

HERE IS HOW TO ADD GOOD BOKEH EFFECTS IN INSTAGRAM STORIES

Instagram is constantly rolling out the latest and greatest features to help users create and post professional-level photos and videos, including the bokeh effect. The application has revolutionized the way we process content, and the demands on creativity are constantly increasing. With the bokeh effect that Instagram now offers, users can achieve this professional photo effect from their phone (or desktop).

In this article, you will learn what the **bokeh effect** is, how to add this effect when taking photos and videos with your mobile phone, what **applications are available for the bokeh effect** and how to use this function on a desktop computer be able.

- **Part 1: What is Bokeh Effect?**
- **Part 2: How to apply bokeh effects in IG?**
- **Part 3: Best bokeh effects apps for iOS and Android**
- **Part 4: How to Add Bokeh Effect to Instagram Videos?**

Bokeh Effect

The word "bokeh" or "boke" is a Japanese concept of "blur." We've all seen images where a subject is clearly in Focus while the rest of the image or video is out of Focus. This is bokeh in its most basic description. The appeal of this type of photography is that it forces the viewer to focus on a very specific part of the image, the part that is in Focus.

A slightly more complicated but descriptive way of explaining bokeh is that it's not actually blurring the background. Complicated but beautiful and now accessible to people on both mobile and desktop platforms.

How to Add the Bokeh Effect to Blur Instagram Stories Background?

With the bokeh effect to your Instagram story is easy, although not all mobile devices have this feature. Don't worry; there are a number of applications, as ['gramst.com'](http://gramst.com) says you can download to achieve this effect, and you can upload your finished picture from the camera roll.

Steps to add bokeh effect in Instagram application

1. Open Instagram and create a new story (click the + in the top left corner of your home screen or profile, or swipe right on the home screen to bring up your Instagram camera).
2. At the bottom of your screen, you will find **Focus**. If you don't see this feature, continue with the instructions on how to achieve this effect using other methods.
3. Once **Focus** has been selected, you can take a photo or video with the bokeh effect. This effect is best achieved by photographing a person or a single object.
4. You can still edit the image with Instagram's filter options after capturing the focus effect.
5. Finally, add the story, and you're done!

Again, *not all mobile devices are capable of performing this function*. Therefore, I have compiled a list of third-party applications that you can download to achieve the same effect.

Part 3: Best bokeh effects apps for iOS and Android

If you're one of those people who doesn't have a focus feature on Instagram, there are a handful of apps that you can use to create the bokeh effect. Below I will introduce you to 2 apps that are perfect for adding bokeh effects to photos and videos.

1. Auto Blur Background - iOS & Android - FREE

The Auto Blur Background application for iOS and Android is free and allows you to import images from your camera roll or take a photo directly in the application to blur it. Once you've set the amount of background blur you want, you can add various bokeh effects.

How to create an Instagram Story with the bokeh effect from this application:

1. Import your photo or capture it with Auto Blur Background application
2. Edit the data as you wish with a range of tools offered at the bottom of the screen.
3. To Export, select the icon in the lower right corner.
4. You can either import directly to Instagram or Export to Camera Roll from this step. Once you have exported to Camera Roll, open the Instagram app and add a new story, select a photo from Camera Roll and click "Add to Story"!

Advantages:

- Diverse editing tools
- Save, and share options are available
- Editing tools are customizable
- Easy to read interface

Disadvantage:

- Ads appear multiple times while using the application
 - Blur function is not always accurate for the image
1. AfterFocus - iOS & Android - \$0.99

AfterFocus is another bokeh effects editing application that you can use to import photos to your Instagram story with this feature. With this application, you can set the focus area, and then the application will do the rest of the work! This application has an extremely natural and professional look.

To add photos from AfterFocus to your phone:

1. Select your image for editing using the various functions.
2. Select export function and save to camera roll
3. Open the Instagram application and add a new story by selecting the photo from your camera roll and clicking "Add to the story"!

Advantages:

- Basic and advanced editing tools
- Easily downloadable
- Double photo feature

Disadvantage:

- Ads appear multiple times while using the application.

Part 4: How to Add Bokeh Effect to Instagram Videos with Wondershare Filmora?

Now that you have learned some ways to create the bokeh effect for Instagram on mobile, it's time to learn how to add the bokeh effect on your desktop to a video. Here I recommend **Wondershare Filmora**, an easy-to-use yet powerful video editing software for Windows and Mac.

Secure download

Filmora allows you to **apply** tilt-shift circle or linear effects to give your content a simple bokeh effect. Follow the steps below to create the bokeh effects with Filmora for the Instagram Story video.

After downloading this software, now follow the steps to create the tilt-shift effect:

1. Launch Filmora and set the Instagram video aspect ratio to 1:1 accordingly, then import your video media to the editing software from your desktop, phone, or tablet.
2. Bring the clip you want to edit into your "timeline" (the bottom panel of your screen) from the top panel.
3. Go to the **Effects** panel and find the **utility** category. There you will see options for **Tilt Shift Circle** and **Tilt-Shift Linear**. Or you can use the search bar at the top and search for "Tilt," then you will see "Tilt-Shift Circle" and "Tilt-Shift Linear."
4. Drag the effect over the part of the clip you are editing. These effects can be adjusted to change the effect's intensity, size, and rotation.
5. Exporting media from Filmora is easy. Your content can be shared directly on YouTube and Vimeo from this platform or stored on your computer. Click the **Export** button on the main interface features, choose the format you want to save your content in, and name your file accordingly. Choose the location where you want to export the content, then click **Export**.

Note: Besides using the tilt-shift circle and linear effects for a bokeh result, you can also try some bokeh effects directly. Directly type "bokeh" in the search bar, then try the bokeh overlays and effects.

Conclusion

All in all, Instagram is a versatile platform that allows users to create and share their own unique content. The application keeps adding new features and options to help users maximize their creativity. These functions also include the focus tool or the bokeh effect. Instagram bokeh is possible on some devices, but not all. If your Instagram account does not offer you the possibility to use the Focus function, there are special applications and platforms that allow you to achieve this effect.