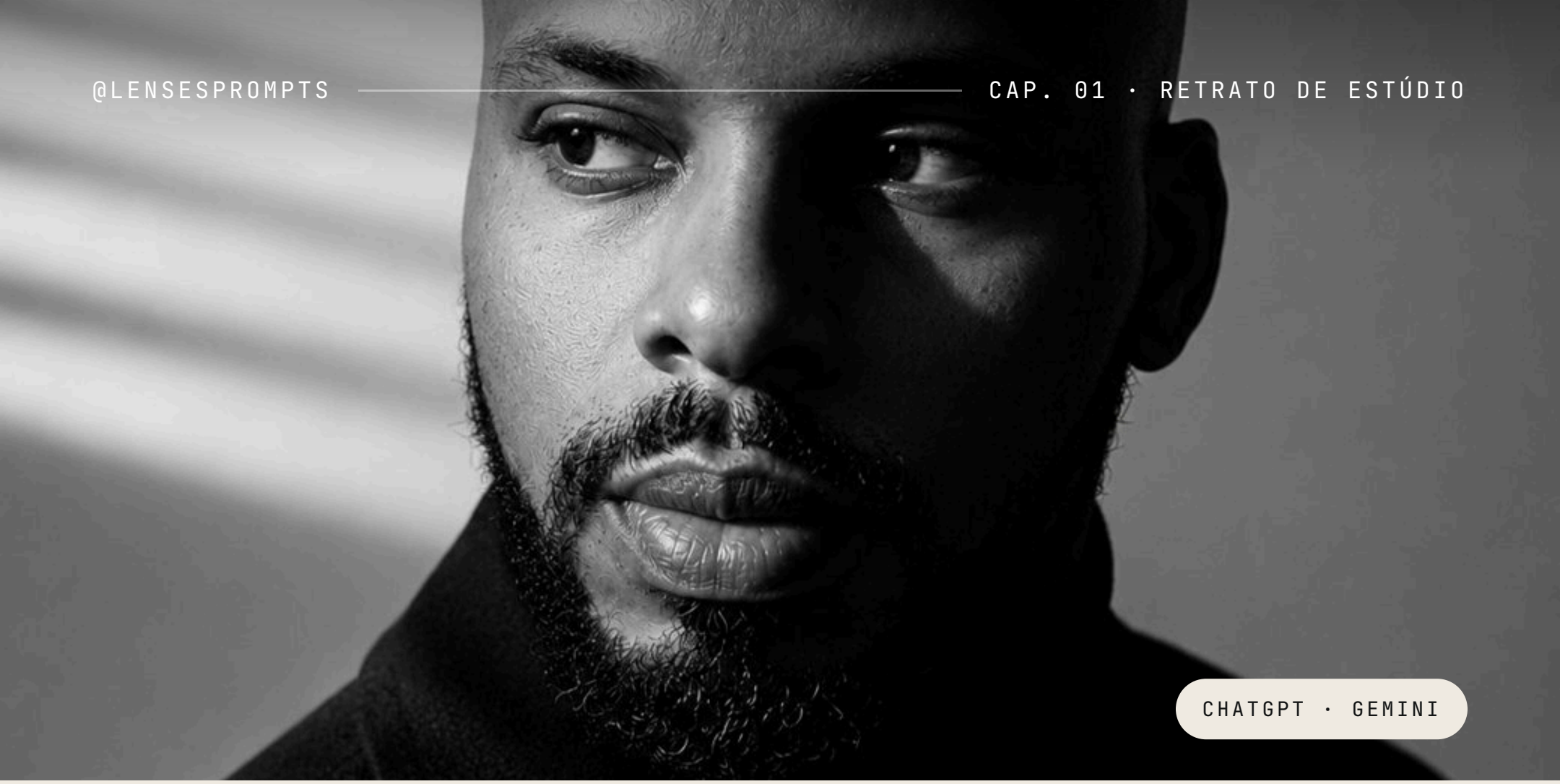
# 05 P&B PENSATIVO

*Luz dura, sombra funda, mão no queixo.*

PROMPT 05 · COPIE INTEIRO

```
Moody black-and-white portrait of the person in the uploaded
photos (keep the face identical) seated at a dark wooden table,
chin resting on his fist, looking straight into the lens with a
contemplative expression. Chunky ribbed knit sweater, smartwatch
on the wrist. Dark textured wall behind. Single soft window light
from the left, deep shadows on the right side of the face, rich
blacks, fine film grain. 85mm, f/2, eye level. Vertical 4:5.
```

! **Ajuste fácil:** Quer mais drama? Acrescente "only one hard light from the left".



CHATGPT · GEMINI

# 06 LISTRAS DE LUZ

*Film noir: sombra de persiana atravessando o rosto.*

PROMPT 06 · COPIE INTEIRO

```
Black-and-white portrait of the person in the uploaded photos
(keep the face identical), head and shoulders, three-quarter view
looking off-camera, black turtleneck. Hard sunlight through window
blinds casting diagonal stripes of light and shadow across his
face and the plain light wall behind. High contrast, deep blacks,
crisp highlights, fine grain, film-noir mood. 85mm, vertical 4:5.
```

! **Ajuste fácil:** Pra versão colorida, troque "black and white" por "warm amber light".



CHATGPT · GEMINI

# 07 SILHUETA VERMELHA

*Luz de recorte vermelha, rosto quase no escuro.*

PROMPT 07 · COPIE INTEIRO

```
Dramatic low-key portrait of the person in the uploaded photos
(keep the face identical) in profile, hand touching his temple,
hood up, almost silhouetted. Only a deep red rim light outlines
his head, ear and fingers against a dark crimson-to-black
background with a faint red glow behind. Moody, cinematic, high
contrast, subtle haze. 85mm, vertical 4:5.
```

! **Ajuste fácil:** Troque "red" por "electric blue" e você tem outro post.



CHATGPT · GEMINI

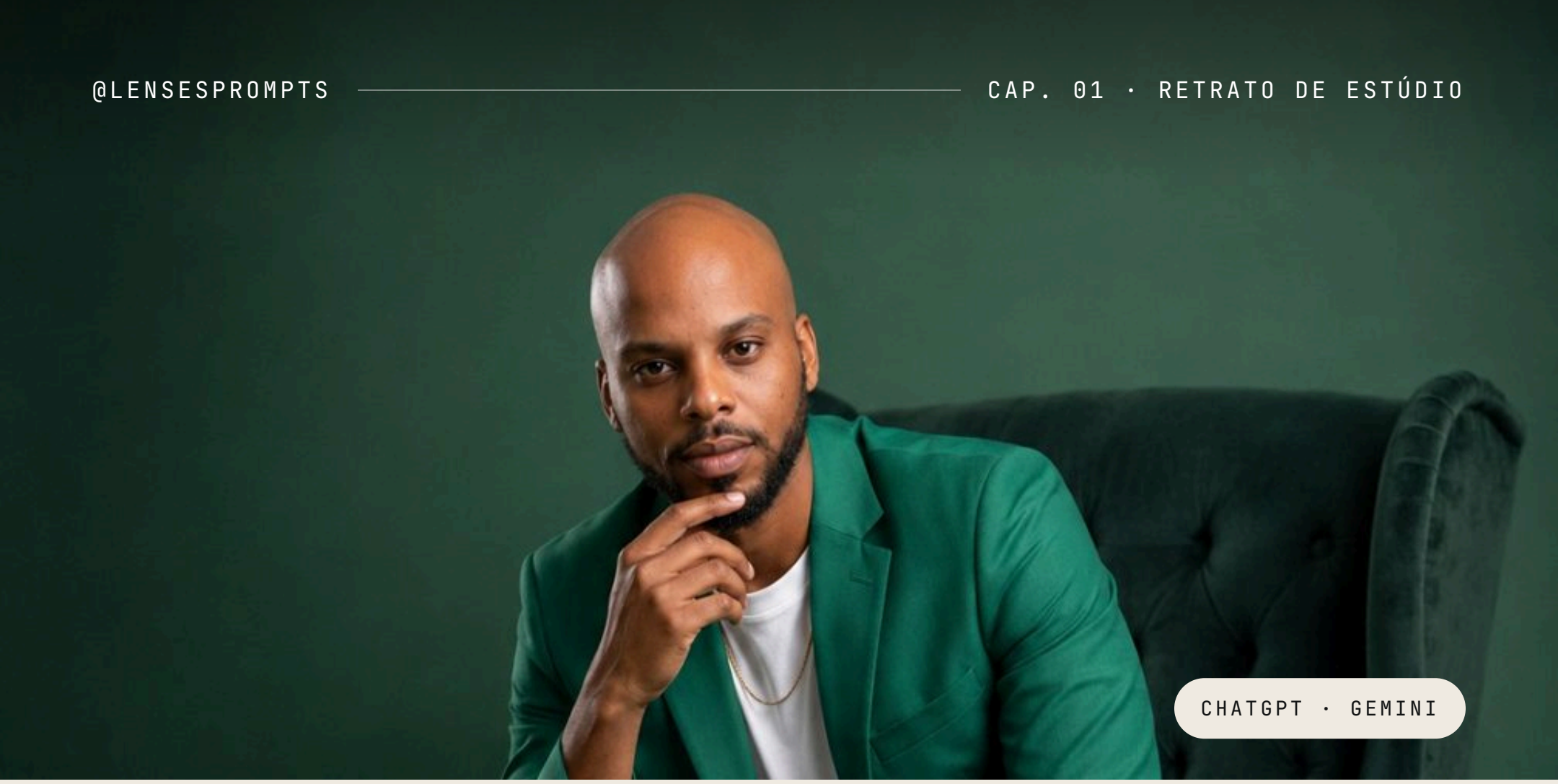
# 08 RETRATO NA GALERIA

*Preto e branco numa galeria de arte, clima de museu.*

PROMPT 08 · COPIE INTEIRO

```
Black-and-white portrait of the person in the uploaded photos
(keep the face identical) seated in an art gallery, elbow on a
table and fist under the chin, looking into the lens. Chunky knit
sweater. Behind him, a white wall with framed black-and-white
portrait photographs and track lighting. Soft directional light,
deep blacks, fine grain, documentary feel. 50mm, vertical 4:5.
```

! **Ajuste fácil:** Peça "a large abstract painting behind me" pra dar cor ao fundo.



CHATGPT · GEMINI

# 09 POSE DO PENSADOR

*Estúdio verde, mão no queixo, olhar firme.*

PROMPT 09 · COPIE INTEIRO

```
Studio portrait of the person in the uploaded photos (keep the face identical) seated in a dark green velvet wingback armchair, leaning back slightly, one hand at the chin in a thinking pose, legs crossed. Emerald green suit, white t-shirt, white sneakers, silver watch. Muted green seamless backdrop, soft cinematic key light from the left, gentle vignette. 85mm, full body, luxury editorial mood. Vertical 4:5.
```

! **Ajuste fácil:** Troque o verde por qualquer cor da sua marca.

02

# EDITORIAL & *viagem*

Cenário de revista sem sair de casa. Roupa, lugar e luz contam a história.

10 · INVERNO EM PARIS

11 · LUXO SILENCIOSO

12 · PARIS DE CIMA

13 · LONDRES COM BIG BEN

14 · EXECUTIVO GOLDEN HOUR

15 · LINHO BRANCO

16 · LONGBOARD NO PÔR DO SOL

17 · ESTRADA DE COSTAS

18 · PARADO NA MULTIDÃO

19 · SELFIE NO ESPELHO




CHATGPT · GEMINI

# 10 INVERNO EM PARIS

*Casaco de lã, luvas, jornal e um SUV preto na rua molhada.*

PROMPT 10 · COPIE INTEIRO ✦

```
A vertical, high-contrast editorial street fashion photograph of the person in the uploaded photos (keep the face identical). He leans on the back of a polished black luxury SUV on a wet cobblestone street, reading an open newspaper with black leather gloves, a paper coffee cup resting on the car. Tailored black wool coat, thin gold chain. Behind him: white Parisian stone buildings covered in dark olive-green ivy and a pale yellow awning. High-angle view. Diffused overcast winter daylight, moody, refined luxury atmosphere. Monochrome palette with green and pale yellow accents, no grain.
```

! **Ajuste fácil:** Troque a cidade e mantenha o resto: Milão e Nova York funcionam igual.




# 11 LUXO SILENCIOSO

*Quiet luxury: nada de logo, tudo de textura.*

PROMPT 11 · COPIE INTEIRO

```
Quiet-luxury street portrait of the person in the uploaded photos
(keep the face identical) standing in front of a black Rolls-Royce
on a wet Parisian cobblestone street, hands clasped in black
leather gloves. Long tailored black wool overcoat, black knit
turtleneck. White Haussmann buildings with dark ivy and a pale
yellow hotel awning behind him. Overcast soft winter light, moody,
refined. 50mm, eye level, three-quarter body, monochrome palette
with olive and pale yellow accents. Vertical 4:5.
```

! **Ajuste fácil:** Peça "camel cashmere coat" pra versão de inverno.




CHATGPT · GEMINI

# 12 PARIS DE CIMA

*Ângulo de drone, você pequeno no meio da cidade.*

PROMPT 12 · COPIE INTEIRO ✦

```
Overhead editorial street photo of the person in the uploaded
photos (keep the face identical) leaning on the rear of a black
luxury SUV on a wet Parisian cobblestone street, arms crossed,
looking down to the side. Long black wool coat, black gloves, gold
chain, a paper coffee cup on the car. White stone buildings with
dense ivy and a pale yellow awning. Overcast, moody, refined. Shot
from a high angle, vertical 9:16.
```

! **Ajuste fácil:** Se o rosto sumir, peça "slightly closer, face visible".



CHATGPT · GEMINI

# 13 LONDRES COM BIG BEN

*Viagem a Londres com o cartão-postal atrás.*

PROMPT 13 · COPIE INTEIRO

```
Travel portrait of the person in the uploaded photos (keep the face identical) leaning against a black bollard on Westminster Bridge, Big Ben and the Houses of Parliament behind him. Light-grey puffer jacket, black trousers, white sneakers, black sunglasses, phone in hand. Crisp clear winter morning, deep blue sky, bright low sun, sharp shadows. Wide 28mm, slightly low angle, full body, horizontal 5:4.
```

! **Ajuste fácil:** Pra noite, acrescente "blue hour, city lights on".



CHATGPT · GEMINI

# 14 EXECUTIVO GOLDEN HOUR

*Mala, terno e o pôr do sol no aeroporto.*

PROMPT 14 · COPIE INTEIRO

```
Lifestyle portrait of the person in the uploaded photos (keep the face identical) sitting on a cream hard-shell suitcase in a modern business plaza, glass skyscraper reflecting the sunset behind him, palm trees. Black short-sleeve shirt open at the collar, wide light-grey trousers, polished black Chelsea boots, black sunglasses, headphones around the neck. Low camera angle, golden-hour sun flaring at the edge of the building, warm highlights and teal reflections in the glass. 35mm, f/2, cinematic travel-editorial look. Vertical 4:5.
```

! **Ajuste fácil:** Ótima pra quem vende consultoria ou viaja a trabalho.



CHATGPT · GEMINI

# 15 LINHO BRANCO

*Old money de verão: linho e carro clássico.*

PROMPT 15 · COPIE INTEIRO

```
Summer lifestyle portrait of the person in the uploaded photos
(keep the face identical) leaning on the front of a vintage grey
Toyota Land Cruiser parked on a sunny residential street, talking
on the phone, sunglasses on. Crisp white linen shirt with sleeves
rolled up, beige linen trousers, brown leather loafers, silver
watch. Behind him a lush wall of green vines with small red
flowers. Bright natural midday light, soft shadows, warm and fresh
colors. 50mm, eye level, full body, vertical 4:5.
```

! **Ajuste fácil:** Troque o carro por "a wooden sailboat" e vira litoral europeu.




# 16 LONGBOARD NO PÔR DO SOL

*Cena de filme em movimento na estrada.*

PROMPT 16 · COPIE INTEIRO

```
Cinematic action shot of the person in the uploaded photos (keep the face identical) riding a longboard downhill on a winding mountain road, crouched low with one hand near the board, burgundy knit sweater, beige trousers, white sneakers, small canvas backpack. Lush green valley and rocky peaks, low golden-hour sun flaring from behind the mountains. Strong motion blur on the asphalt and road lines, subject sharp. Low camera angle close to the ground, 24mm, dynamic composition, warm film color grade. Vertical 4:5.
```

! **Ajuste fácil:** Não anda de skate? Peça "riding a vintage bicycle".



CHATGPT · GEMINI

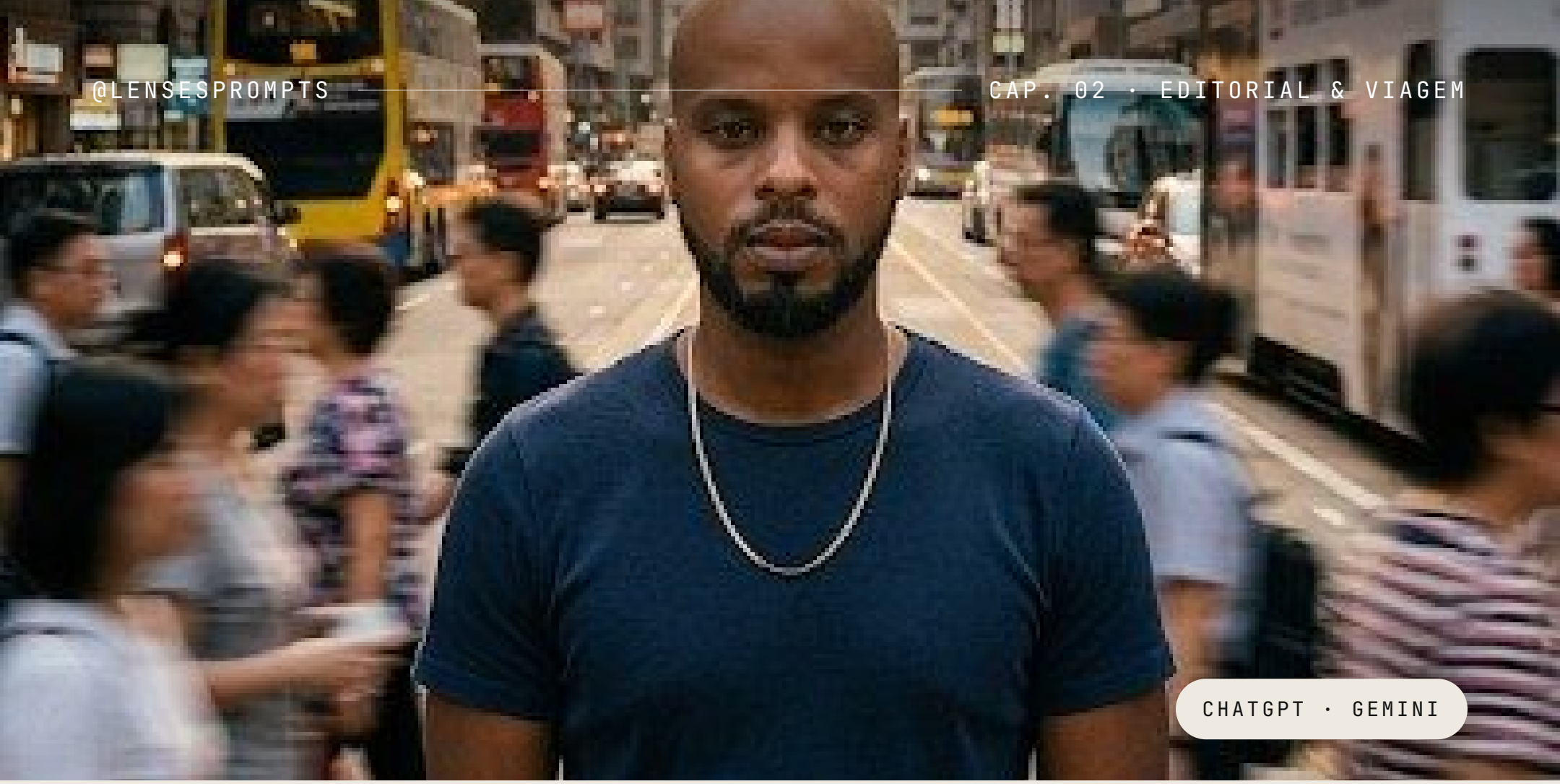
# 17 ESTRADA DE COSTAS

*Épico, de costas, descendo a montanha.*

PROMPT 17 · COPIE INTEIRO

```
Cinematic wide shot from behind of the person in the uploaded
photos riding a longboard down a long winding mountain road at
sunset, crouched low, burgundy knit sweater, beige trousers,
canvas backpack. Serpentine road snaking through a green valley
toward distant peaks, warm golden light, long shadows, slight
motion blur on the asphalt. Drone-like high angle, 24mm, epic
sense of scale, warm film grade. Vertical 4:5.
```

! **Ajuste fácil:** Funciona pra capa de destaque ou banner de site.



CHATGPT · GEMINI

# 18 PARADO NA MULTIDÃO

*Você nítido, a cidade passando borrada.*

PROMPT 18 · COPIE INTEIRO

```
Street portrait of the person in the uploaded photos (keep the face identical) standing perfectly still in the middle of a crowded Hong Kong street, looking at the camera, navy t-shirt and thin gold chain. Pedestrians rushing past on both sides rendered with long-exposure motion blur, double-decker trams and red taxis in the background, tall old buildings with signs, warm hazy sunset light at the end of the street. He is the only sharp element. 35mm, eye level, cinematic color grade. Vertical 4:5.
```

! **Ajuste fácil:** Peça "longer exposure" se o borrão ficar fraco.



CHATGPT · GEMINI

# 19 SELFIE NO ESPELHO

*Terno, espelho e celular: parece foto real.*

PROMPT 19 · COPIE INTEIRO

```
Realistic mirror selfie of the person in the uploaded photos (keep
the face identical) in a bright minimalist apartment hallway,
holding a black iPhone at chest height. Slim black two-piece suit,
white shirt, thin black tie, polished black shoes. Floor-to-
ceiling window light from the left, light grey floor, black metal
shelf and a plant in the background, a thin black mirror frame
visible on the edge. Natural phone-camera look, slight wide-angle,
full body. Vertical 9:16.
```

! **Ajuste fácil:** Diga a marca do seu celular pra ficar ainda mais crível.

03

# GRIDS & *trípticos*

Várias fotos numa imagem só. Perfeito pra carrossel, destaque e portfólio.

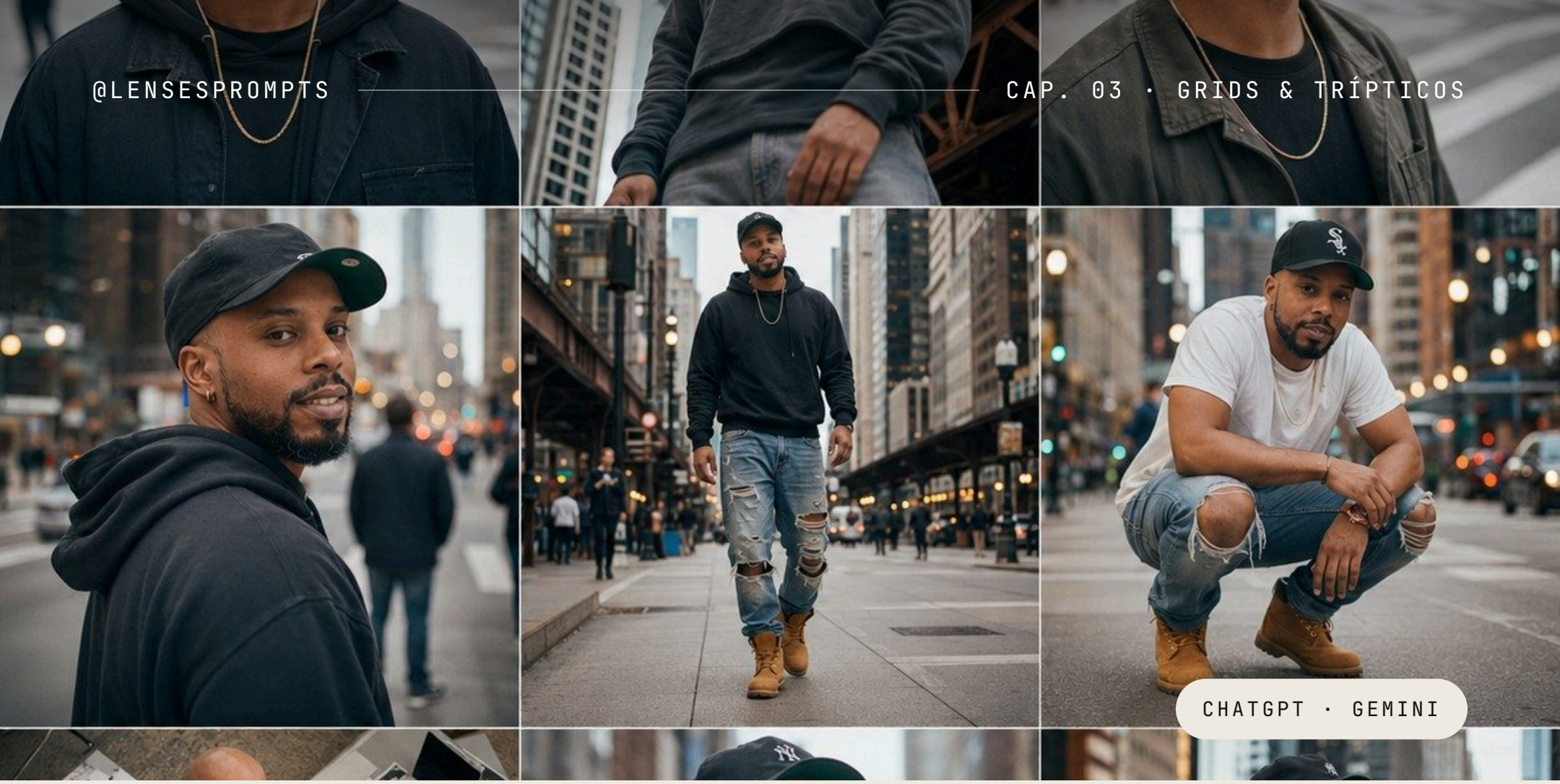
20 · GRID CHICAGO

21 · GRID RIO

22 · GRID LONDRES NA CHUVA

23 · TRÍPTICO AZUL

24 · TRÍPTICO TERRACOTA




# 20 GRID CHICAGO

*9 fotos de rua num prompt só.*

PROMPT 20 · COPIE INTEIRO ✦

```
Create a 3x3 grid of cinematic portraits using the uploaded photos as the exact face reference (same identity, same facial features, no changes).
Background: busy downtown Chicago street, real urban life, traffic bokeh, pedestrians, depth and motion.
Wardrobe: hip-hop streetwear — dark denim, oversized tees and hoodies, baseball cap, layered chains, boots. Outfit variations, same vibe.
Each frame a different angle and pose: front portrait · low-angle power shot · side profile · over-the-shoulder · full-body walking · crouched street pose · high-angle candid · three-quarter portrait · back view with head turn.
Style: cinematic realism, shallow depth of field, natural city light, subtle film grain, consistent face in all 9 images.
Avoid: different faces, distortion, cartoon, plastic skin, text, watermark. Square format.
```

! **Ajuste fácil:** Recorte cada quadrado e você tem 9 fotos de perfil.



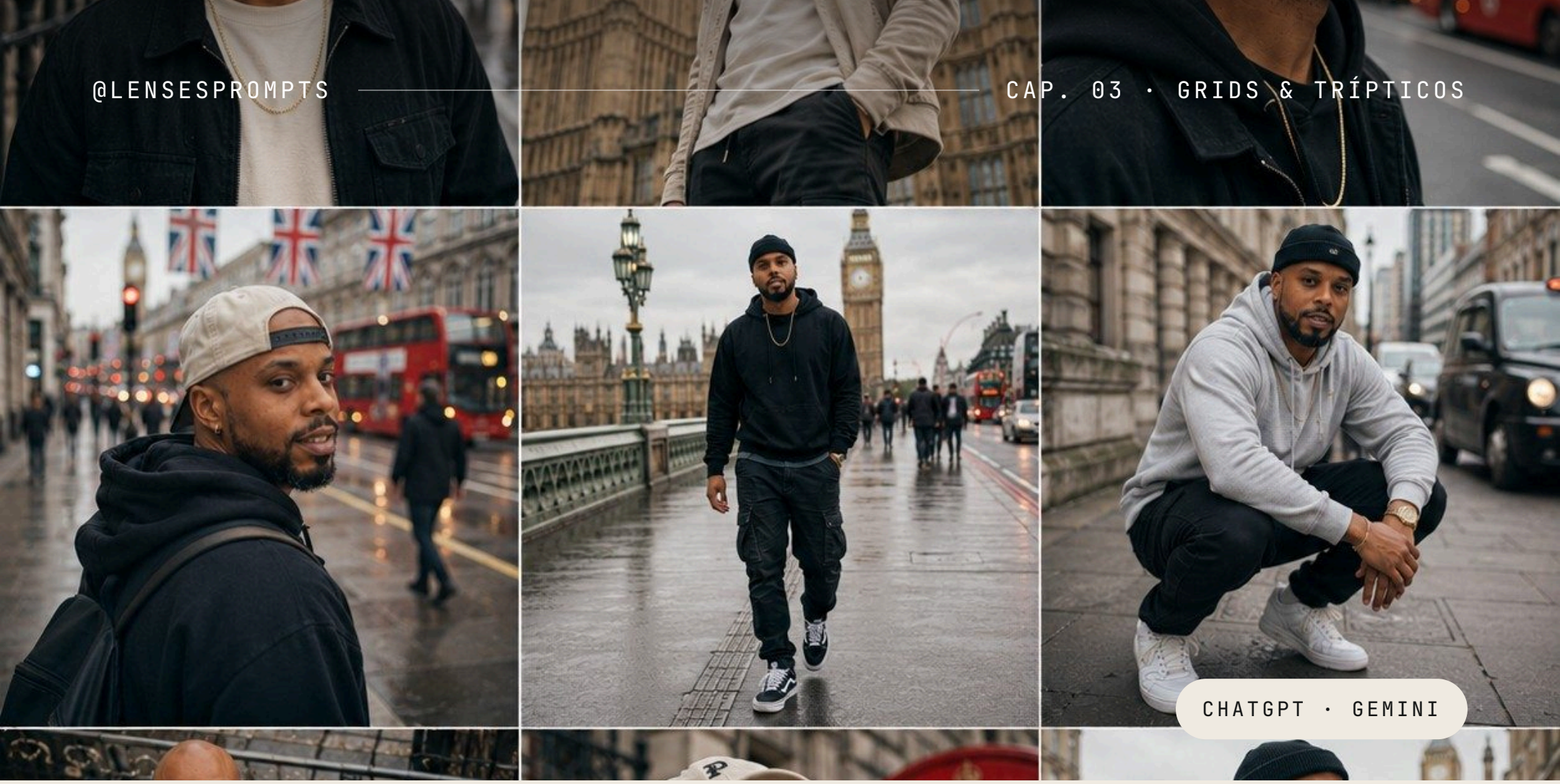

# 21 GRID RIO

*Viagem ao Rio em 9 cenas.*

PROMPT 21 · COPIE INTEIRO

```
Create a 3x3 grid of travel portraits using the uploaded photos as the exact face
reference (same identity, no changes).
Location: Rio de Janeiro — Sugarloaf Mountain, Christ the Redeemer, Copacabana's wave-
pattern sidewalk, Santa Teresa steps, palm trees, ocean view.
Wardrobe: summer linen — white and beige shirts, tank top, light trousers, cap and
sunglasses in some frames.
Each frame a different moment: close-up smile · arms open with Christ the Redeemer behind
· walking on the Copacabana sidewalk · crouched on a viewpoint · looking at the sea ·
top-down shot on colorful steps · three-quarter portrait at sunset · laughing candid ·
profile with the bay behind.
Style: warm late-afternoon sun, natural colors, travel-magazine realism, consistent face
in all 9. Square format. No text, no watermark.
```

! **Ajuste fácil:** Troque os pontos turísticos pelos da sua cidade.




# 22 GRID LONDRES NA CHUVA

*Clima de cinema com detalhes em vermelho.*

PROMPT 22 · COPIE INTEIRO

```
Create a 3x3 grid of cinematic portraits in rainy London using the uploaded photos as the exact face reference (same identity, no changes).
Locations: Big Ben, Westminster, red phone box, red double-decker bus, wet streets with reflections, classic black cab.
Wardrobe: layered British streetwear — dark trucker jacket, grey hoodie, black beanie, cream overshirt, black trousers, white sneakers, a navy 'LONDON' hoodie in one frame.
Each frame a different angle: close-up with Big Ben behind · low-angle full body · walking with umbrella-less drizzle · crouched on the pavement · leaning on the phone box · candid laugh · back view looking at the bus · three-quarter portrait · top-down on wet street.
Style: overcast moody light, muted colors with red accents, cinematic realism, consistent face in all 9. Square format, no text.
```

