

The Makeover

Production & Prompt Guide

A complete, repeatable workflow for a 15-second cinematic 3D beauty-clinic comedy — from character reference images to the final Seedance 2.0 render.

15 sec · 9:16 vertical · Pixar look · No dialogue · Built for virality

THE IDEA

A medspa visit performed like a magic trick.

Everyone knows the dread of the chair. Rosa sits rigid in a fluffy robe, eyes enormous, braced for the worst as the syringe drifts into frame. Dr. Lana — calm, glamorous, faintly amused — works through the whole ritual: micro-needling, serum, cooling mask, steam, the glow-up cream, a quick primp. Dread melts into delight. A blotchy, frazzled "before" match-cuts into a dewy, radiant "after," and Rosa gasps. No dialogue — cartoon SFX only.

WORKFLOW AT A GLANCE

01. Design characters — Lock 2 reference images so identity stays consistent.
02. Build key frames — Three stills: the before, the procedure, the reveal.
03. Animate in Seedance 2.0 — Feed refs + master prompt, render 9:16 at 15s.
04. Polish & post — Cartoon SFX, gold title card, publish to Reels.

CHARACTER REFERENCE IMAGES

Consistency is everything — the same face, body and outfit must appear in every frame. Lock two clean reference images — the terrified client and the serene clinician — in Nano Banana (Gemini) or GPT Image, then upload both into Seedance 2.0 as references. Rosa's face has to be recognizably the same person at the panicked open and the glowing close, or the before/after gag breaks.

Rosa (The Before) — Enormous panicked eyes, frizzy escaping bun, blotchy tired skin, fluffy white robe. Braced for disaster — until the mirror spins.

Dr. Lana (The Aesthetician) — Spotless white scrubs, sleek high ponytail, blue gloves. Holds the syringe like a conductor's baton; every tool a tiny magic wand.

STORYBOARD THE BEFORE, THE PROCEDURE AND THE REVEAL

[BEFORE] Rosa rigid in the chair, huge panicked eyes, syringe entering frame; blotchy tired skin, frizzy bun.

[PROCEDURE] Dr. Lana mid-ritual — roller, dropper, mask, steam — instruments held like magic wands, Rosa flinching with one eye open.

[REVEAL] Mirror spun toward Rosa — dewy glowing skin, bright eyes, soft styled hair; she gasps, hands to cheeks.

KEY FRAME · BEFORE

[STYLE] Stylized 3D Pixar/Illumination cartoon, 9:16, glossy medspa render.

[BEFORE] ROSA, huge panicked eyes squeezed shut, frizzy bun, white robe, a gloved hand bringing a syringe toward her face, "The Before."

[ENVIRONMENT] Pristine beauty clinic, glowing ring light behind the chair, serum shelves, mirror reflections.

[NEGATIVE] No text, no logos, no graphic needle detail, no inconsistent identity.

TIMELINE

0:00–0:02 The before — panicked close-up, syringe enters, eyes squeezed shut.

0:02–0:05 The procedure — roller "prrr-prrr", dropper "plip", mask "fwap"; Rosa flinches.

0:05–0:08 The steam — steamer hiss, towel wrap; Rosa's shoulders finally drop.

0:08–0:11 The glow-up — cream strokes, jade roller, gold LED mask "vmm."

0:11–0:13 The primp — brows "swick", a curl bounced, mirror spun toward her.

0:13–0:15 Match-cut reveal — dewy glowing skin, gasp + hero freeze-frame.

THE 15-SECOND MASTER PROMPT

This is the whole thing — copy it, swap the clinic for any beauty service, and you have your own before-and-after series.

MASTER PROMPT · THE MAKEOVER

STYLIZED 3D AI CARTOON MINI-STORY – THE MAKEOVER: BEFORE & AFTER

[STYLE] Stylized cinematic 3D animated comedy, high-end Pixar / Illumination-inspired look, exaggerated but clean cartoon anatomy, hugely expressive faces, theatrical timing played for big comedy, glossy beauty-clinic render, soft volumetric light. Duration: 15 seconds. Aspect ratio: 9:16. Resolution: 720p or higher. No dialogue. No speech. No subtitles. No logos. Cartoon SFX only.

