

Distress Paints Without Stress

Choose your art journal surface. Class demonstration - Strathmore Mixed-Media 300 series journal - size 5.5" x 8.5" - 90 lb, paper.

Supplies Demonstrated:

- Journal
- Art Quest Perfect Paper Adhesive - Matte
- Scotch Quick-dry Adhesive
- Wood Icing or Light Molding Paste
- Palette Knife
- Gesso and brush
- Distress Paints - Picket Fence, Black Soot, Rusty Hinge, Mustard Seed, Broken China, Peeled Paint and Bundled Sage
- Faber-Castell Pitt Pen - Black, size S
- Sakura Gelly Roll Pen - Black
- Paper Napkin with several of same or similar images (example - roses)
- Scissors - for paper
- Text Paper
- Ranger Craft Scrubie
- Nonstick Craft Mat
- Water
- Heat gun - Heat-it Craft Tool
- Paper Towels
- Office supply date stamp

Process:

1. The demonstration covers 2 pages.

2. With palette knife, smear a random, very light coat of Wood Icing or Light Molding Paste over the pages. Don't cover the entire surface as this is to create texture on the page.
3. Dry the texture medium with heat gun.
4. Gesso pages and dry them well. (Gesso is a primer that seals the paper and adds body or structure to the paper, too.)
5. Prepare the Distress paints by shaking them. You should hear the little mixing ball mixing the paint.
6. Randomly apply the following colors: Mustard Seed, Broken China, Bundled Sage and Rusty Hinge. With a damp brush, blend the edges of the paints colors.
7. While the paint is still somewhat damp, sprinkle water over the damp paints.
8. Allow the paint to sit for 30 - 60 seconds. Blot the water spots with a paper towel to lift off the paint. Dry well.
9. Cut out the rose images from paper napkin. When preparing to apply the images, you need only the very top layer of napkin.
10. Apply Perfect Paper Adhesive to journal page. Lay the napkin image in the wet PPA, smooth out with a brush dipped in PPA. Be sure to coat the entire image with PPA. This glue is wonderful for napkins and eliminates wrinkling and tearing of the delicate napkin. Dry well.
11. Paint a couple of sheets of text paper with Distress Paints - Bundled Sage and Peeled Paint. Blend colors slightly. Dry well.
12. Cut strips of the green text paper for stems. Glue to pages with Scotch Quick-dry Adhesive.
13. Cut leaves from the same stem paper. Be sure to vary the sizes. Glue the leaves to the stems as you like with Scotch Quick-dry Adhesive.
14. Create some clouds in the sky with Picket Fence Distress paint. Let it dry a bit and then add a little shading with a gray created with Broken China, Picket Fence and a **tiny** bit of Black Soot Distress Paints.
15. Make sure that everything is very dry.

16. Using the black Gelly Roll pen, loosely outline the leaves, stems, and roses. The Gelly Roll pen dries a bit slower than some pens, so if you are right-handed, begin on the left edge of the journal. If you are left-handed, begin on the right edge of the journal.
17. Add birds with black Gelly Roll pen.
18. Add your words in black Pitt pen.
19. Edge the pages with Black Soot Distress paint.
20. Date your page.