

The Great De-Glam

Production & Prompt Guide

A complete, repeatable workflow for a stylish 15-second Pixar-style rom-com — a glamorous date-night woman steps into the bathroom and, layer by layer, removes the hair, lashes, makeup and jewellery, emerging so natural her date briefly wonders if it's even the same woman.

15 sec · 9:16 vertical · Rom-com transformation · No dialogue · SFX + score · Seedance 2.0

THE IDEA

She went in glam. She came out... herself.

A stylish couple gets home after a great date. She's ultra-glamorous — huge voluminous hair, dramatic lashes, sculpted makeup, jewellery, fitted black outfit. She heads to the bathroom; he settles on the sofa, delighted. Then the reverse-makeover storm: she pulls out hair extension after extension (the pile gets absurd), peels off the giant false lashes, wipes away lipstick, contour, eyeshadow and foundation, swaps into soft pale pyjamas, and brushes her hair flat. She walks out looking so natural and different that her date freezes — glancing at her, then the bathroom, then back — until her recognizable smile confirms it's really her.

WORKFLOW AT A GLANCE

01. Design the cast — The woman (BEFORE + AFTER) and the man — all generated from prompts, no reference image needed.
02. Lock the rules — Always a clearly adult woman · same identity across both looks · huge contrast — never a child.
03. Animate in Seedance 2.0 — Feed the descriptions + master prompt for the 15-sec de-glam.
04. Polish & post — Land the music cut-out on his reaction, export 9:16, publish.

ONE WOMAN, TWO DRAMATICALLY DIFFERENT LOOKS

No reference image needed — generate the whole cast from the prompts. The star is one adult woman rendered in a BEFORE (glam) and an AFTER (natural) state; build both from the descriptions below and keep them one recognizable adult identity. Generate the man separately and keep him identical throughout. Only these two adults appear — no roommates, family, children or background characters.

BEFORE — Glamour Queen (Date-night look) — Huge voluminous glossy hair (extensions & volume), large false lashes, smoky eyes, sculpted brows, contour & highlight, glossy full lips, polished foundation, gold earrings, layered necklaces, bracelets, fitted black outfit, heels / platform sneakers.

AFTER — Natural (Post-shower look) — Completely makeup-free — no lashes, liner, contour, lipstick. No jewellery, no extensions, no added volume. Long flat straight natural dark hair, softer rounder stylized face, larger innocent eyes, soft pale pastel pyjamas, barefoot / slippers.

The Man — the date (Kind & surprised) — Stylish but approachable adult man — fitted black t-shirt, dark loose trousers, fashionable sneakers, simple chain, styled dark/brown hair. When she returns transformed his reaction is the payoff: freezing, blinking, glancing between her and the bathroom, staying polite with a nervous friendly smile. He never mocks, insults or rejects her.

CLEARLY ADULT, SAME IDENTITY, HUGE CONTRAST

[GLAMOROUS ARRIVAL] The couple enters at night; she's spectacular — huge hair, lashes, sculpted makeup, sparkling jewellery, fitted black outfit, confident runway walk. He settles on the sofa, impressed.

[THE DE-GLAM STORM] Bathroom mirror: jewellery off, hair extensions pulled out into an absurd pile, giant false lashes peeled off, makeup wiped away layer by layer, then into soft pale pyjamas.

[THE NATURAL REVEAL] She looks up into the mirror in full AFTER — clearly adult, radically softer, natural skin, flat hair, pyjamas, a peaceful smile — then walks out casually. He does the double-take.

KEY FRAME · THE NATURAL REVEAL

[STYLE] Stylized 3D Pixar rom-com, 9:16, glossy premium render, warm cozy bathroom with an illuminated mirror, cinematic nighttime light.

[THE NATURAL REVEAL] A clearly ADULT woman looks up into a warm illuminated bathroom mirror in her full natural AFTER look — completely makeup-free, no lashes, no jewellery, soft rounded face, large simple innocent eyes, long flat straight dark hair, a soft pale pyjama set, a peaceful satisfied sleepy smile. On the counter beside her sit the leftovers of her glam: a comically large pile of removed hair extensions, two big false lashes, jewellery. The contrast reads instantly — she almost looks like a different adult than the glamour queen who walked in.

[ENVIRONMENT] A cozy modern apartment bathroom at night — lit vanity mirror, sink and cosmetics counter, warm wooden tones, dark blue window; private, calm, romantic.

[NEGATIVE] No text, no logos, no extra people, no child or child proportions; keep her clearly adult; no horror morph, no distorted face or hands.

TIMELINE

0:00–0:03 Glamorous arrival — the couple enters after a great date; she looks spectacular, he's impressed. She points sweetly to the bathroom and closes the door. The audience registers the full glam BEFORE.

0:03–0:05 "Enough glam for tonight." At the mirror her smile drops into an end-of-night exhale; she removes earrings, necklace and bracelets in a rapid sequence and reaches for the hidden extension clips.

0:05–0:06.3 The impossible hair — she pulls one extension, then a second, third and a comically long fourth; the pile grows absurd; her huge hairstyle collapses into flat natural hair. Soft comedic poof.

0:06.3–0:07.2 The false lashes — extreme macro: she peels off one giant lash (adhesive POP), then the second, placing them on the counter like two tiny caterpillars. Her eyes look far simpler and softer.

0:07.2–0:09.4 The makeup disappears — she wipes lipstick, then contour & highlight (face softens & rounds), then smoky eyes & liner, then foundation. Sculpted glam becomes cozy doll-like adult.

0:09.4–0:10.6 Pyjama transformation — clean transition into a soft pale pyjama set; heels off, barefoot, posture relaxed and sleepy; she brushes her hair flat and straight.

0:10.6–0:12 The natural reveal — full AFTER in the mirror: clearly adult, radically softer, natural skin, flat hair, pyjamas, a peaceful smile. She strolls out casually as if nothing happened.

0:12–0:15 "Who walked out of the bathroom?" His smile vanishes, he freezes, blinks, glances between her and the bathroom — until her same recognizable smile confirms it's her. Final two-shot; freeze-frame with clean space up top.

THE 15-SECOND MASTER PROMPT

This is the whole thing — copy it, re-cast the woman and her date, and you have your own reverse-makeover rom-com. Swap the setting or the glam details to fit any brand while keeping the wholesome double-take.

MASTER PROMPT · THE GREAT DE-GLAM

PIXAR ROM-COM – THE GREAT DE-GLAM

[STYLE] Stylized 3D animated romantic-comedy, high-end Pixar / Illumination / premium fashion-doll look, glossy premium render, exaggerated but clean cartoon anatomy, highly expressive faces, cinematic depth of field, fast short-form pacing, sharp visual-comedy timing. 9:16, 15s, 720p+. Rendered in Seedance 2.0. NOT photorealistic, not live-action. The comedy depends on an extreme visual transformation between the woman's glamorous date-night look and her completely natural post-shower look – funny, cute, clean, stylish, family-friendly, non-horror, non-cruel. BOTH characters are clearly ADULTS throughout.

[AFTER LOOK – described, no reference image] Build the woman's post-glam AFTER appearance from this description: innocent, soft, doll-like ADULT face, smooth rounded features, large simple expressive eyes, natural makeup-free skin, long straight dark hair with almost no volume, soft pale pyjama set, cozy nighttime mood, sweet sleepy expression. The AFTER looks softer and plainer than the BEFORE but MUST remain a clearly adult woman – do NOT create a child, do NOT reduce her to child proportions, do NOT render her as a literal child.

