



Supplies for Healing Blooms

*In **Healing Blooms**, you'll learn the art of creative reuse. You will transform common materials into your own unique bloom. This project can be done with simple supplies right at your kitchen table, in your bedroom, basement, yard, or any other art-making space that is feeling good for you, right now!*

This is an opportunity to repurpose your papers and fabric and other interesting items that you may have saved for just this occasion. My hope is that you will not have to purchase any new supplies for this workshop, but will look at all the possibilities you have around you already!

If you are new to mixed media, I encourage you to get creative and collect any tools and materials that you can find in your home! The beauty of mixed media is that you will come up with your own favorite tools and techniques!

SET UP YOUR SPACE

- Water & a rag
- Something to protect your surface (old towel, table-cloth...)
- Something to protect your clothes (apron, old shirt...)

OPTIONAL BUT HANDY

- Craft heat gun or hair dryer (to speed up drying)
- Water Spray bottle

SUBSTRATE (your choice)

- I chose to use an 8" x 10" canvas board
- You can use:
 - Stretched Canvas
 - Artist Wood Panel (or any other piece of wood with a smooth surface!)
 - Mixed media paper (98lb/160gsm)
 - Watercolour paper (140lb/300gsm)

Or any other type of thick art paper, cardboard or card-stock

PAINTING TOOLS

Your fingers!

Acrylic paint brushes in a few different sizes

Palette knife or plastic card

Scissors and a ruler

Brayer (optional)

Parchment, deli or wax paper (optional)

PAINTING MATERIALS (OPTIONS)

Paint Markers, Acrylic Paints (mix & use the colours that you have)

Here is what I used:

OVER THE FIRST NEUTRAL LAYERS: White Gesso (can use diluted white paint instead)

FOR THE FINAL DETAILS: Mars Black, Titanium White, Flourecent Pink, Iridescent Gold

COLLAGE MATERIALS

Acrylic medium (any type) (or other adhesive - Mod Podge, glue)

I recommend using a Gel Acrylic Medium for the heavier textiles.

For the background - Papers: book pages (preferably from books that inspire you!), sewing pattern tissue, printed tissue paper, wrapping paper, sheet music, dried, empty tea bags, etc.

For the flowers - fabric, lace, doilies, embroidered napkins, ribbons, printed paper flowers from books and magazines, handmade collage papers, any type of fibre or textiles.

Embellishments like buttons and jewels

**This is a great opportunity to use leftover collage papers and materials scraps from other projects.

AND REMEMBER EVERYTHING IS OPTIONAL!