

Step 1 Download the Friesens Colour Profile

Log into your ConnectMe account



[Menu] **Downloads** > **Friesens Colour Profile**

Save to the desktop and uncompress the file.

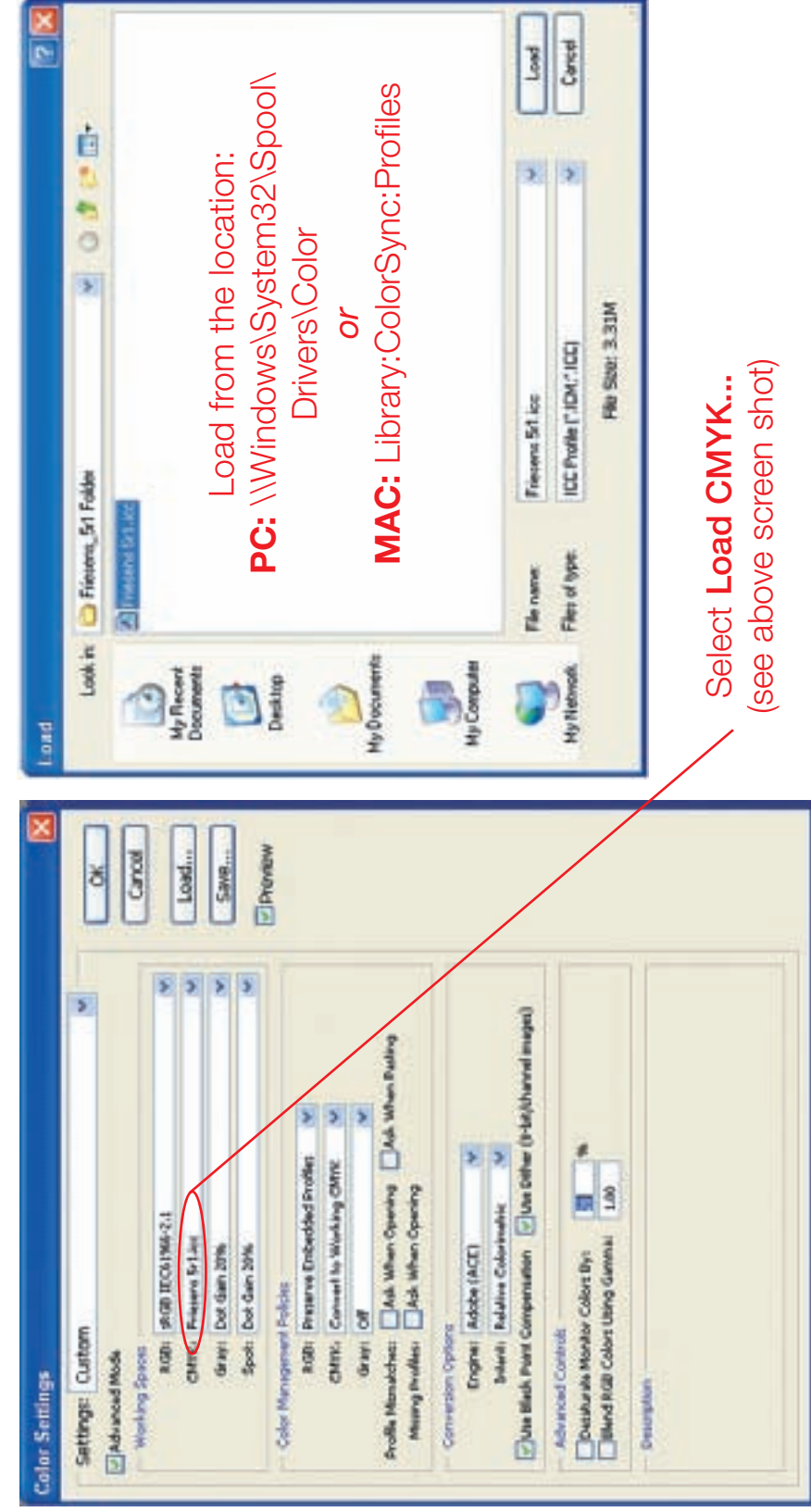
Save the .icc file into the following location:

PC: Right-click on the file and choose **Install Profile**

MAC OS X: <HardDrive>:Library:ColorSync:Profiles:

Step 2 Set Photoshop Colour Settings...

Open Photoshop and set colour defaults as shown.