[CHARACTERS]

THE WOMAN – BEFORE (glamour queen): long thick voluminous glossy hair (extensions & volume), sculpted brows, large false lashes, smoky eye makeup, contoured cheeks, highlighted skin, glossy full lips, polished foundation, gold earrings, layered necklaces, bracelets, fitted black date-night outfit, heels/platform sneakers, confident sophisticated adult posture – almost fashion-doll perfect.

THE WOMAN – AFTER (natural): clearly adult, completely makeup-free, no lashes/liner/contour/highlight/lipstick, no jewellery, no extensions/volume, long flat straight natural dark hair, softer rounder stylized face, gentler cheeks, larger innocent eyes, plain brows, soft lips, pale pyjamas, barefoot/slippers, sleepy peaceful expression. Preserve identity markers across both (same skin tone, eye color, related nose, recognizable smile, same adult height & proportions); keep her identical WITHIN each stage.

THE MAN – the date: stylish approachable adult, fitted black t-shirt, dark loose trousers, fashionable sneakers, simple chain, styled dark/brown hair; confident & impressed at first, then surprised but KIND – freezing, wide eyes, repeated blinking, glancing between her and the bathroom, staying polite with a nervous friendly smile. He never mocks/insults/rejects her. ONLY these two adults appear – no roommates, family, children or background characters.

[LOCATION] A stylish cozy modern apartment at night: open front door, warm entryway, elegant living room with sofa & coffee table, warm lamps, hallway to a modern bathroom with an illuminated mirror, sink & cosmetics counter, shower area, soft wooden flooring, dark blue night view. Romantic mood; the bathroom warm, cozy, private. No clutter, no party, no crowd.

[TIMELINE] 0:00-0:03 GLAMOROUS ARRIVAL: front door opens at night; low-angle fashion-commercial tracking as the glam couple enters after a great date; she looks spectacular (huge polished hair, dramatic lashes, sculpted makeup, glossy lips, sparkling jewellery, fitted black outfit, confident runway walk); he walks beside her, impressed; close glam shot as she crosses the doorway, jewellery sparkling, hair moving perfectly, turning to him with a confident smile; he sits on the sofa, leans back, adjusts his chain; she points sweetly toward the bathroom (reassuring gesture) and closes the door. The audience clearly registers the full glam BEFORE. · 0:03-0:05 ENOUGH GLAM FOR TONIGHT: bathroom mirror, still flawlessly glam; her smile drops, she exhales with an exhausted end-of-night look, shoulders relaxing; she removes earrings, necklace and bracelets in one rapid sequence (metallic clinks by the sink); she reaches behind her voluminous hair for the hidden extension clips, rolls up her sleeves and looks seriously at her reflection. Music shifts to playful reverse-makeover comedy. · 0:05-0:06.3 IMPOSSIBLE HAIR: she removes one long extension (hair shortens), then a second, third, and a comically long fourth; the pile beside the sink grows absurdly large (she's unsurprised); her huge hairstyle collapses into long, straight, simple natural hair. Soft comedic "poof." · 0:06.3-0:07.2 FALSE LASHES: extreme macro – she peels off one enormous false lash (soft adhesive POP), then the second, placing both on the counter like two tiny furry caterpillars; her eyes look dramatically simpler, softer, more natural. · 0:07.2-0:09.4 MAKEUP DISAPPEARS: she wipes glossy lipstick (lips become plain/natural), then strong contour & bright highlight

QUALITY CHECKLIST

- [] The woman is a clearly ADULT woman in every shot — never a child or child proportions
- [] BEFORE and AFTER share identity markers (skin tone, eye color, nose, the same smile, adult height)
- [] The contrast is extreme & instantly funny — glam bombshell -> natural pyjama look
- [] Each glam layer is removed clearly (hair -> lashes -> makeup -> outfit)
- [] Only two adults; the man stays kind — surprised, never mocking or cruel
- [] No second/duplicate woman; no one else emerges from the bathroom
- [] Music cuts out on his reaction; freeze-frame keeps clean negative space up top

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