# Turn Yourself into a Sci-Fi Scientist: The Ultimate Holographic AI Portrait Prompt!

Por Eduardo Woetter · Publicado em 03/04/2026

Transform yourself into a futuristic scientist with this AI image prompt. Learn how to combine your photo with cinematic holographic VFX and lab lighting.

Versão online e eventuais atualizações: https://woetter.com/post/sci-fi-scientist-holographic-ai-prompt

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This comprehensive AI prompt guide demonstrates how to generate a hyper-realistic, cinematic portrait of a scientist interacting with 3D holographic molecules. Utilizing a structured 10-Part Orchestration Framework, this guide teaches users how to combine image-to-image prompting (using a personal reference photo) with advanced text modifiers for commercial-grade biotech imagery. It covers crucial elements like shallow depth of field, cool blue ambient lighting, and seamless VFX integration for midjourney, DALL-E, or Stable Diffusion.

## The 10-Part Orchestration Framework Image Prompt

Important: For this prompts to work perfectly, you must attach a reference picture of yourself with the AI prompt.

Subject: Male scientist/researcher. The person from the attached picture (derive face, hair, skin tone, and body structure from the attached reference image). Wearing a crisp white long-sleeved laboratory coat with a breast pocket, a light blue striped dress shirt visible at the collar, a deep navy blue polka-dot tie, and clear/silver thin-framed rectangular eyeglasses.

 

Composition: Three-quarter body shot portrait, torso turned slightly left. Subject occupies the right-center of the frame; holographic elements extend toward the upper-left quadrant. Vertical portrait orientation.

Action: Focused, analytical, slight upward gaze. Right hand raised at chest-to-shoulder height with fingers gently extended upward as if manipulating a floating holographic molecular structure. Left hand holding a white digital tablet at waist level.

Location: High-tech pharmaceutical or biochemistry laboratory. Foreground includes a white laboratory bench with clear glass containers: one Erlenmeyer flask with clear liquid, two small cylindrical glass vials, and a small glass dish with blue granular material. Background features softly blurred laboratory shelving and equipment in dark navy/steel-blue tones.

Style: Photorealistic commercial/editorial photography with digital VFX compositing. Ultra-high resolution, sharp, and clean. Futuristic, innovative, scientific, cinematic, professional, and high-tech mood.

Editing Instructions: Integrate multiple glowing cyan/light-blue holographic 3D molecular structures floating in mid-air around the subject's raised hand. Molecules appear to float and slightly rotate, the closest one positioned directly above the hand as if being summoned.

Refining Details: Holograms must have a ball-and-stick molecular model aesthetic with a soft luminescent blue-white glow, slight bloom, and lens flare effect. Include two to three primary molecular clusters and multiple smaller glowing orbs scattered in the background as ambient bokeh. Seamless VFX integration with no visible compositing seams.

Camera, Lighting and Format: 85mm–105mm portrait equivalent focal length feel. Shallow depth of field: foreground lab items slightly blurred, subject in sharp focus, background deeply blurred.

Composition and Aspect Ratio: 2:3 aspect ratio (portrait/vertical format). Eye-level to a very slight low angle.

Camera and Lighting Details: Cool blue ambient light sourced from the holographic elements, casting a soft blue-teal glow on the subject's face, hands, and coat. Secondary subtle warm fill light from behind or the right side to prevent a full silhouette. Overall dark, dramatic color temperature in the blue range (#0A1F44 to #00BFFF).

Specific Text Integration: None.

Factual Constraints: Maximum detail, Ultra HD.

Reference Entries: --no cartoon, illustration, flat lighting, overexposed, lens distortion, extra limbs, deformed hands, text artifacts, watermark, blurry subject, low resolution, plastic skin, unrealistic glow, neon signs, cluttered foreground

# Dissecting the Hologram Scientist Prompt

## 1. Subject & Integration

By emphasizing “the person from attached picture,” we force the AI to map your features onto the scientist. The focused gaze anchors the realism.

## 2. Holographic VFX

The prompt specifies “ball-and-stick” 3D molecules. Requesting a “soft luminescent blue-white glow” ensures the VFX looks integrated, not pasted on.

## 3. Lighting & Atmosphere

We use contrasting lighting. The primary “cool blue ambient light” from the holograms hits the subject, while a “subtle warm fill” separates them from the dark background.

## 4. Camera & Depth

An “85mm–105mm equivalent” with shallow depth of field blurs the background lab and foreground flasks, keeping all focus on you and the hologram.