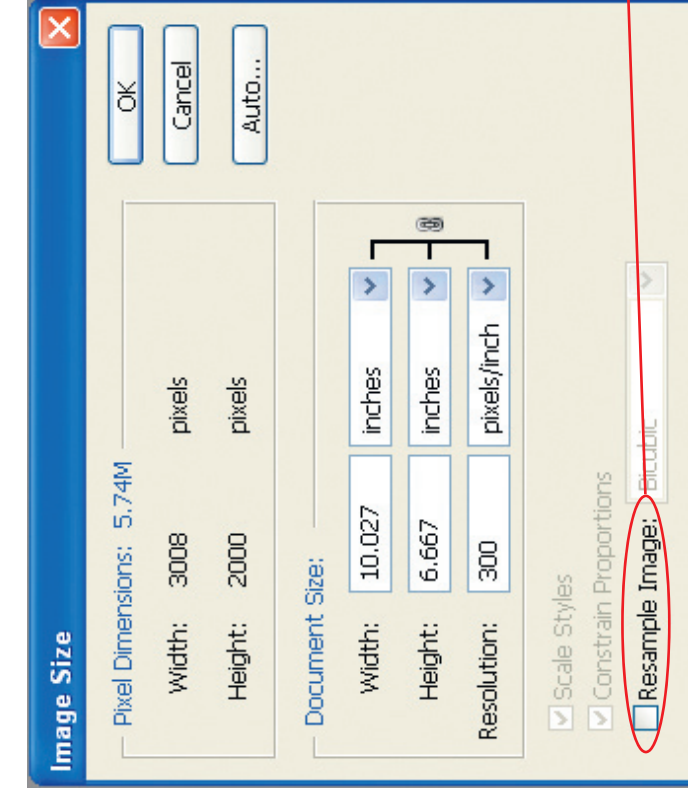
Select Load CMYK... (see above screen shot)

PC: [menu] **Edit** > **Color Settings...**

MAC OS X: [menu] **Photoshop** > **Color Settings...**

Step 3 Convert to Correct Resolution

[Menu] **Image** > **Image Size**

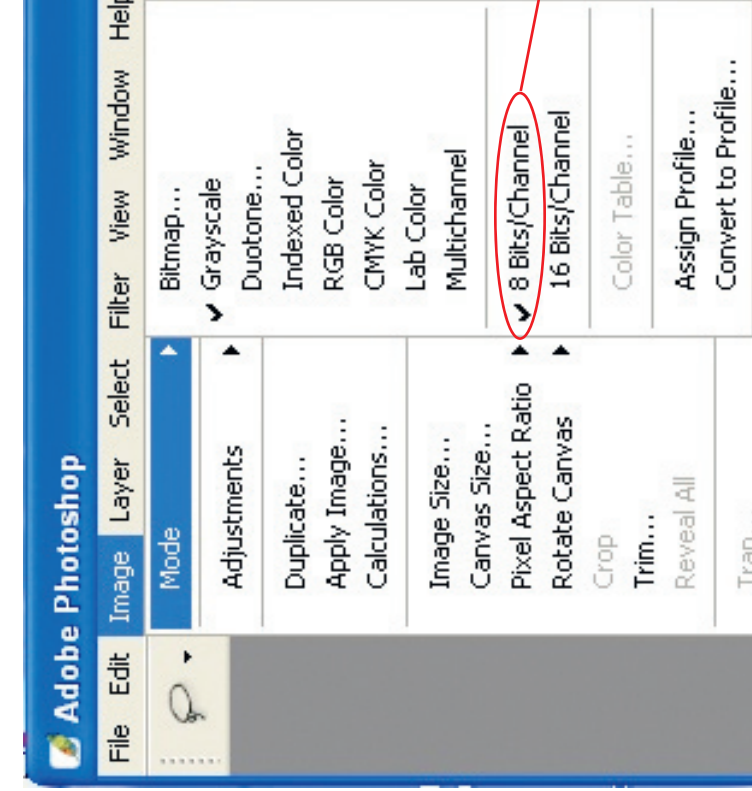


- 1) Uncheck **Resample Image**
- 2) Change the **Resolution** Grayscale or CMYK: 300 ppi
Bitmap: 600 ppi

This must be unchecked before entering a higher resolution.

Step 4 Select Colour Mode

[Menu] **Image** > **Mode**



Colour: CMYK
Black & White: Grayscale

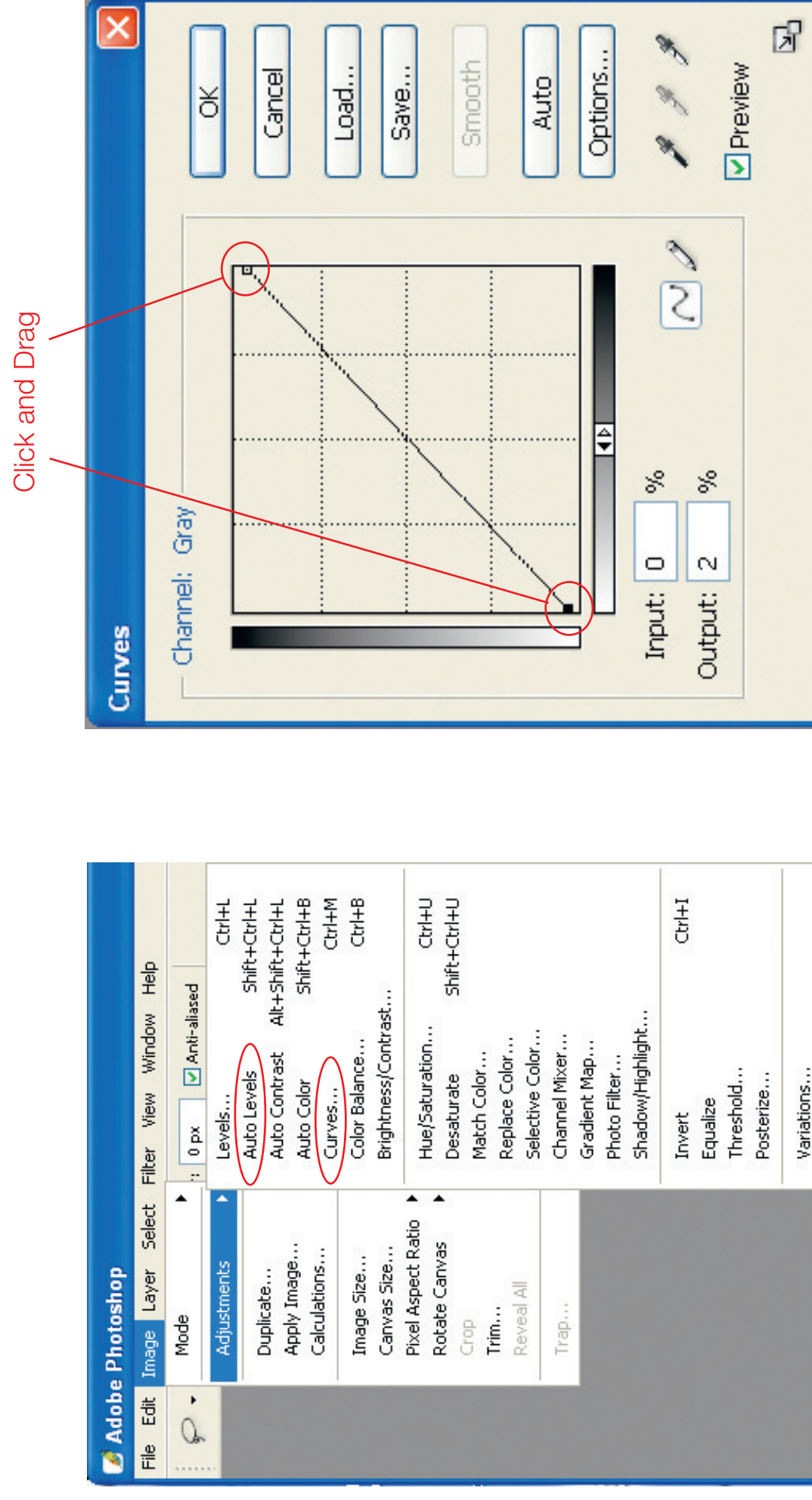
Choose 8 Bits/Channel

Step 5 Adjust Images for Quality (Grayscale Only)