**Ajuste fácil:** Peça "sunny day" pra versão de verão.



CHATGPT · GEMINI

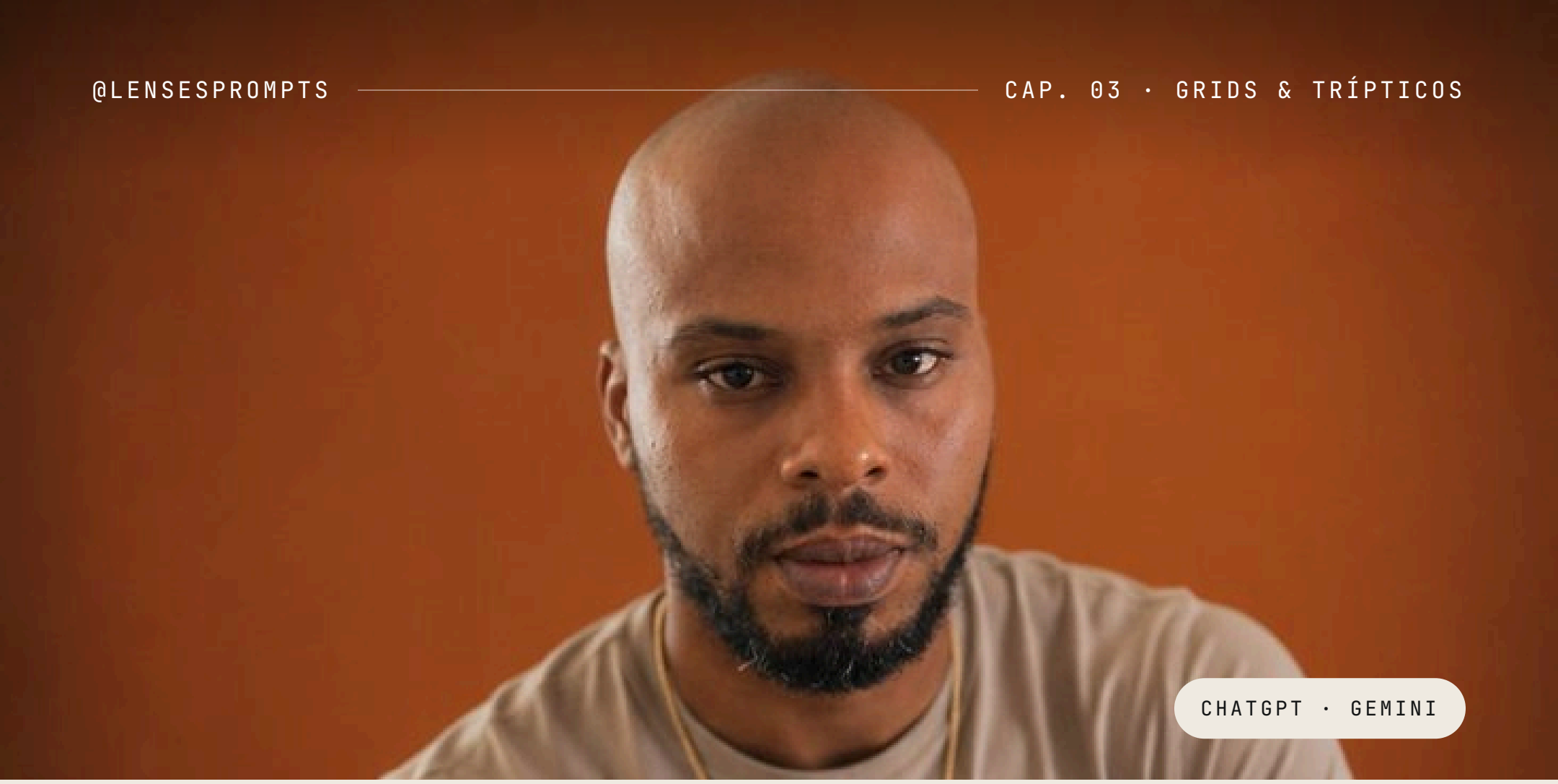
# 23 TRÍPTICO AZUL

*3 poses no mesmo fundo cobalto.*

PROMPT 23 · COPIE INTEIRO

```
Create a vertical triptych (3 stacked frames) of studio portraits of the person in the uploaded photos (keep the face identical in all three). Background: deep cobalt-blue painted wall with a soft diagonal beam of window light.
Wardrobe: fitted beige knit t-shirt, beige trousers, thin gold chain.
Frame 1: close-up smiling, head and shoulders. Frame 2: medium shot crouching, hand on chin. Frame 3: full body standing, hands in pockets.
Same light and color in all three, 85mm look, soft contrast, natural skin. Thin gaps between frames. Vertical 9:16.
```

! **Ajuste fácil:** Use as 3 como sequência de stories.



CHATGPT · GEMINI

# 24 TRÍPTICO TERRACOTA

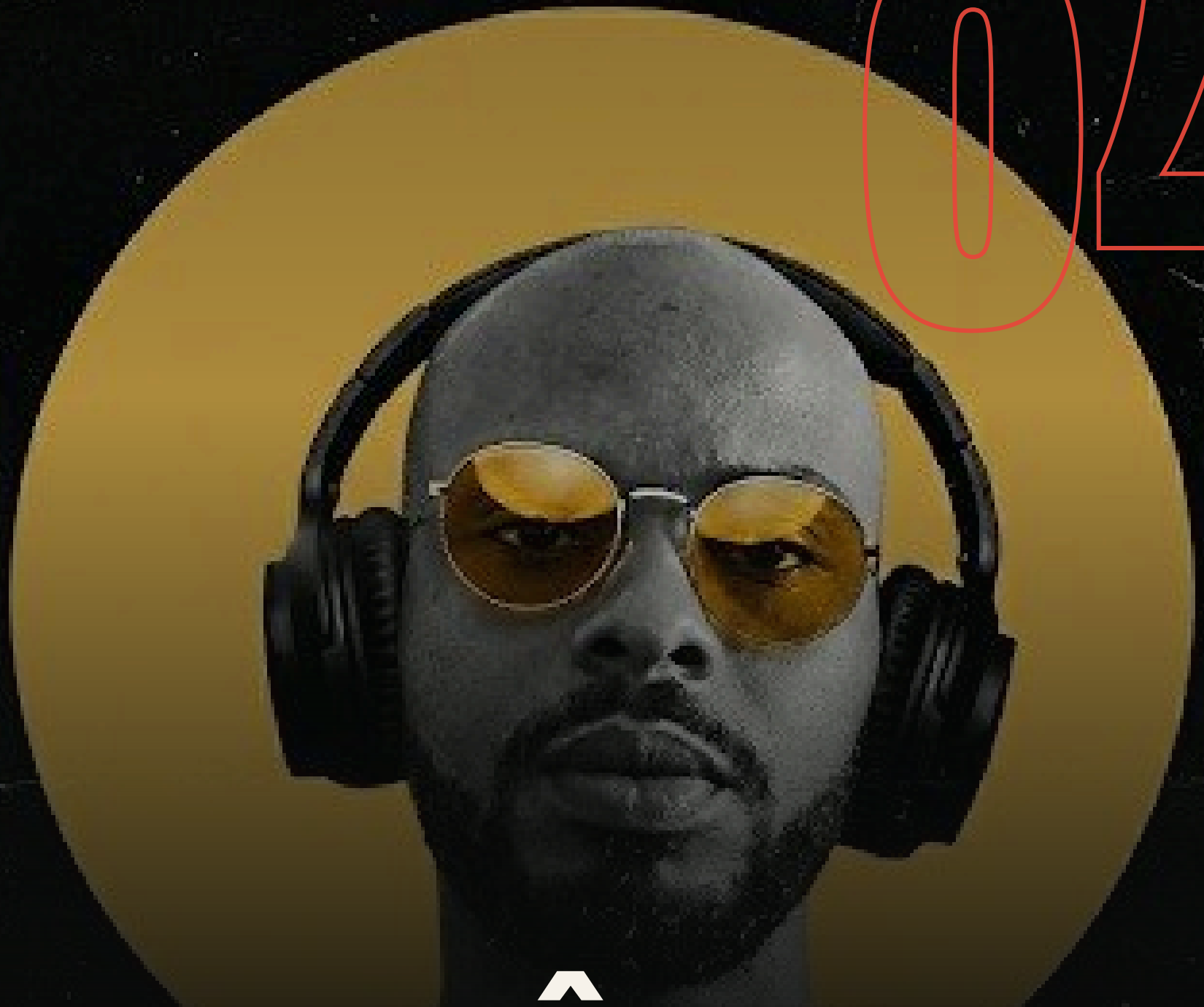
*A mesma ideia em laranja queimado.*

PROMPT 24 · COPIE INTEIRO

```
Create a vertical triptych (3 stacked frames) of studio portraits of the
person in the uploaded photos (keep the face identical).
Background: warm terracotta-orange painted wall with soft window light
from the left.
Wardrobe: fitted beige knit t-shirt, beige pleated trousers, thin gold
chain.
Frame 1: head-and-shoulders, calm half smile. Frame 2: crouching, elbow
on knee, hand on chin. Frame 3: full body, standing, relaxed.
Warm, soft contrast, natural skin, 85mm look, thin gaps between frames.
Vertical 9:16.
```

! **Ajuste fácil:** Combine com a paleta terracota do guia de cor.

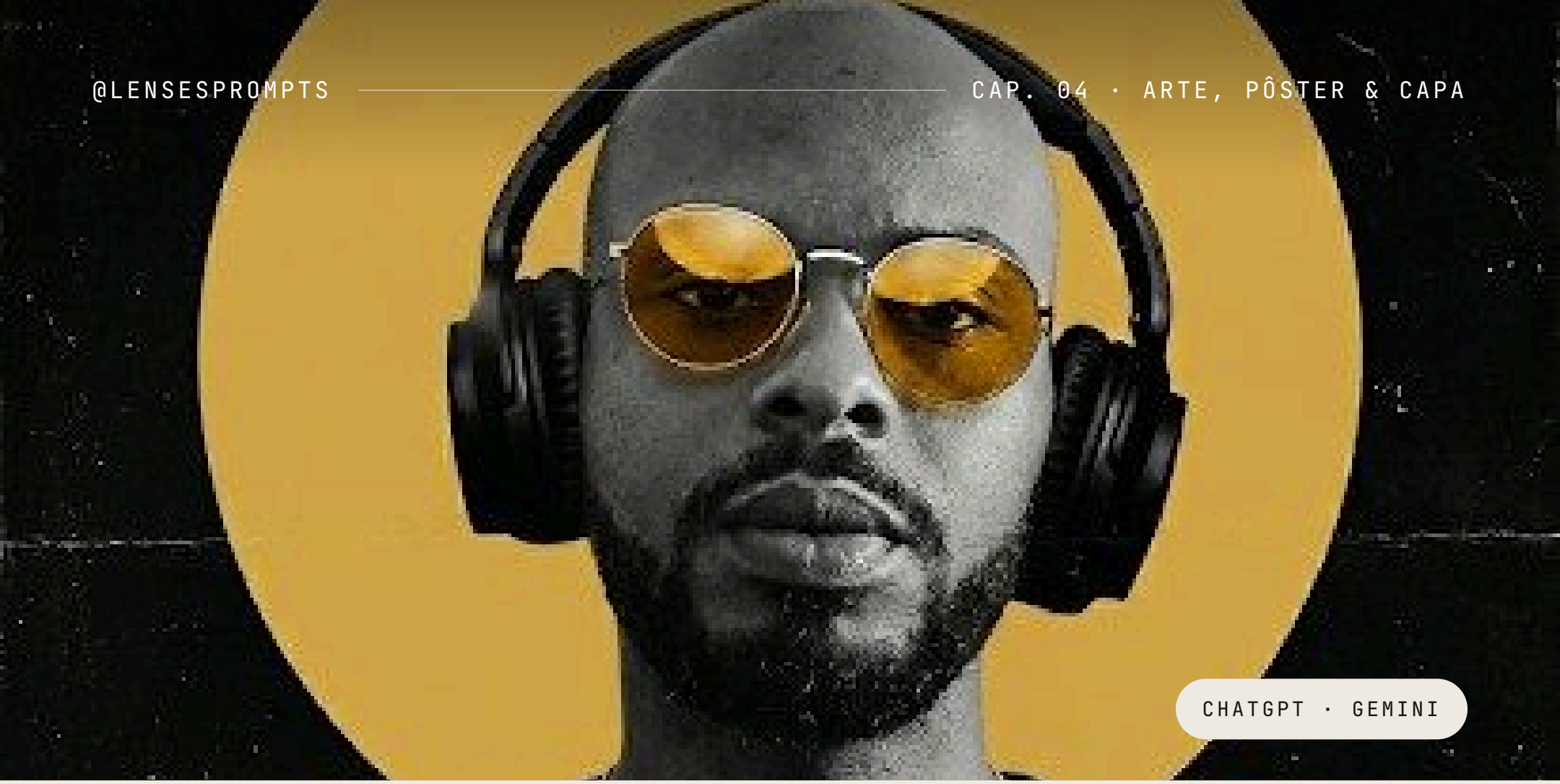
04



# ARTE, PÔSTER & *capa*

Quando a foto vira peça gráfica: capa, pôster, estampa.

