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NOTION AI WORKFLOW - SIMPLE PHOTO RESTORATION SYSTEM

OLD PHOTO RESTORATION AI WORKFLOW

A simple repeatable workflow for turning low-quality, faded, blurry, damaged, or compressed old photos into clean, realistic, high-detail restorations using AI image editing.



Higgsfield



<https://higgsfield.ai/?fpr=johnsavage>



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USE THIS FOR

Family photos, celebrity archive images, old sports photos, magazine snapshots, low-res internet images, scanned prints, and damaged photos.

MAIN IDEA

Do not ask AI to “make it better.” Give it rules: preserve identity, restore texture, preserve framing, remove damage, and avoid hallucinated faces.

CREATE A SIMPLE NOTION DATABASE

Make one Notion table so every photo goes through the same process.

DATABASE NAME

AI Photo Restorations

Use gallery view if you want thumbnails.

STATUS

Imported -> Prompted -> Restored -> QC

-> Posted

PROPERTIES

Original Image, Restored Image, Prompt Version, Subject Type, Platform, Notes, Quality Score, Caption.

TEMPLATE BUTTON

Create a button called New Restoration that adds the master prompt, QC checklist, and posting caption slots.

Simple rule: One photo = one Notion card. Never mix multiple unrelated photos in the same card, because prompt notes and QC fixes become confusing.

MASTER RESTORATION PROMPT

Paste this prompt after uploading a photo. This is the base prompt you can reuse for almost every restoration.

Restore this old photograph with extreme realism and maximum fidelity in true 4K quality. Preserve the original aspect ratio exactly as provided. Do not crop, stretch, reframe, or change the camera angle.

Preserve the unique physical identity of every visible person with absolute accuracy: facial structure, proportions, age, expression, gaze, skin tone, hairstyle, and all distinguishing characteristics. Do not beautify, stylize, reshape, merge, average, or invent faces.

Reveal realistic detail: skin texture, pores, wrinkles, expression lines, hair strands, eyebrows, eyelashes, lips, natural shadows, clothing texture, fabric weave, seams, folds, accessories, and object details. Avoid oversmoothing or plastic skin.

Restore the full background and environment faithfully. Preserve spatial relationships, body positions, object placement, depth, and perspective. Remove blur, noise, dust, stains, scratches, fading, compression artifacts, and film damage without losing authentic texture.

Correct exposure and color balance naturally. If the image is faded, sepia, black and white, or color-damaged, apply natural full color restoration with believable historical colors, warm natural skin tones, accurate clothing colors, and realistic background colors.

Final result must look like a naturally captured high-definition photograph. No warping, no stretching, no AI artifacts, no hallucinated faces, no invented features, no fake cinematic blur, no stylization.

RUN THE RESTORATION

1. UPLOAD THE ORIGINAL

Use the highest quality version you have. Avoid screenshots if you have the original scan or file.

2. PASTE THE MASTER PROMPT

Add a one-line scene description if needed: “foggy football training photo,” “indoor magazine snapshot,” or “family photo outside.”

3. CHECK IDENTITY FIRST

Before checking sharpness or color, compare face shape, eyes, nose, mouth, hairstyle, expression, and pose against the original.

4. FIX WITH A SMALLER PROMPT

Do not regenerate endlessly. Ask for one targeted fix at a time: “make the jacket text closer to original,” “restore the hand shape,” or “reduce face smoothing.”

5. SAVE FINAL OUTPUT

Attach the final version back into the Notion card, add a quality score, then write your caption.

QUALITY CONTROL CHECKLIST

Use this before publishing. The restoration should feel real, not “AI-clean.”

- | | |
|---|--|
| ☐ Face identity still matches the original. | ☐ Expression and gaze are unchanged. |
| ☐ No invented facial features. | ☐ No plastic skin or beauty filter. |
| ☐ Hands, fingers, ears, and eyes look natural. | ☐ Text/logos are not randomly changed too much. |
| ☐ Clothing folds and fabric texture are preserved. | ☐ Background still matches the original scene. |
| ☐ Color feels natural for the era. | ☐ No cropping or framing change. |

Fast scoring: Identity 40%, realism 25%, scene preservation 20%, color 10%, detail 5%.

USE THE SAME SYSTEM FOR DIFFERENT PHOTO TYPES



STREET / ARCHIVE PHOTO



SPORTS TRAINING PHOTO



INDOOR MAGAZINE SNAPSHOT

STREET / ARCHIVE PHOTOS

Add: preserve clothing artwork, text, jewelry, background architecture, documentary feel.

SPORTS PHOTOS

Add: preserve kit logos, ball design, grass texture, fog/weather, pitch lines, athletic pose.

MAGAZINE SNAPSHOTS

Add: preserve page layout, readable printed text where visible, flash-lit indoor look.

FAMILY PHOTOS

Add: treat every person equally, preserve age, relationships, spacing, clothing era, home details.

TURN THE RESTORED PHOTO INTO A SHORT VIDEO

After restoration, use the final restored image as the source image for an AI video tool and create a subtle motion clip.



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Create a subtle realistic archival-photo motion effect. Keep the person's identity, face, pose, clothing, and composition unchanged. Add only a very slight camera push-in, natural micro movement, gentle background depth, realistic film texture, and soft ambient light. Do not change the face, do not animate the mouth unnaturally, do not invent new objects, do not change clothing text or logos. Keep it realistic, historical, emotional, and documentary-style.

BEST SETTINGS

Low motion • Realistic • No face change • Short clip • Vertical or original ratio

CAPTION TEMPLATE

I restored this old photo with AI - but the hardest part is not making it sharper.

The real challenge is preserving the identity, the original expression, the clothing, the scene, and the feeling of the photo without making it look fake.

This workflow is built around one rule: restore the memory, don't reinvent it.

#AI #PhotoRestoration #AITutorial #OldPhotos

CTA

Use a simple comment keyword like RESTORE, PROMPT, or PHOTO if you are sending the workflow through ManyChat or a link-in-bio automation.

LINKS

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