# JSON Prompt

{
"prompt": {
"subject": {
"description": "Male scientist/researcher. Person from attached picture",
"face_and_body": "Derive face, hair, skin tone, and body structure from attached reference image",
"expression": "Focused, analytical, slight upward gaze — engaged with holographic display",
"pose": "Three-quarter body shot, torso turned slightly left, right hand raised at chest-to-shoulder height with fingers gently extended upward as if manipulating or pointing at a floating holographic molecular structure; left hand holding a white digital tablet at waist level"
},
"attire": {
"lab_coat": "Crisp white laboratory coat, long-sleeved, clean and pressed, with a breast pocket",
"shirt": "Light blue striped dress shirt visible at collar and cuffs",
"tie": "Deep navy blue polka-dot tie",
"glasses": "Clear/silver thin-framed rectangular eyeglasses"
},

 

"holographic_elements": {
"description": "Multiple glowing cyan/light-blue holographic 3D molecular structures floating in mid-air around the subject's raised hand",
"structure_style": "Ball-and-stick molecular model aesthetic — spherical nodes connected by thin glowing rods, resembling chemical compound diagrams (e.g., benzene ring or organic molecule chains)",
"glow_quality": "Soft luminescent blue-white glow with slight bloom and lens flare effect; semi-transparent crystalline appearance",
"quantity": "Two to three primary molecular clusters at varying sizes and depths; multiple smaller glowing orbs scattered in the background as ambient bokeh elements",
"interaction": "Molecules appear to float and slightly rotate, closest one positioned directly above and in front of raised hand as if being summoned or manipulated"
},
"environment": {
"setting": "High-tech pharmaceutical or biochemistry laboratory",
"background": "Softly blurred lab environment — dark navy/steel-blue tones, laboratory shelving and equipment faintly visible in the background",
"foreground": "White laboratory bench/counter with multiple clear glass containers: one Erlenmeyer flask with clear liquid, two small cylindrical glass vials, a small glass dish with blue granular material or particles",
"depth_of_field": "Shallow depth of field — foreground lab items slightly blurred, subject in sharp focus, background deeply blurred"
},
"lighting": {
"primary": "Cool blue ambient light sourced from the holographic elements, casting a soft blue-teal glow on the subject's face, hands, and coat",
"secondary": "Subtle warm fill light from behind or right side to prevent full silhouette",
"overall_mood": "Cinematic sci-fi laboratory atmosphere — dark, dramatic, high-tech, futuristic",
"color_temperature": "Cool — predominantly blue (#0A1F44 to #00BFFF range)"
},
"composition": {
"framing": "Vertical portrait orientation (approximately 2:3 ratio)",
"camera_angle": "Eye-level to very slight low angle, three-quarter view of subject",
"focal_length_feel": "85mm–105mm portrait equivalent — slight background compression",
"subject_placement": "Subject occupies right-center of frame; holographic elements extend toward upper-left quadrant"
},
"style": {
"overall": "Photorealistic commercial/editorial photography with digital VFX compositing",
"rendering": "Ultra-high resolution, sharp, clean — resembling a high-end pharmaceutical brand campaign or biotech corporate imagery",
"mood_keywords": ["futuristic", "innovative", "scientific", "cinematic", "professional",

 

"high-tech"]
},
"technical": {
"aspect_ratio": "2:3 (portrait/vertical)",
"resolution": "Ultra HD, maximum detail",
"finish": "Photorealistic with seamless VFX integration — no visible compositing seams between real and holographic elements"
},
"negative_prompts": [
"cartoon", "illustration", "flat lighting", "overexposed", "lens distortion",
"extra limbs", "deformed hands", "text artifacts", "watermark", "blurry subject",
"low resolution", "plastic skin", "unrealistic glow", "neon signs", "cluttered foreground"
],
"watermark": {
"text": "prompt.woetter.com",
"opacity": "20%",
"position": "bottom-right",
"padding": "50px"
}
}
}

## Fluid Text Version of the Image Prompt

Create an ultra-high resolution, photorealistic portrait of a male scientist in a high-tech biochemistry lab. Use the person from the attached picture for the face, skin tone, and body. He is wearing a crisp white lab coat, light blue striped shirt, navy polka-dot tie, and thin rectangular glasses. His expression is focused with a slight upward gaze. His right hand is raised, manipulating glowing cyan 3D ball-and-stick molecular holograms floating in mid-air, while his left hand holds a white digital tablet. The foreground features a lab bench with slightly blurred glass flasks and vials. The background is deeply blurred dark steel-blue with faint lab equipment. The lighting is cinematic sci-fi, with cool blue ambient light radiating from the holograms onto his face, complemented by a subtle warm fill light from the right. Shot with an 85mm portrait lens feel, shallow depth of field, 2:3 aspect ratio. --no cartoon, flat lighting, deformed hands, extra limbs, watermark.

Did you turn yourself into a sci-fi scientist? Share this guide with your friends so they can create their own futuristic lab portraits!

Thanks for visiting! I’d love to see your results. Tag me on social media using #promptwoetter so I can check out your versions!

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