Slim Down - Removing Unwanted Weight

Open the photo you want to use. I am using the photo below I found on a weight loss web page.



The first thing you will need to do is select the area you want to slim down with the Elliptical Marquee Tool



. You will work on small parts of the picture so I will start with the

stomach area as shown below:



Now we want to add a the liquid filter. Select Filter >Liquify to open the Liquify filter dialog box.

Filter	Analysis	3D	View	Window
Last Filter				Ctrl+F
Convert for Smart Filters				
Filter Gallery				
Lens	Lens Correction		Shift+Ctrl+R	
Liqu	Liquify		Shift+Ctrl+X	
Vani	Vanishing Point		^{いズ} Alt+Ctrl+V	

At the Liquify dialog box I set my brush settings to:

^	ОК				
	Cancel				
Load	Mesh Save Mesh				
- Tool Optic	ons				
	Brush Size: 15 💌				
	Brush Density: 50 💌				
	Brush Pressure: 50 💌				
	Brush Rate: 80 👻				
	Turbulent Jitter: 50 👻				
R	econstruct Mode: Revert 👻				
Stylus P	ressure				

Now all we have to do is brush in the area we want to make smaller.



Continue trimming down the waste then click OK to close the liquify dialog box. Here is what I have so far. It does look a little odd at this point.



To deselect while holding down the Ctrl key press the D key on your keyboard.

Select another area by clicking and dragging out over the area. I chose the pant legs next. Again select Filter > Liquify.



With the same brush settings slim down the pant area. Now it really is looking out of proportion but we aren't finished yet!!!



Now select the chest area with the selection tool:



Select Filter > Distort > Liquify. Again using the same brush setting trim down the chest area by brushing in. Here is the before and after photos I completed:





