

Supply List Recommendations

Alice Arlene, Artist

These are the bare-bones suggestions for following along with my class:

1. Paints: I use Liquitex soft body artist grade acrylics, although any transparent acrylic paint will work well. On the container of the paint will be some sort of indication of the transparency of the paint. Transparent paint will give you the ability to build up more layers without losing those underneath as much as with a more opaque paint. The main colors that I use, and will be using in the class are: Alizarin Crimson (red), Ultramarine Blue, and Raw Sienna (an earthy yellow). Less frequently, I'll use Burnt Umber (brown) and Hooker's Green. You are free to choose which ever three primary colors that you like, Liquitex has a student-grade paint that is less expensive and comes in a basic red, yellow, blue, green, etc. I've used it some in classes, and it will work well, especially in the beginning. You are certainly free to choose whatever brand of paint you desire, I just started with Liquitex and prefer the thicker form than the Golden Fluids which many of my artist friends swear by. As we will be using the paints very "loose" or diluted with quite a bit of water, you might be able to use general craft paint. I've not tried to use them in this form, so I'm not sure how they will do for you, but they are certainly an inexpensive option. The only thing that might not work well is a multitude of layers as they are not transparent, but you might in fact prefer that look. Try it and see. If you hate it, you can always gesso over it and try again!

2. Gesso: You will need some, and I'm not picky about brands here. I use both white and black. I usually buy the white by the gallon, and get it from Cheap Joe's. I use white gesso to mix with my paint when I want to increase the opacity, and when I want to lighten the color, as I would a white paint. I use the black as black paint. The gesso is a nice consistency, neither too thick, nor too thin, so I find that it works well.

3. Acrylic Medium: This is the binder of the paint, or what holds the particles of the colorant in suspension. They sell it alone and in various viscosities for various uses. We'll be using it primarily as glue. For that, I use Matte Medium. It is a bit thinner than a PVA type glue. I use the medium instead of another form of adhesive because I know that it will be perfectly compatible with my surface and my paints. Once it dries, it is permanent as well, so I know I won't be disturbing what's underneath. You will not need a large amount of this, the smaller bottle will be fine. If cost is a big issue for you, you could try a PVA glue such as Elmer's, but I've not tried this so can't really recommend it.

4. Brushes: While I love a high quality brush, the inexpensive student sets you can find nearly everywhere will work well. You will want a wide, flat brush, and a few smaller angled brushes. I find that these work well in a variety of ways which I'll show you as we go along. A round brush or two will be helpful as well.

5. Water bucket: You need some sort of container to leave your brushes in while you are working. An old jar with a wide mouth works well.

6. Spray bottle: I use 2. One has water in it, and the other has rubbing alcohol in it. The alcohol gives a nice effect, but isn't as critical as the one with water. You want a nozzle that will do a fine mist.

7. Surface to paint on: This is entirely up to you. I generally use either board (hardboard) or watercolor paper (typically 140lb). I've not used canvas for this technique, so I don't recommend it, although you can try it if you like. You can buy a 4'x8' sheet of 1/8" hardboard at a hardware store for around \$12 and have them cut it down for you, or you can buy pre-gessoed boards anywhere that sells art supplies. Watercolor paper is an excellent option as well. You want it to be at least 140lb. Any thinner and it will curl horribly. The 140 lb may curl a little, but it shouldn't be too troubling. 300lb is stiffer, and there should be no issues with curling, but it is more expensive. Again, brands are not critical here, get whatever is available to you. Whatever surface that you choose, I would recommend that you cut it, or have it cut, in a typical frame size. This can save you a lot of money and aggravation when you go to frame your piece.

8. Sandpaper: if you will be preparing your own hardboard panel, you will need one piece of 60 grit and one piece of 220 grit sandpaper.

9. Plastic sheeting to cover your surface. I use this as my palette as well, although you could also use a foam disposable plate or something similar if you prefer. If you want to save your paint from session to session, choose a size of plate that will fit into a zippy bag. When you are done, pop it in the bag, give a little mist, and zip the bag up. You can, of course get palettes that have the sponge and the palette paper, if you prefer.

10. A couple of small resealable containers will be helpful, like the ones salsa and salad dressing come in with to go orders.

11. Other items: stamps, stencils, sponges, pencils, various collage papers and found items. Favorite collage materials for me are maps and old books. A little goes a long way here, and in later classes I'll be showing you how to make your own collage materials. Old credit cards or gift cards are good. A brayer is helpful as well. You will also want some paper towels and some baby wipes.

Optional, but helpful items

1. Matte gel medium may be useful if you plan on adhering heavy items to your piece. Or, needle and thread, if you are painting on paper. Or a very small drill bit and some wire or thread if you are working on a board.

2. Dry wax, or deli paper is an entirely optional item. I use it to make collage papers, and so often use up extra paint on stamps and so forth on sheets of it. You can also use copy paper or news paper or any other scrap paper you have around the house.

3. The music that I'll be listening to can be found at healingfrequenciesmusic.com

4. I also use floral essences, which I have found to be very helpful in various ways. Freedom-flowers.com is where I get mine. Use the coupon code: "Alice" for 10% off your first order. She has quite a few options for you to choose from. I would recommend Creative Juice, Peace, Stress-Less, Stay Calm, or Confidence.