

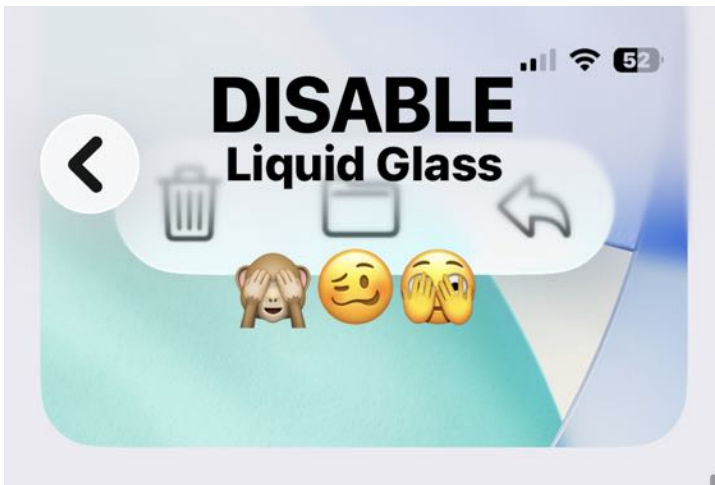
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Summary

While it is not possible to completely disable the Liquid Glass interface on iOS 26, several adjustments can be made to improve readability and usability. These include choosing “Tinted” as the Liquid Glass style, enabling “Reduce Transparency” and “Increase Contrast” in Accessibility settings, and disabling animations with “Reduce Motion”. Additionally, the Liquid Glass icon style can be changed on the Home Screen.



The Liquid Glass interface is highly translucent and layered with various depth and visual effects, and while some users may like the glitz and shine, there are others who find the transparency and reduced contrast to be difficult to use. Introduced with iOS 26, the Liquid Glass look has been a hit with some and a complete dud with others, while posing some frustrating accessibility challenges for some too, leading a fair number of people to wonder

if it's possible to disable Liquid Glass completely on their iPhone or iPad.

I recently helped a relative setup a new iPhone with the latest iOS 26 release, and their new iPhone was their first exposure to the Liquid Glass interface, which they immediately disliked and expressed strong frustration with. Their complaints were ones you've likely heard elsewhere, about how it's hard to read and see things, confusing, makes their eyes hurt, too low of contrast, and just a general strong dislike

of the new Liquid Glass look. I can understand all of this, since [I initially hated Liquid Glass but came to like it](#) after some time of use with a few adjustments. So this article is basically what I did to help setup their iPhone to disable Liquid Glass as much as possible, and since this is still an ongoing complaint with many people I figured it was worth a write-up.

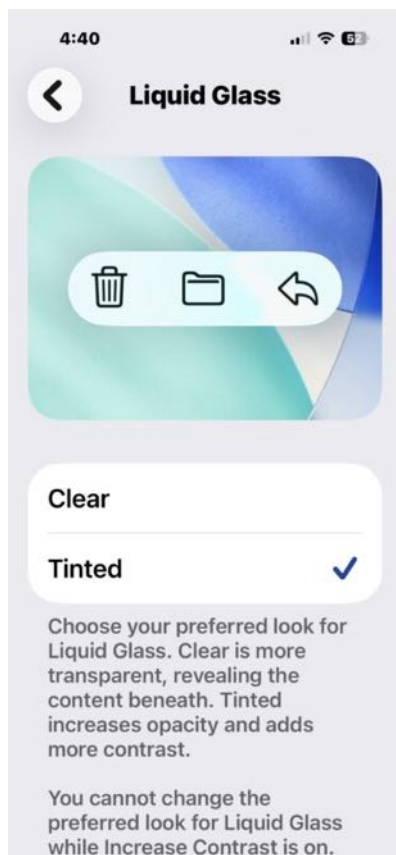
If you're an iPhone or iPad user who is still not a fan of Liquid Glass, we'll walk through some helpful tips on how to tone it down and disable Liquid Glass as best as can be done with the current settings options.

And no, to be clear, *you can not completely disable Liquid Glass*. It's the new defining interface appearance for all modern Apple system software versions (the entire OS 26 suite) and it's almost certainly here to stay with iOS 27 onward, perhaps with a few tweaks and adjustments. But just because Liquid Glass is the new normal doesn't mean you can't improve the look and make it easier to read, use, and interact with, and that's what we're focusing on.

How to Disable Liquid Glass Effects on iPhone & iPad with iOS 26

If you're hoping to find a universal settings toggle for turning off "Liquid Glass" you're going to be disappointed because that does not exist. Nonetheless, there are some adjustments you can make which will help tone down the Liquid Glass interface and improve contrast, legibility, and usability, for those who have complaints and issues with the interface design.

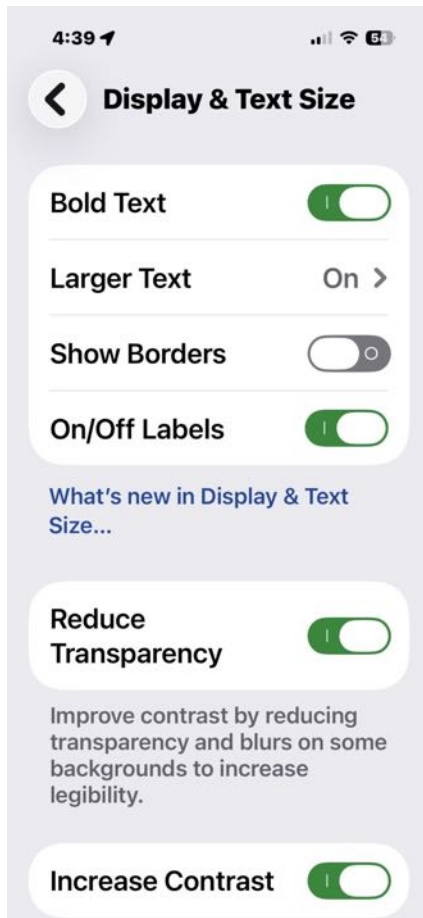
Choose "Tinted" as the Liquid Glass Style