[Menu] **Image** > **Adjustments** > **Auto Levels***

[Menu] **Image** > **Adjustments** > **Curves***

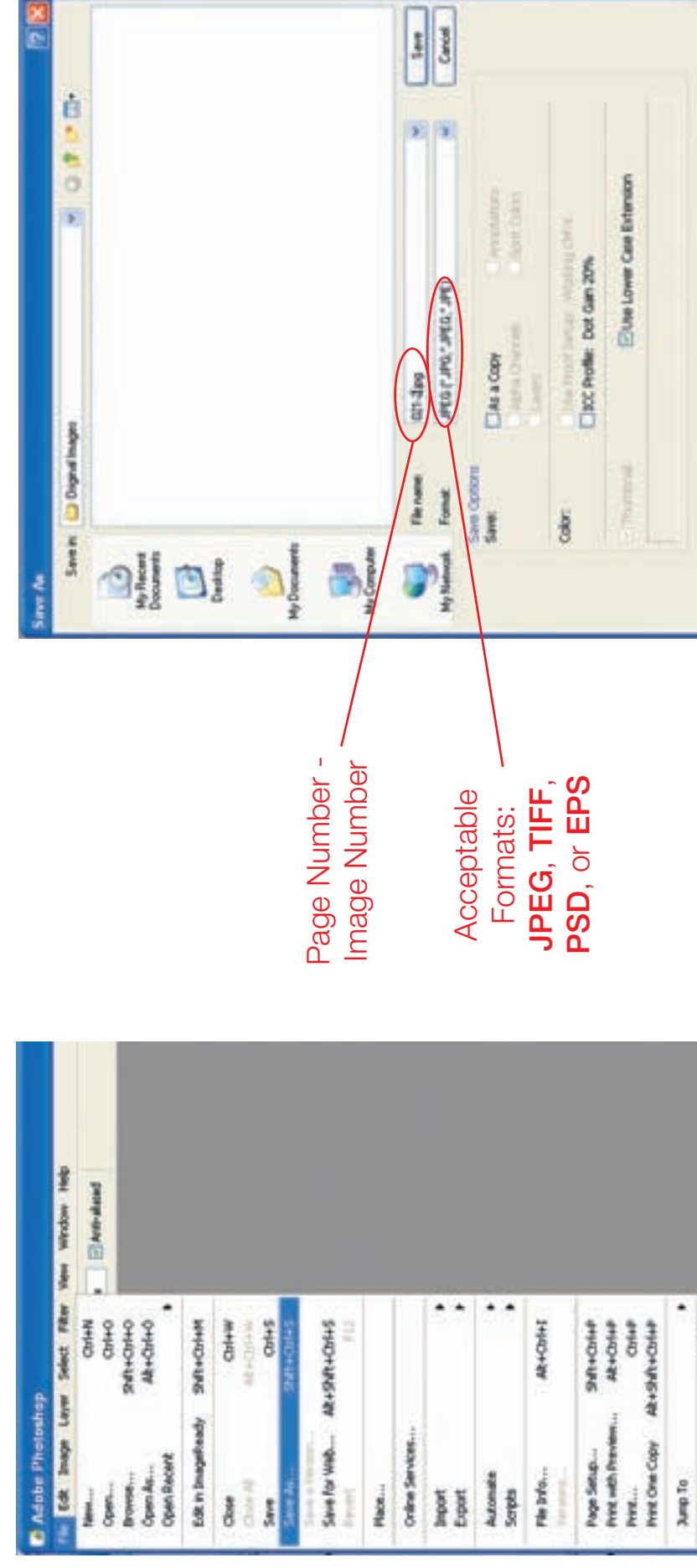
- Click and drag the top right node until: **Input: 100%** and **Output: 97%**
- Click and drag the bottom left node until: **Input: 0%** and **Output: 2%**



*Further manual adjustments may be necessary.

Step 6 Save Image

[Menu] **File** > **Save As**



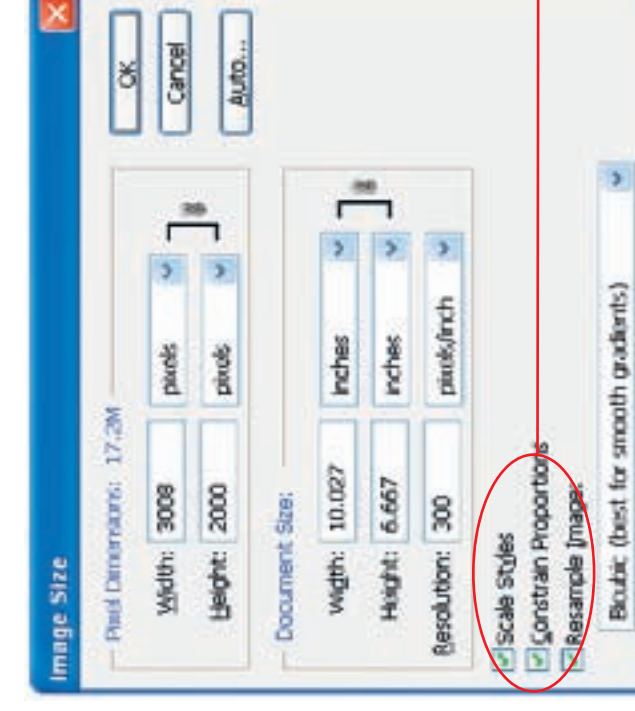
JPEG Quality Settings

Quality Level = 12
File Size = Maximum
MUST choose Baseline ("Standard")

Bonus

Reduce Image Dimensions (when too large)

[Menu] **Image** > **Image Size**



- 1) Check **Resample Image**
- 2) Change **Width** or **Height** to a smaller size (never larger)

These must be checked when reducing physical dimensions of an image that is already the correct resolution.