25 · PÔSTER HALO
26 · PÔSTER GLITCH
27 · CAPA DE REVISTA
28 · FISHEYE GEN Z
29 · POP ART 5 CORES
30 · ESTAMPA DE CAMISETA



CHATGPT · GEMINI

# 25 PÔSTER HALO

*Capa de álbum: preto e branco + uma cor.*

PROMPT 25 · COPIE INTEIRO

```
Graphic poster portrait of the person in the uploaded photos (keep
the face identical). Black-and-white photo cutout from the chest
up, wearing large black over-ear headphones and round mustard-
yellow tinted sunglasses, gold chain over a black t-shirt. Behind
his head, a big flat mustard-yellow circle like a halo.
Background: distressed black paper with dust, scratches and folds.
Only one accent color, mustard yellow; everything else monochrome.
Minimal album-cover composition, centered, lots of negative space.
Vertical 4:5.
```

! **Ajuste fácil:** Escreva o nome do seu projeto no lugar do título.



CHATGPT · GEMINI

# 26 PÔSTER GLITCH

*Moda com efeito glitch no fundo vermelho.*

PROMPT 26 · COPIE INTEIRO

```
Graphic fashion poster of the person in the uploaded photos (keep the face identical), full body, standing, three-quarter view, in a black leather jacket, patterned cargo pants and chunky boots, gold chain. Photo treated in high-contrast black and white with halftone grain. Solid bright red background (#E53225). Horizontal glitch streaks and pixel-sort smears trailing to the left of his body in black and red. Tiny technical typography in the corners (vertical text, catalog numbers, a small barcode at the bottom right). Swiss-style minimal layout. Vertical 4:5.
```

! **Ajuste fácil:** Troque o vermelho pela cor de destaque da sua marca.




# 27 CAPA DE REVISTA

*Sua cara na capa, com chamadas e tudo.*

PROMPT 27 · COPIE INTEIRO

```
Fictional menswear magazine cover featuring the person in the uploaded photos (keep the face identical), full body, standing confidently in a minimalist concrete and warm-wood interior. Slim navy two-piece suit, white shirt with open collar, brown leather shoes, silver watch. Large serif masthead 'ESSENCE MEN' at the top (the masthead partially behind his head), cover lines on the left 'The New Business of Style' and on the bottom right 'Premium Menswear'. Soft diffused daylight, neutral palette with navy as the main color. High-end editorial magazine cover, vertical 4:5.
```

! **Ajuste fácil:** Peça as chamadas em português e com o seu nicho.



CHATGPT · GEMINI

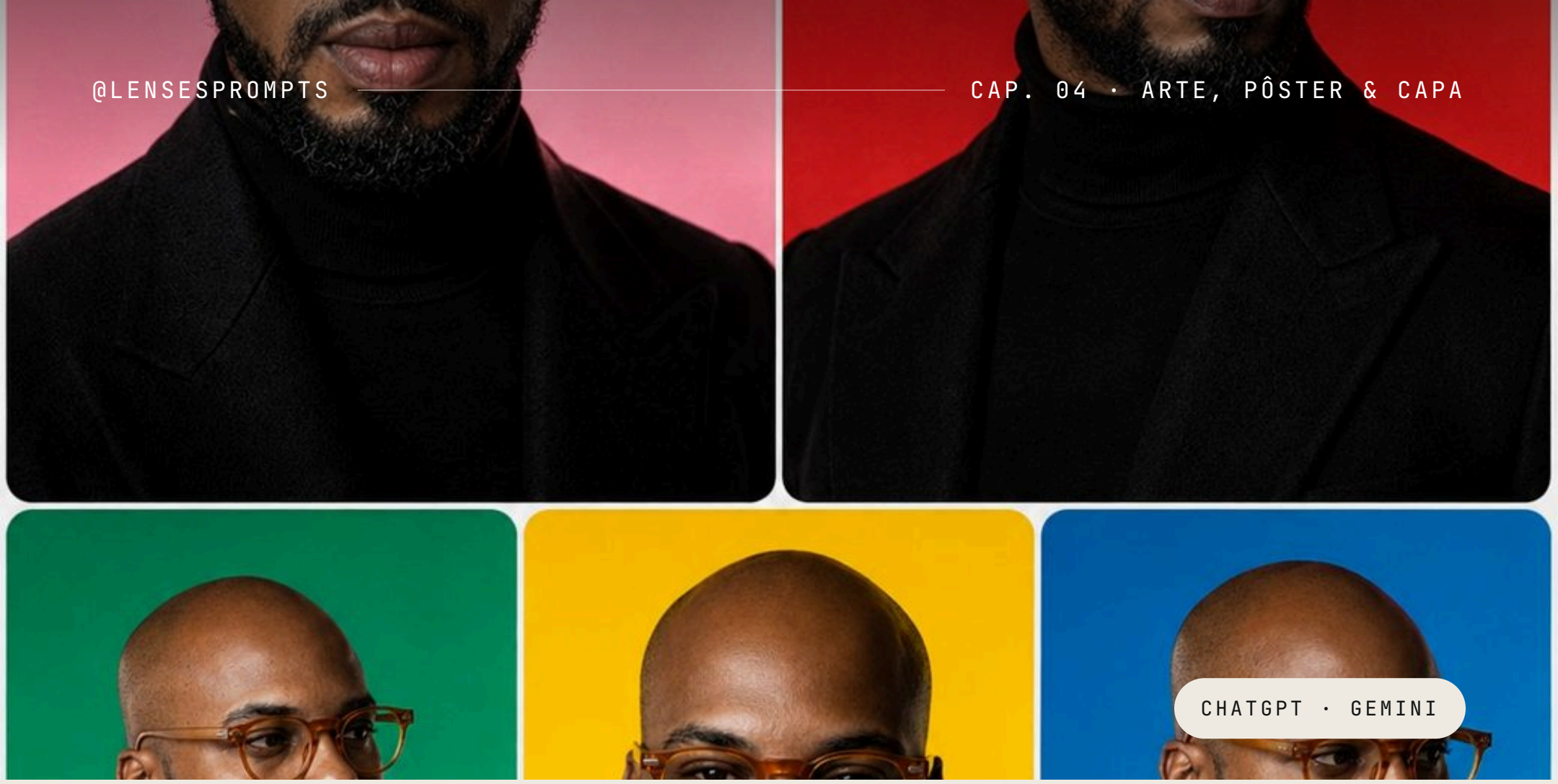
# 28 FISHEYE GEN Z

*Lente olho-de-peixe e energia de capa jovem.*

PROMPT 28 · COPIE INTEIRO

```
High-fashion editorial image of the person in the uploaded photos
(keep the face identical). Exaggerated fisheye lens close-up shot
from above: he crouches toward the lens, one hand lowering oversized
black sunglasses with light-green tinted lenses, face large and
rounded by the distortion. Pastel green knitted short-sleeve shirt
with visible texture, pastel green trousers, gold watch and
bracelet. Background: clean solid bright orange with soft, even
studio light and gentle shadows. Playful, surreal Gen Z editorial
cover vibe. Ultra-clean details, slight grain, bold composition.
```

! **Ajuste fácil:** Fica melhor com roupa colorida e fundo liso.




# 29 POP ART 5 CORES

*O mesmo retrato em 5 fundos diferentes.*

PROMPT 29 · COPIE INTEIRO

```
Create a 5-panel color-block portrait grid of the person in the
uploaded photos (keep the face identical in every panel): 2 panels
on top, 3 on the bottom, thin black gutters and rounded corners.
Same outfit in all: black turtleneck, tortoiseshell round glasses.
Each panel a different solid background and pose: hot pink — serious
close-up; red — looking sideways; emerald green — adjusting the
collar with both hands; sunny yellow — big smile, hand on chin;
cobalt blue — calm three-quarter look.
Even soft studio light, crisp details, pop-art energy, vertical 4:5.
```

! **Ajuste fácil:** Use as 5 cores como paleta de um carrossel.




