BALSAM PILLOW

Project Time: 40 minutes

Finished Project Dimensions: 10 1/2" x 12"

Tips:

- Iron on a heat-safe surface.
- Always cover vinyl with parchment paper before ironing.
- Use medium heat (better to heat lower and longer).
- No steam.
- Keep the iron moving continuously in circles, while applying medium pressure.
- Do not iron in one spot longer than 3 seconds.
- Peel plastic carrier sheet while it's hot.
- Stop and check vinyl every 30 seconds to check for melting.
- If any of the vinyl starts to peel up after you've ironed it, iron over it again for 15-30 seconds.
- It's best to peel one color of the vinyl off of the parchment at a time.

Prep:

- Pre-iron pillowcase for 15 seconds before applying your vinyl.

Kit:

- Pillowcase
- Pillow Insert
- Parchment Paper
- Vinyl:
  - Red
  - Yellow
  - Green
  - Silver
- Balsam - 1 lb.

Not included in kit:

- Scissors
- Iron
- Ironing Board or other heat-safe surface
- 12"x12" Parchment Paper

Steps:

1. Apply green vinyl:

a. Preheat your iron. Lay out pillowcase on a flat surface with the pillowcase closure in the back.

b. Starting with your green vinyl, center and place it about 1 inch from the bottom of the pillowcase. Press vinyl into place with your hands.

c. Cover the vinyl and pillowcase with parchment paper and iron the design continuously for 2-3 minutes, stopping every 30 seconds to lift the parchment paper to make sure the vinyl is not overheating and melting.

d. Slowly and carefully, peel away the plastic carrier sheet from right to left. If any vinyl sticks to the plastic, lay the plastic back down and press with your fingers into place. Lay the parchment back down and iron again.

e. Allow the vinyl to cool 2 minutes before applying the next layer.

2. Apply red vinyl:

a. Place red vinyl on top of the green vinyl so that the pine trees on the left fit in the spaces cut out of the mountains, not letting the pieces overlap.

b. Repeat steps c through e from Step 1.

3. Apply silver vinyl:

a. Place the silver vinyl tower piece between the small notches cut into the mountain on the right. Press gently into place.

b. Repeat steps c through e from Step 1, but this is a tiny piece, so only iron for 15 seconds. Pull the carrier sheet, top to bottom.

c. It's very easy to melt the mountains next to the tower. Pause and check your vinyl after 15 seconds. If it's getting too hot, let the vinyl cool for 2-3 minutes before you continue ironing.

4. Apply yellow vinyl:

a. Cut and separate the yellow vinyl into two pieces. The "Spirit of the Pines and Balsams" is one complete piece, and the "Adirondack Mts." is one complete piece.

b. Place the "Spirit of the Pines and Balsams" piece first so that the "m" in "Balsams" lines up about a half inch above the tower.

c. Repeat steps c through e from Step 1, continuously ironing for only 30 seconds. Be careful to only iron the title.

d. Add the "Adirondack Mts." piece. Refer to the video tutorial for placement.

e. Repeat steps c through e from Step 1, continuously ironing for 20 seconds. Again, be careful to not melt the other vinyl around the title. Pause and check often.

5. Fill pillow insert and case:

a. Carefully untie your bag of balsam and insert the open end into the pillow insert opening. Slowly pour balsam into the pillow insert. Press the Velcro seal to close the pillow insert.

b. Slide the pillow insert into the pillowcase with the Velcro side facing up.



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