



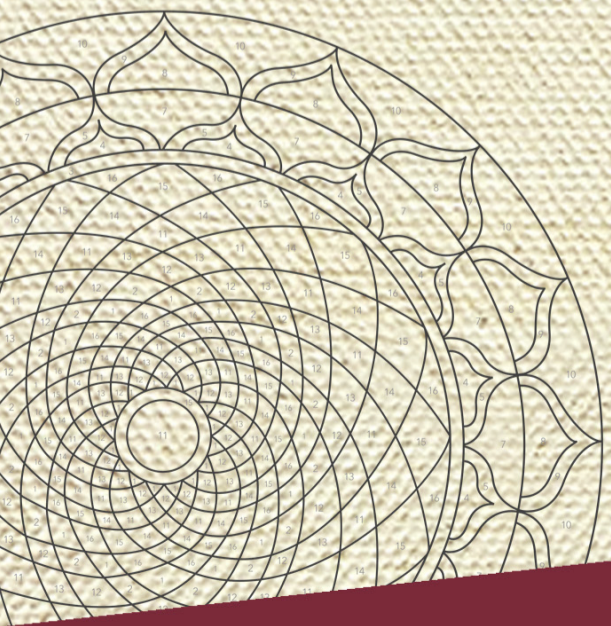
## WHAT ARE MANDALAS BY NUMBERS

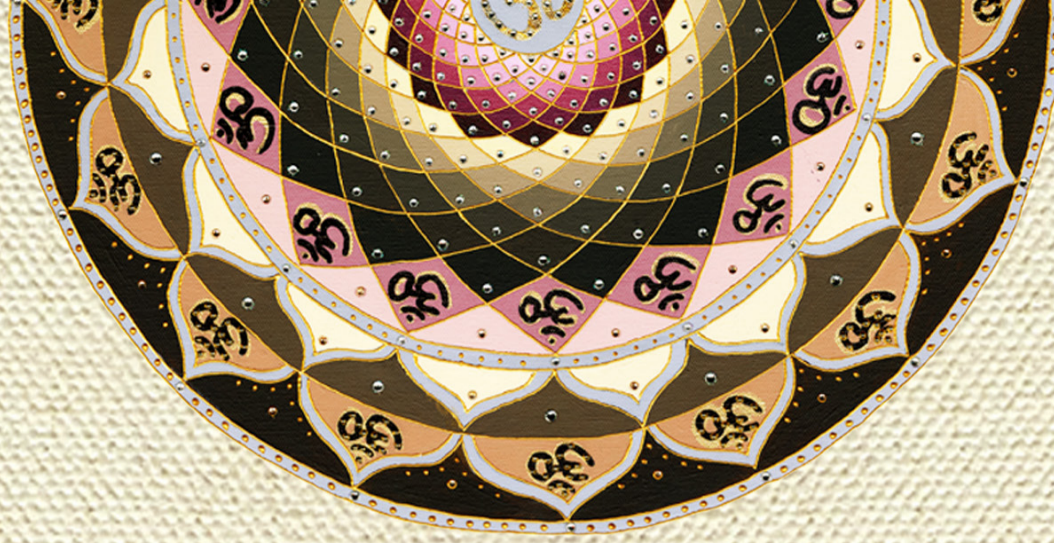
Did you know that painting improves your creative ability, your way of communicating, reduces stress levels, among many other benefits?

The best thing about it is that it's a great entertainment activity for the whole family and for yourself.

At Lina Vargas Studio we offer you the most innovative, fun and creative option of painting through mandalas, since these make it easier for us to connect with the most intimate of ourselves, thus promoting self-knowledge.

They are a wonderful reflection exercise regarding our place in the world and the relationship we have with others. A mandala by numbers is a didactic method so that you can paint a work of art with a guide that will facilitate the process, using a canvas with the pre-printed template of the chosen mandala with the numbers.





# WHAT'S INCLUDED IN OUR KIT

## Included Materials

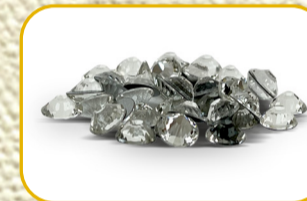
- Mandala template with colors and numbers
- Canvas with printed template with numbers.



Set of 3 Paint Brushes:

- 1 round brush # 3
- 1 1/8" flat brush
- 1 1/2" flat brush

Pencil to decorate with wax-tipped crystals.



Set of crystals to decorate Clear Crystal, sizes SS10, SS12, SS16, SS20.

Set of acrylic paints.



1 bottle of Metallic Gold Dimensional Textile Paint.

1 bottle of Dimensional Textile Paint Glossy Ice.



Tape to stick on the canvas.

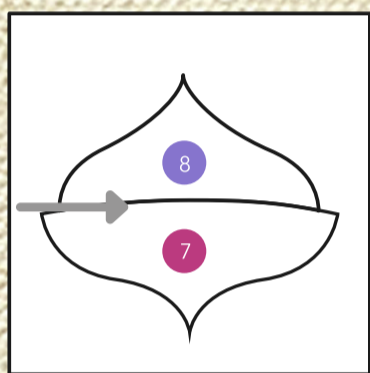
## Other optional and not included support materials:

- Scissors
- Preferably wooden ruler of at least 35" (90 cm.)
- Plastic containers for water.
- Paper towels.
- Apron.
- Dryer.

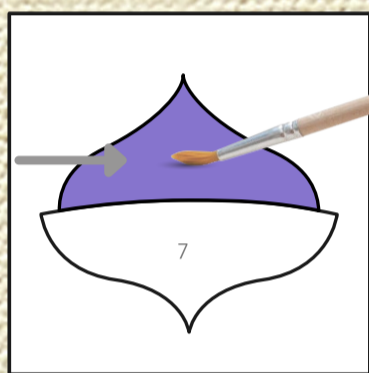


# INSTRUCTIONS

Match colors & numbers and watch your painting come to life.



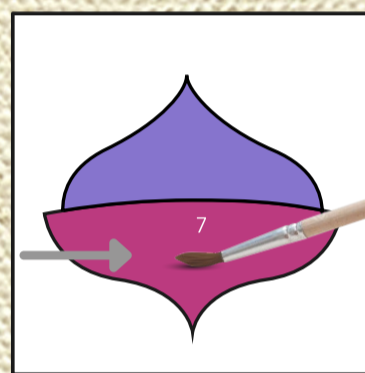