This is as close to a toggle for Liquid Glass as there exists on iOS 26:

1. Go to "Settings" and then to "Display & Brightness"
2. Tap on "Liquid Glass" and then choose "Tinted" to dramatically reduce the translucent effects

Use the Reduce Transparency Setting



Next up is turning off all the transparency as much as possible:

1. Go to “Settings” and then go to “Accessibility”
2. Go to “Display” and then toggle “Reduce Transparency” to ON

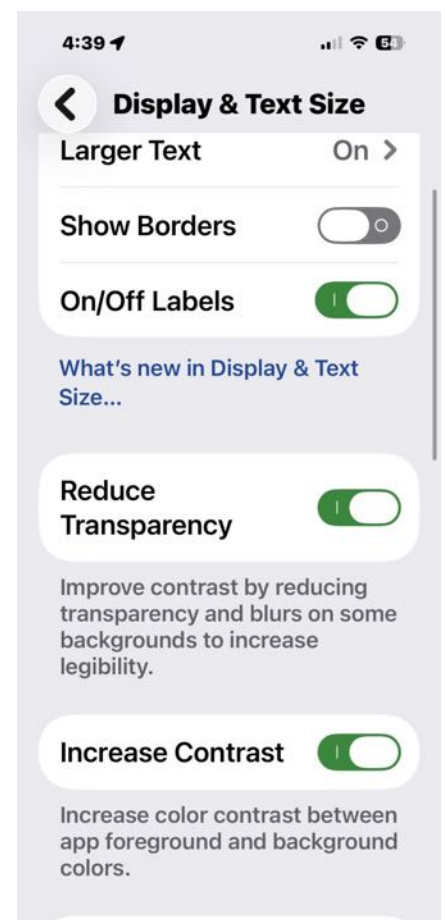
This setting replaces translucent elements and backgrounds with more solid ones, which significantly reduces the glass-like appearance throughout iOS and iPadOS.

Try Out Increase Contrast

You can boost the contrast of the interface which helps to reduce the glass look:

1. Go to “Settings” and then go to “Accessibility”
2. Go to “Display” and toggle “Increase Contrast” to ON

This makes UI elements more defined and clear, reducing some of the blending visual effects that make things hard to differentiate. Some users don't like the way Increase Contrast looks though, so this is something you will have to decide if you like or not.



Ditch Liquid Glassy Animations with Reduce Motion

If the Liquid-ish type animations bother you, this helps that complaint:

1. Go to “Settings” and then go to “Accessibility”
2. Go to “Motion” and toggle “Reduce Motion” to ON

This reduces animations that contribute to the layered glass visual effect and some of the liquid ripple type animations.

Remove the Liquid Glass Icon Look on Home Screen

Some users may wish to remove the Liquid Glass look of the icons on Home Screen:

1. From Home Screen, tap and hold until the icons jiggle then tap on “Edit” in the top corner
2. Tap on “Customize”
3. Choose “Default” or “Dark” as your icon style (avoid [Clear](#) or Tinted if you don’t like the Liquid Glass look of icons)

That will make the icons on your iPhone or iPad look more like you might remember them, or prefer them, to look.

You can also individually [adjust the intensity of Liquid Glass but only on the Lock Screen](#), a setting that for Accessibility reasons alone should probably be applicable to the entire iOS 26 operating system. Alas, that is not so.

Another setting which generally works better on the iPad but also may help iPhone users is [to enable the show borders setting](#).

After you’ve made the changes outlined above, you should notice text and icons are easier to see and read, there’s less visual layering, fewer liquid animations, fewer blur effects, and the interface should be a bit more obvious and higher contrast. The overall look will be a bit more like older iOS versions that emphasized clarity over glitzy translucent visual effects. It’s not perfect, but put it all together and it does help.

Why can’t we disable Liquid Glass completely?

If you feel strongly in your dislike of Liquid Glass and wish to disable it completely, you’re certainly not alone. Questions about Liquid Glass are some of the most popular posts on the [Apple Support Forums](#), with [tens of thousands of people](#) expressing their displeasure with the Liquid Glass interface and wishing to find ways to disable it.

Complaints of Liquid Glass tend to focus on poor readability, poor legibility, increased eye strain, too much blurring, accessibility problems, difficulty separating the UI elements, excessive visual noise and effects, and annoyances with all the translucent

[To view the original source article, please click here.](#)

and transparent effects and appearance. Sure, some people may not just like the look and appearance, but it's important to remember that many of the complaints are coming from an accessibility standpoint, where users feel the iPhone or iPad is now harder to use with Liquid Glass compared to without it. And it's not just iOS 26, many MacOS Tahoe 26 users also feel the same way, and might [find this article helpful for the Mac](#) to reduce some of the Liquid Glass glitz and glamour of that visual experience too.

While you can not turn off Liquid Glass entirely, you can use the settings detailed above to reduce the intensity of liquid glass and to improve your experience with it.

For practical purposes, the settings changes outlined here are the closest way to "turn off" or "disable" Liquid Glass on iOS 26 and iPadOS 26. Some of these [we covered early on](#) with the introduction of iOS 26, but it's important to remember that a lot of users are getting new exposure to the Liquid Glass look by buying new hardware now, when their older iPhone or iPad was still running an earlier operating system without Liquid Glass.

Have you kept the default Liquid Glass look, or did you turn it off as much as possible? Which do you prefer? Has your opinion on the interface changed as time has went on using it?