

The Lightness Method

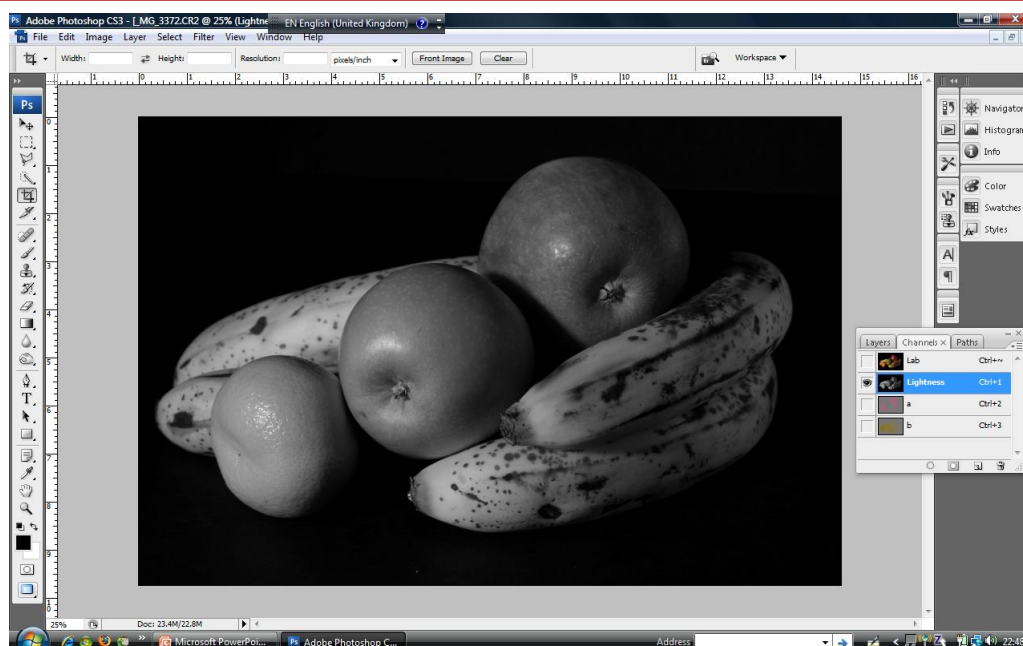
Open image

Select : 'image/Mode/Lab Color'

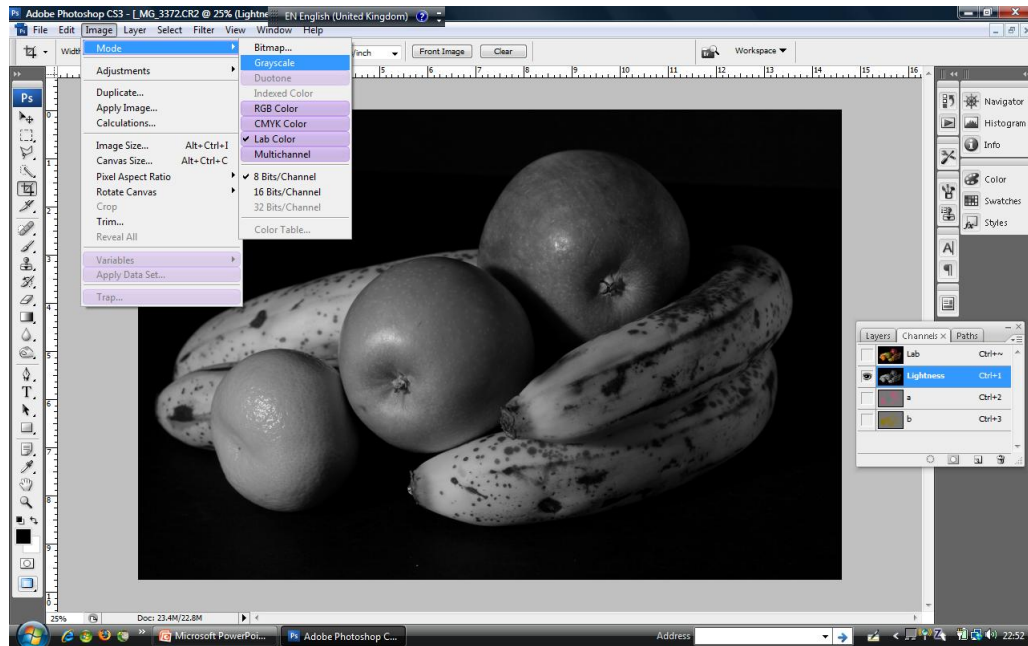


Select Channels tab in the layers dialogue box

Select the Lightness Channel



Convert to greyscale and discard colour information when prompted



*Duplicate background layer
Select best blending mode - 'Multiply' to darken or 'Screen' to lighten the image
Finally, fine tune by adjusting opacity of blending layer*