[CHARACTERS – use the 2 uploaded reference images]

ROSA (The Before): a frazzled woman with enormous round panicked eyes, frizzy escaping bun, blotchy tired skin, deep worry lines, wearing a fluffy white robe. Sits rigid in the treatment chair, knuckles white. Expression arc: terrified -> flinching -> suspicious -> astonished -> radiant. Comedic, never grotesque.

DR. LANA (The Aesthetician): a calm, glamorous clinician in spotless white scrubs, sleek high ponytail, surgical-blue gloves, holds a syringe like a conductor's baton. Unshakeable, precise, faintly amused. Every instrument handled like a tiny magic wand.

[ENVIRONMENT] A pristine modern medspa / beauty clinic. Soft white walls, a glowing ring light behind the chair, shelves of serum bottles in neat rows, a wall mirror, polished surfaces, dewy reflections. Bright, premium, slightly clinical but warm.

[MOOD] Dread that melts into delight. The client braced for disaster; the clinician serene and theatrical. Tension real, comedy huge, the reveal deeply satisfying.

[TIMELINE] 0:00-0:02 THE BEFORE: tight close-up, Rosa's panicked face, syringe entering frame, she squeezes her eyes shut, one eyebrow twitching. · 0:02-0:05 THE PROCEDURE: quick theatrical inserts – micro-needling roller "prrrrr," serum dropper "plip," cooling mask slapped on "fwap." Rosa flinches at each, peeking with one eye. · 0:05-0:08 THE STEAM: face steamer hisses, towel wrap, Dr. Lana fans the steam dramatically. Rosa's shoulders finally drop, she melts. · 0:08-0:11 THE GLOW-UP: rich cream in fast precise strokes, jade roller gliding, gold LED mask lowered with a soft "vmm." Skin smooths and brightens. · 0:11-0:13 THE PRIMP: brows brushed up "swick," a single curl bounced into place, mirror spun toward her. · 0:13-0:15 MATCH-CUT REVEAL: same angle, quick clean cut – glowing dewy skin, bright eyes, soft styled hair. Rosa gasps, hands to cheeks; Dr. Lana clicks the syringe cap and winks – freeze-frame.

[CAMERA] Extreme close-up on the terrified before-face; fast theatrical inserts on each instrument; macro on smoothing skin; mirror push-in; clean match-cut reveal; final hero freeze-frame on the gasp.

[LIGHTING] Bright clinical light softened by a warm ring-light glow on the face, dewy skin highlights, clean reflections on glass shelves and the mirror.

[AUDIO] Cartoon SFX only, punchy and rhythmic: tiny "prrrrr," "plip," "fwap," steam hiss, soft "vmm," brush "swick," a sparkling "ting" on the reveal, satisfied "ahhh." No speech, no subtitles.

[NEGATIVE] No subtitles, no logos, no on-screen text, no dialogue, no blood, no needles in graphic detail, no real injury, no changing faces or outfits, no inconsistent identity – keep it clean, glowy and comedic.

QUALITY CHECKLIST

- [] Both characters look identical to their reference images in every beat (identity consistency)
- [] Clear before -> after on the face — blotchy & frazzled -> dewy & glowing
- [] Rosa reads as the same person transformed, not two different characters
- [] Client's arc reads instantly: terrified -> flinching -> melting -> astonished
- [] Cartoon SFX only — no dialogue, no subtitles, no on-screen text
- [] Strong first 2 seconds (the panicked before-face) so it stops the scroll

[] 9:16, 15 seconds, 720p or better, gold title used sparingly

Made with AI Toon Studio · Full guide: aitoonstudio.com/guides/the-makeover