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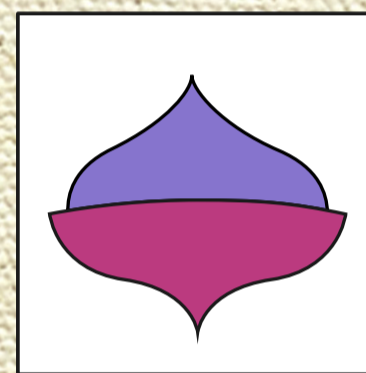
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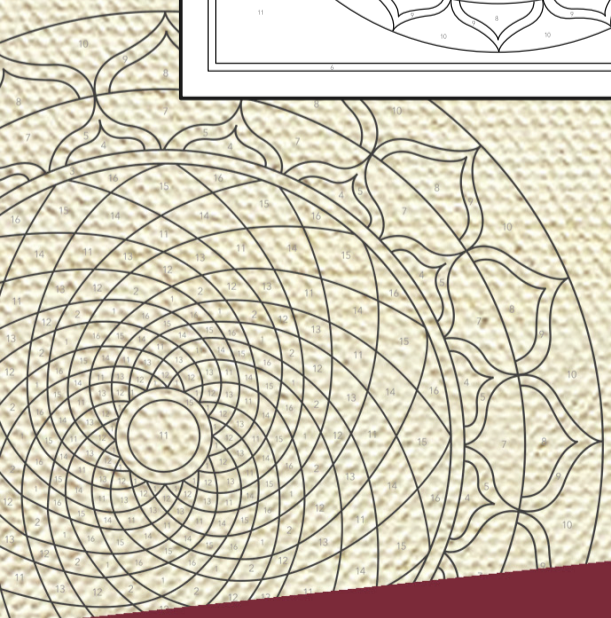
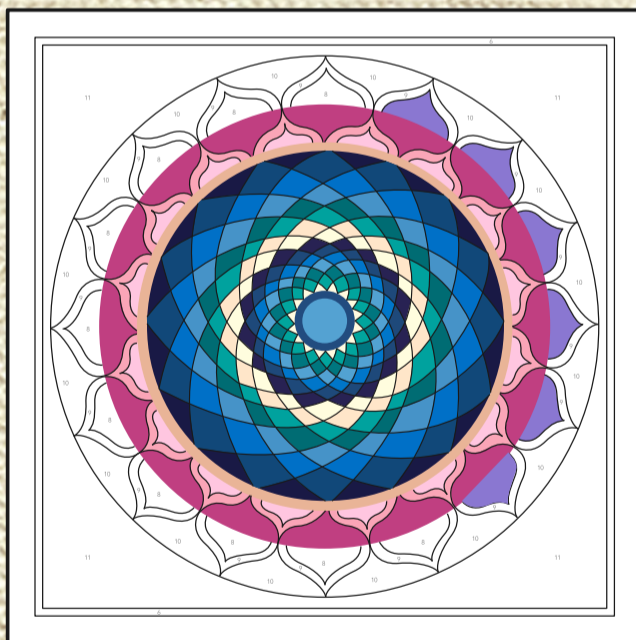
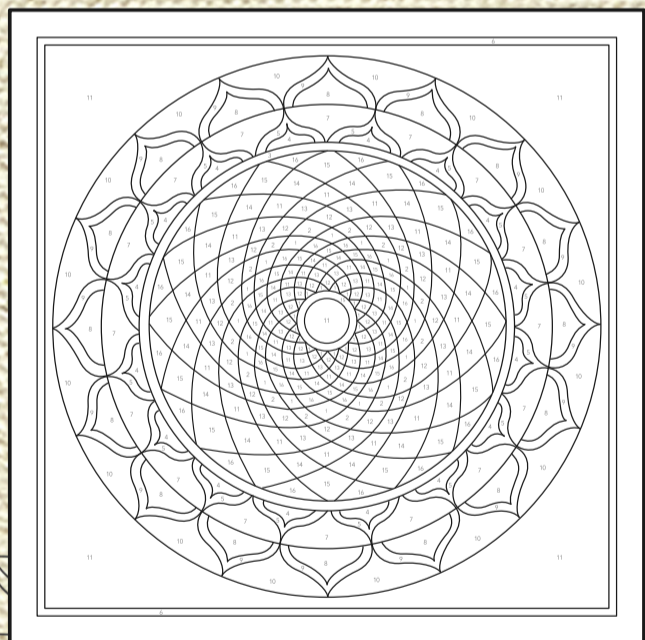
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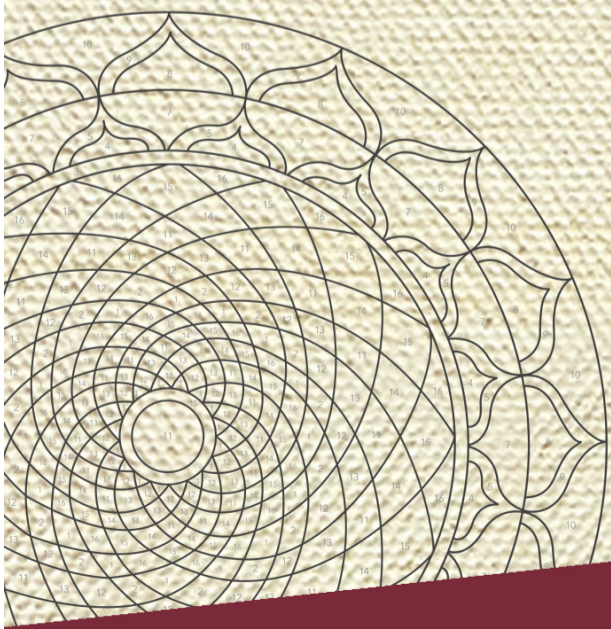
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## CIRCLE MANDALA FIGURE:

1. You can start your work from the inside out, taking the numbers as a reference.
2. Small squares are painted with the # 3 round brush and large squares with the medium 1/8" brush.
3. The background of the painting is painted with the large # 1/2" brush.
4. In the variety of colors, you will find translucent and fluorescent, which require applying several layers (minimum 2).
5. Let dry between layers, you can speed up the drying process with a dryer at medium temperature.
6. You can paint bordering first and then filling in the spaces.

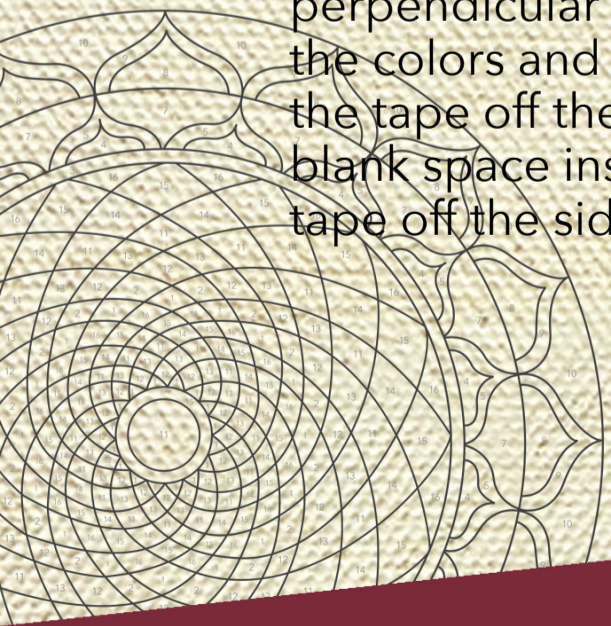


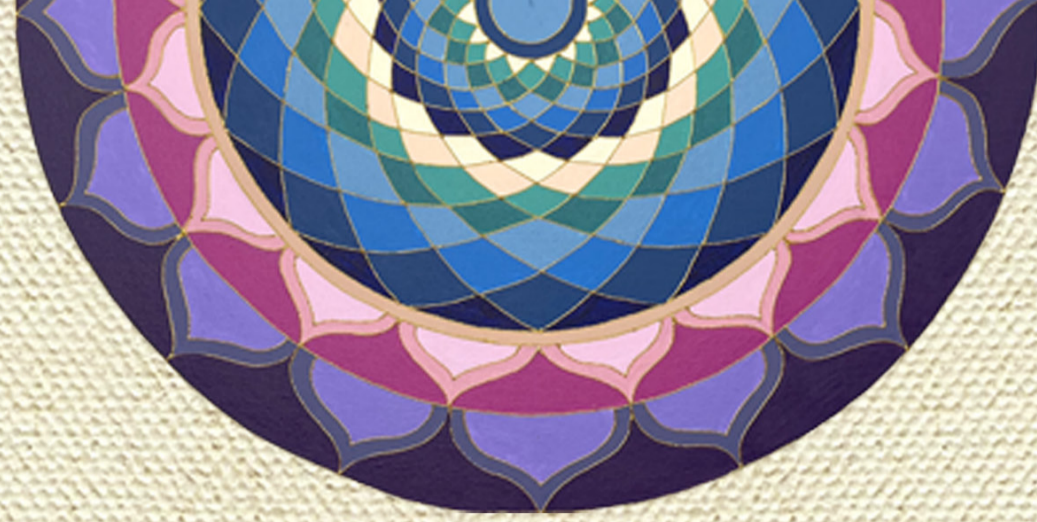


## BACKGROUND

You have several options as to how to paint the frame and border

1. If you are going to use the tape, stick it around the mandala without stretching, on the inside of the circle. Ensures that the tape is well adhered to the canvas.
2. If you do not paint the frame or the edge, apply the acrylic paint to the entire background, from the tape of the circle that you previously stuck to the end of the canvas.
3. If you paint the frame only, you must put the tape covering the width of the frame  $\frac{1}{4}$ ". Apply the acrylic paint to the background, from the tape of the circle that you previously stuck to the end of the canvas, including the cover. After finishing painting and when the paint is dry, lift the tape to leave the frame blank. Next, stick the tape to both sides of the frame and paint the space of the frame.
4. If you paint the edge, you should only put tape covering the entire width of the frame. Apply the acrylic paint to the background, from the tape of the circle that you previously stuck to the inner edge of the frame tape, without covering the tape. Let the paint dry then lift the tape off the frame. Next, you need to stick the tape back over the inner edge of the frame (edge of the blank) towards the inner background. Apply paint in another color from the outer edge of the tape to the end of the canvas. With the medium brush paint perpendicular lines from the tape to the end of the canvas, use the colors and combinations you prefer, take into account the reference photo.
5. If you paint the edge and the frame: first you must put tape covering the frame, apply the acrylic paint to the entire background, from the tape of the circle that you previously stuck to the end of the canvas, including the tape. Paint perpendicular lines from the outer edge of the tape to the end of the canvas with the colors and combinations you prefer, take into account the reference photo. Lift the tape off the frame, stick the tape back to both sides of the frame (leaving blank space inside the frame), paint the numbered blank, allow to dry and lift the tape off the sides.





6. **Recommendations for blurring** (see video).

7. **Application of dimensional paint** (see video).

8. **Application of Crystals:**

8.1. Apply the ice sparkle dimensional paint in the spaces designated for the crystals. You should do it in sections so that the paint does not dry.

8.2. With the pencil to decorate, stick the crystals on the dimensional painting (see conditions for sticking the crystals according to the sizes).

9- **Points to consider:**

- a. Apply several layers of paint.
- b. Let dry between layers.
- c. Check that the paint is dry before sticking for the tape.
- d. Wash your brushes at intervals of time.
- e. It is not recommended to leave the brushes in water.
- f. Gently wash the bristles of the brush without wetting the metal part.
- g. Cover paint jars tightly when not in use.
- h. If the acrylics thicken you can dilute it by adding drops of water.
- i. Always look for a comfortable place to paint, where you have enough light and good ergonomic conditions that allow you to be in the correct posture.
- j. Take the necessary time to paint, the important thing is that you enjoy it and follow the step by step described.

