

Wellbeing Art



Equipment

You will need an empty bottle coloured glass is better especially if you are going to put lights in.

Paint - Acrylic - great buys from Home Bargains.

Cotton bud

Cocktail sticks

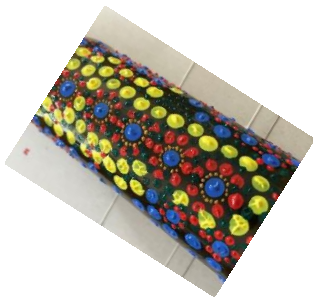
Pencil with rubber on the end

Or any other object that has a small head so you can press paint onto the bottle.

Instructions

- 1. Make sure the bottle is clean and there is no glue left from the label. I used nail varnish remover.*
- 2. Prepare your area with equipment you need. I used a small piece of blue tac to keep my bottle still on its side. Both hands were free then.*
- 3. Think of your colours and patterns and just get creative.*
- 4. Using the tips of your pencil, cocktail stick and cotton bud.*
- 5. Once you have done one side leave to dry 2-3 hours. Then go back to it.*

Remember this is something you go back to when you need some relaxing time. This is mine still working on it.



Have fun!!!!