CHATGPT · GEMINI

# 30 ESTAMPA DE CAMISETA

*Seu rosto + sua cidade num print streetwear.*

PROMPT 30 · COPIE INTEIRO

```
Streetwear t-shirt graphic print mockup featuring the person in the uploaded photos (keep the face identical): a front-facing photo of him smiling, where a horizontal strip across his eyes is replaced by a London skyline (Big Ben, the Eye, Tower Bridge) with pixel-glitch edges. Big bold 'LON' and 'DON' on either side of his face in black condensed letters. Small streetwear details: 'Stitching dreams into reality', 'Since 1983 co.', a thin line-art heartbeat at the bottom. Printed on a cream heavyweight tee, flat lay, vertical 4:5.
```

! **Ajuste fácil:** Peça "transparent background, 4500px" pra mandar pra estamparia.

05

# UX DE VIDRO *& landing pages*

Componentes em vidro líquido e páginas inteiras. Cole no Lovable, no v0 ou no Bolt e a IA monta o código.

31 · CARD DE VIDRO

32 · MENU DE VIDRO

33 · PASTAS DE VIDRO

34 · SITE DE FOTÓGRAFO

35 · LANDING DE MENTORIA




# 31

# CARD DE PERFIL EM VIDRO

LOVABLE · V0 · CURSOR

Cole o prompt, rode, e depois peça mudanças em português: cor, tamanho, texto. O vidro funciona em qualquer projeto React.

PROMPT 31 · UX

```
Create a profile card component with a liquid-glass (glassmorphism)
look, placed over a full-screen photo background.
Card: 36px radius, background rgba(255,255,255,0.14), backdrop-
filter: blur(26px) saturate(160%), 1.5px border
rgba(255,255,255,0.35), thin inner highlight on the top edge, soft
drop shadow.
Content: round avatar, name, small uppercase subtitle in a monospace
font, a white pill "Seguir" button; below it, 3 mini glass tiles
with a big number and a small label.
All text white with 4.5:1 contrast. Subtle 3D tilt on hover with a
spring animation. Responsive. React + Tailwind.
```

! **Ajuste fácil:** Funciona melhor sobre foto colorida: o vidro precisa de algo pra desfocar.




# 32

# MENU FLUTUANTE DE VIDRO

LOVABLE · V0 · CURSOR

Cole o prompt, rode, e depois peça mudanças em português: cor, tamanho, texto. O vidro funciona em qualquer projeto React.

PROMPT 32 · UX

```
Create a floating navigation bar with a liquid-glass look over a full-screen
hero photo.
Bar: centered, 24px from the top, max-width 880px, pill shape (999px radius),
background rgba(255,255,255,0.16), backdrop-filter: blur(22px) saturate(180%),
1px border rgba(255,255,255,0.4), inner top highlight, soft shadow.
Inside: logo on the left; 4 links in the middle; a solid white "Agendar" button
on the right.
Behavior: on scroll, the bar shrinks 10% and the glass gets slightly darker;
the active link gets a small glass pill behind it that slides between links
with a spring animation.
Mobile: collapses to logo + menu icon that opens a full-screen glass sheet.
React + Tailwind + Framer Motion.
```

! **Ajuste fácil:** Peça "mostra o comportamento no scroll" pra IA entregar a animação funcionando.




# 33

# PASTAS DE VIDRO PRO PORTFÓLIO

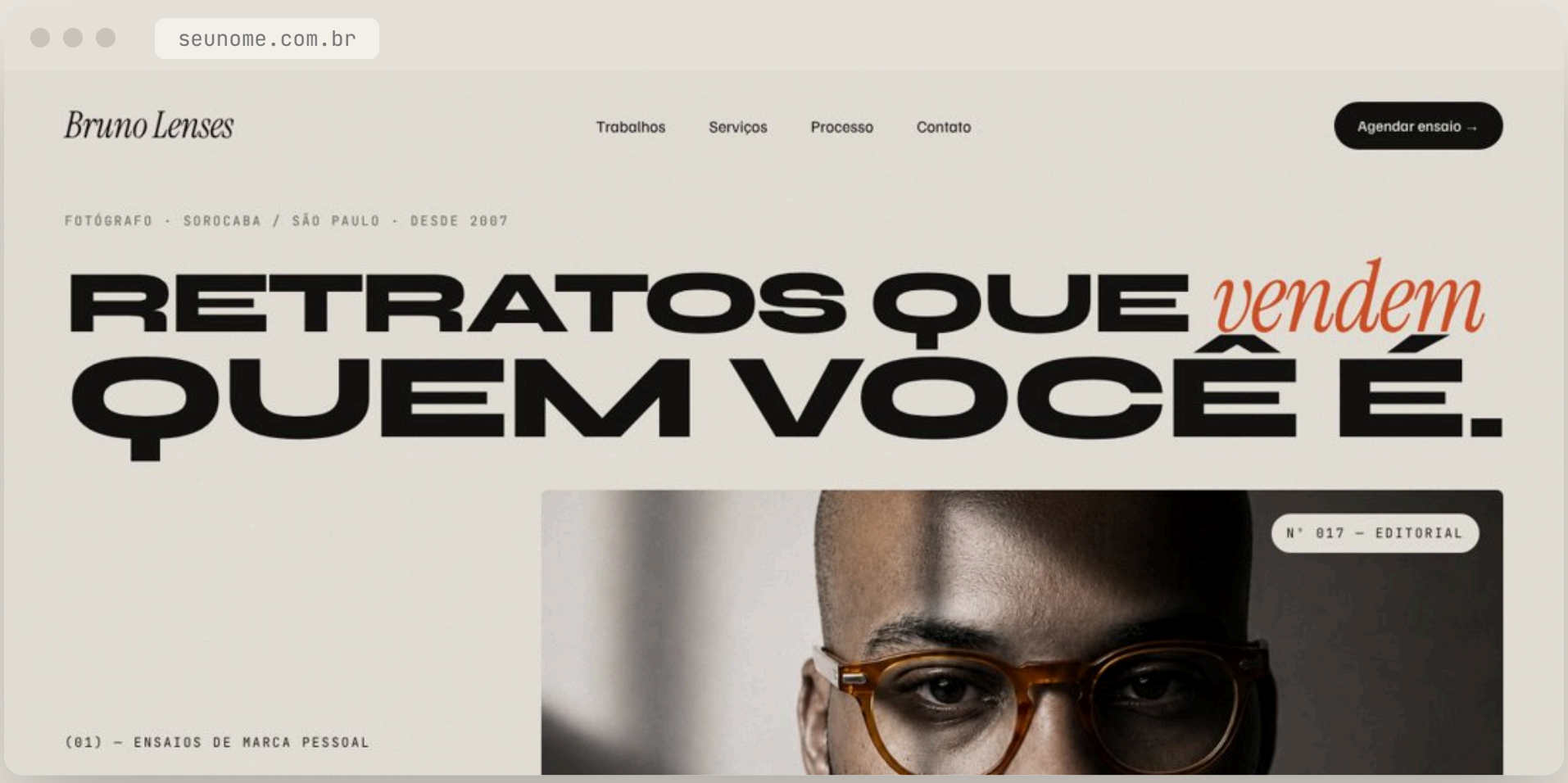
LOVABLE · V0 · CURSOR

Cole o prompt, rode, e depois peça mudanças em português: cor, tamanho, texto. O vidro funciona em qualquer projeto React.

PROMPT 33 · UX

```
Create a "glass folder" card component for a portfolio archive.
Shape: a folder with a back panel and a tab on the top-left (tab 38% of the width, 18px radius), and a front panel that is liquid glass: background rgba(255,255,255,0.12), backdrop-filter: blur(18px) saturate(170%), 1.5px border rgba(255,255,255,0.45), top highlight line, soft shadow.
Inside, a photo "paper" peeks out from behind the front panel, slightly rotated (-4deg).
Front panel shows: project name in a condensed bold font, year and category in small monospace.
Interaction: on hover the photo slides up 40px and straightens to 0deg, the glass gets brighter; on click it opens the project. Grid of 6 folders on a dotted background. React + Tailwind + Framer Motion.
```

! **Ajuste fácil:** Cada pasta é um ensaio, um cliente ou um projeto.




# 34 SITE DE FOTÓGRAFO

PROMPT 34 · LOVABLE · V0 · BOLT ✦

```
Build a one-page portfolio website for a photographer named [SEU NOME]. It must look like a top design studio made it, not a template.
Style: warm editorial, grain texture over the whole page, generous white space, asymmetric grid.
Colors: background #EFEAE1 (paper), text #151413 (ink), muted text #6E675E, accent #D9542B (terracotta, only on buttons, one word of the headline and numbers).
Fonts: Syne ExtraBold uppercase for headlines; Instrument Serif Italic mixed inside headlines for 1-2 words; Familjen Grotesk for body; JetBrains Mono for small labels like "(01) — Trabalhos".
Sections:
1) Nav: name in serif italic, 4 links, dark pill button "Agendar ensaio →".
2) Hero: small mono label (city · since year); giant 2-line headline that fills the full width ("RETRATOS QUE vendem / QUEM VOCÊ É."); below, left column with intro text, terracotta button + underlined link and 3 stats in serif (500+ ensaios · 4,9★ · 18 países); right column a large B&W portrait (my photo) with a small pill tag.
3) Black marquee strip with services separated by ✦.
4) "TRABALHOS recentes": asymmetric grid of 5 photos (first one tall), each with italic title and mono category.
5) "ESCOLHA SEU ensaio": 3 pricing cards, the middle one dark and highlighted.
6) "COMO funciona": 4 steps with big serif numbers in terracotta.
7) Testimonial: big serif quote with one word in terracotta + behind-the-scenes photo.
8) Dark footer: huge "VAMOS criar?", WhatsApp, Instagram, button.
Rules: mobile-first, subtle fade-up on scroll, hover zoom on photos, all copy in Brazilian Portuguese.
```

! **Ajuste fácil:** Troque [SEU NOME], suba suas fotos e peça ajustes em português.




