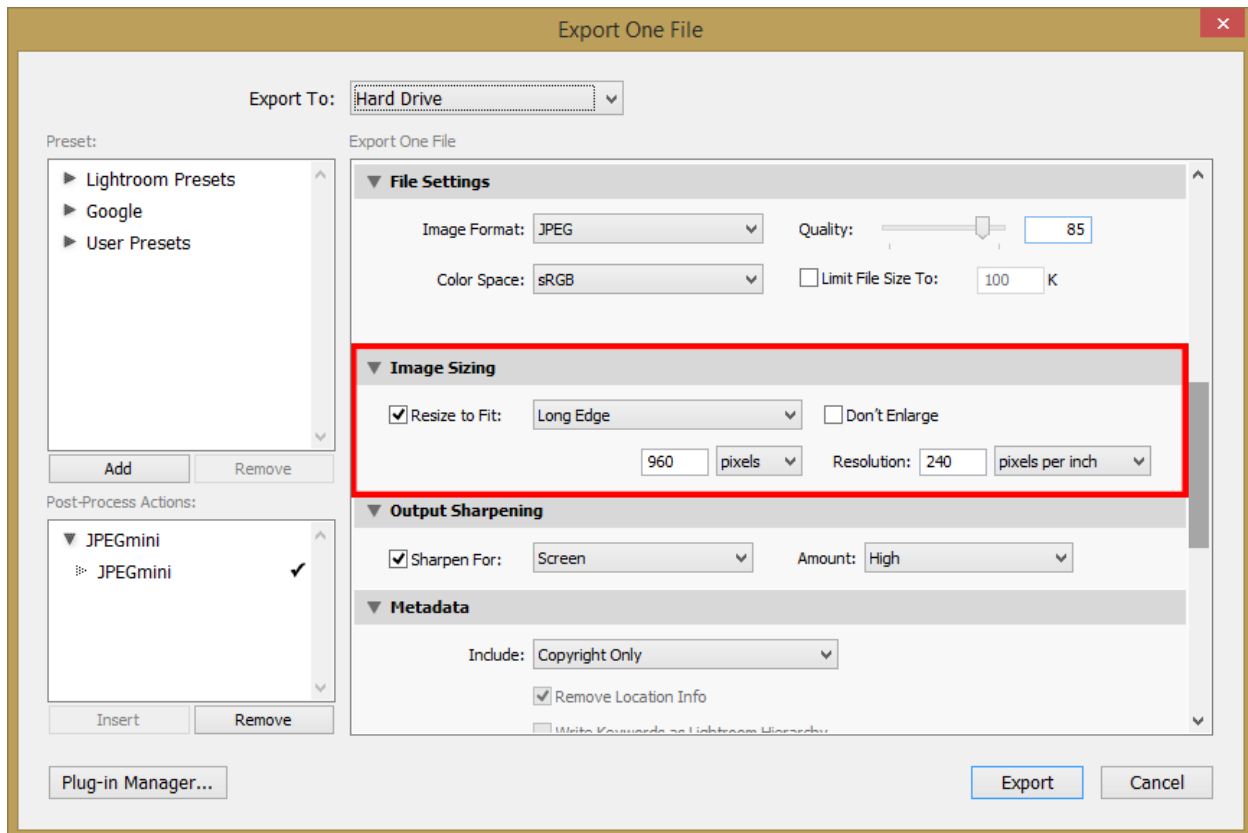# Resizing Images from Lightroom for Facebook and the Web

Now that we know a few things about Facebook's compression and color conversion process, we can move on to the process of exporting and resizing images for Facebook using Lightroom. Here is Lightroom's export window that shows me exporting an image at 960 pixels (feel free to change this to any resolution you are comfortable with):

As you can see, I picked "sRGB" for color space and 85% quality for the image. Actually, JPEG quality is not critically important, because Facebook compresses the heck out of it anyway. When I experimented with a 100% quality JPEG file and compared it to an 85% quality JPEG file, Facebook compressed both to about the same size, with 1 KB difference. However, if you pick anything lower than 85%, Facebook will compress the image even more and degrade its quality, so my recommendation would be to stay at 85% or higher.

In the "Image Resizing" window, pick "Long Edge" from the dropdown and indicate the longest side in pixels. For best presentation of your work, I would recommend to upload images at higher resolution than 960 though. Keep in mind that many people own high resolution screens nowadays (Retina, 4K, etc), so making your images tiny will not help promote your work. Do not worry about the "Resolution" setting (shown as 240 on my screenshot) – that's only used for printing and it has zero effect on how it is displayed or processed by Facebook. In fact, Facebook completely strips out that data from images anyway. I usually keep my resizing sharpening at

"Screen" and "High", but if that's too much for your taste, you can either lower the value or skip the output sharpening completely. The EXIF data / metadata gets stripped out by Facebook anyway, so you can skip that part as well.