# 35 LANDING DE MENTORIA

PROMPT 35 · LOVABLE · V0 · BOLT ✦

```
Build a landing page for a 1:1 image and positioning mentorship by [SEU NOME].
Hero: full-bleed portrait photo (use my photo), dark gradient from the bottom; giant
elegant serif headline in italic "[SEU NOME]"; one-line promise below; a pill button
"Quero minha vaga" in the accent color.
Colors: base #17120B (dark bronze), text #F5EEDF, accent #E0A93B (only on buttons and
highlights).
Fonts: Fraunces Italic for the big name and emotional words; Bricolage Grotesque
ExtraBold for section titles; Familjen Grotesk for text; JetBrains Mono for small labels.
Sections after the hero: 1) "Pra quem é" (3 short cards); 2) How it works in 4 steps with
numbers; 3) Results/testimonials with photos; 4) Price card with what's included and a
guarantee; 5) FAQ accordion; 6) Final call to action repeating the hero button.
Rules: lots of breathing room, scroll reveal animations, sticky CTA on mobile. All copy
in Brazilian Portuguese.
```

! **Ajuste fácil:** Liste o que você entrega. A IA escreve o resto da página.

06

# GUIA DE *coloração*

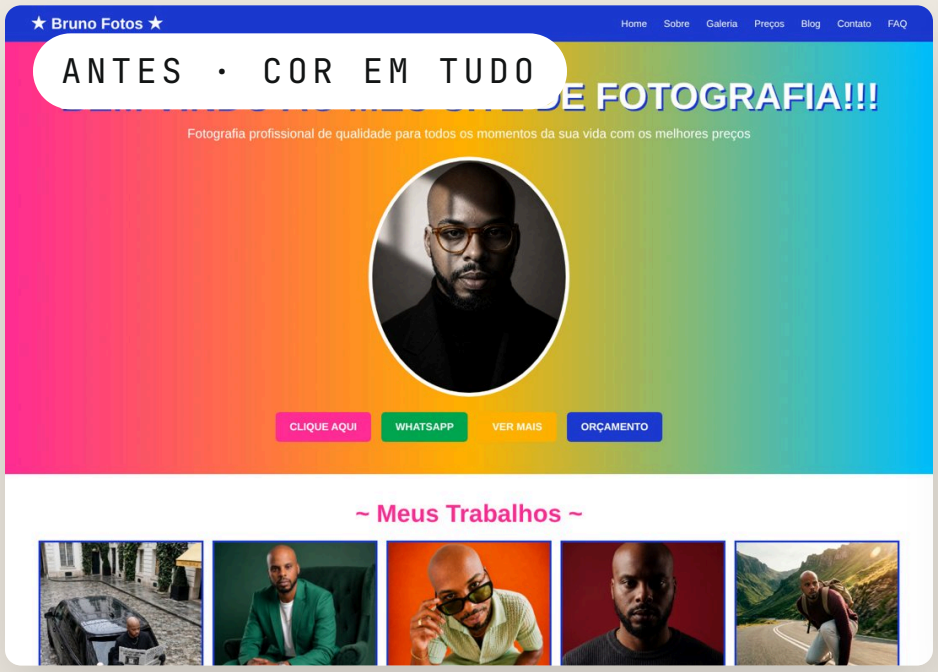
Como colorir um site de forma bonita e inteligente: a regra das proporções, a paleta tirada da sua foto, contraste e fontes.

60-30-10 · PALETA DA FOTO · CONTRASTE · 5 PALETAS · PARES DE FONTES

# A REGRA *60-30-10*

**60%** uma cor neutra que respira. **30%** a cor principal, que dá personalidade. **10%** a cor de destaque, só no que você quer que cliquem.

| NEUTRO · FUNDO | PRINCIPAL · TEXTO | AÇÃO |
|---|---|---|
| 60% | 30% | 10 |






# SUA FOTO JÁ TEM *paleta*

A paleta mais bonita da sua marca já está numa foto sua. Tire as cores dela.



NOITE · #060605

BRONZE · #4C330C

TERRACOTA · #8B6029

TERRACOTA · #A7793E

TERRACOTA · #C5946A

PROMPT BÔNUS · CHATGPT · GEMINI · CLAUDE · ANEXE A FOTO ✦

```
Act as a senior brand designer. I'm attaching a photo that represents my personal brand.
1) Extract the 5 dominant colors as HEX, from darkest to lightest, and give each one a short evocative name in Portuguese.
2) Tell me which one should be the neutral (60%), the main (30%) and the accent (10%), and why.
3) Check WCAG contrast for text on each background and fix what fails.
4) Suggest 2 font pairs (1 display + 1 text, Google Fonts only) that match the mood of the photo.
5) Show a mini style guide: background, text, button, link, card.
Answer in Brazilian Portuguese, short and practical.
```

# BONITO QUE *recebe clique*

Cor não é enfeite. É sinalização. Três regras que separam site bonito de site que vende.

× some

Agendar

## CONTRASTE MÍNIMO 4.5:1

Texto claro em fundo claro some. Teste no contrast checker do WebAIM antes de publicar.

✓ vende

Agendar

Ver portfólio

## SÓ A AÇÃO PRINCIPAL TEM COR

Se tudo é laranja, nada é importante. O botão secundário fica só com contorno.

✓ dark

Entrar

texto #9A958C

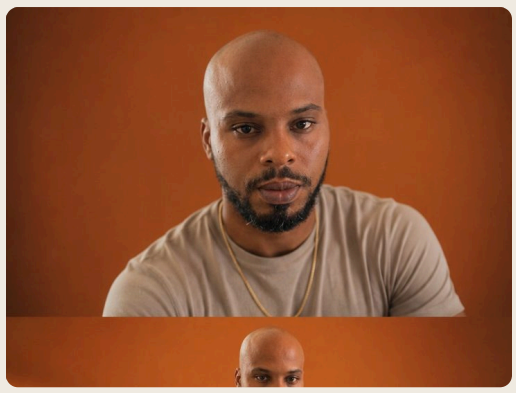
## MODO ESCURO SEM PRETO PURO

Use #121414 no fundo e #F6F2EA no texto. Preto puro com branco puro cansa o olho.

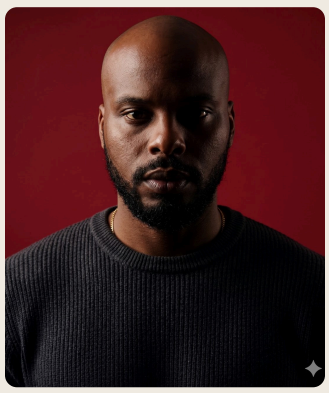
# 5 PALETAS *pinceladas*

Tiradas das fotos deste e-book. Copie os HEX direto pro seu site, Canva ou Lovable.













## PARIS

#0B0E0E
#43483F
#605C57
#7F807E
#EAE9E9

## TERRACOTA

#7C3819
#B75821
#BD7D4F
#BC9880
#C8C8C8

## VERDE PODER

#030907
#244538
#406853
#648C77
#C8C8C8

## VINHO

#08080B
#332828
#600C14
#886355
#C8C8C8

## COBALTO

#0C1B2A
#213F59
#4E403B
#977C69
#B4A193

# 2 FONTES.
# *Nunca 3.*

Uma fonte com personalidade pro título, uma neutra pro texto. Procure pelo nome no Google Fonts.

**RETRATOS QUE** *vendem*

Texto de apoio legível, com espaço pra respirar. Um título com personalidade, um texto que some.

SYNE + INSTRUMENT SERIF — PORTFÓLIO · EDITORIAL

## *Sua imagem pode vender mais*

Texto de apoio legível, com espaço pra respirar. Um título com personalidade, um texto que some.

FRAUNCES + BRICOLAGE — MENTORIA · PREMIUM

## ÚLTIMOS LOTES

Texto de apoio legível, com espaço pra respirar. Um título com personalidade, um texto que some.

DELA GOTHIC ONE + FAMILJEN — EVENTO · ENERGIA

## TERNO SLIM MARINHO

Texto de apoio legível, com espaço pra respirar. Um título com personalidade, um texto que some.

BIG SHOULDERS + JETBRAINS MONO — LOJA · MODA

# GOSTOU? O *ouro* É O PRÓXIMO.

- ✦ Prompts inéditos que não vão pro Instagram
- ✦ Sites completos e 10 componentes de vidro
- ✦ Guia de cor completo com 20 paletas
- ✦ Templates PSD editáveis dos carrosséis




LINK NA BIO →

SALVA PRA USAR ~~DEPOIS~~ AGORA