

Wellness Oasis

Sitting Buddha



Material Used	Article Number	Quantity
Pine Wood Planks 15 x 100 x 400 mm, natural	626178	5
Pine /Soft Wood Strips approx. 1000 x 18 x 36 mm	992132	2
PintyPlus® Chalk Finish Spray Paint, 400 ml, white	609949	1
PintyPlus® Chalk Finish Spray Paint, 400 ml, mint green	609891	1
PintyPlus® Chalk Finish Spray Paint, 400 ml, light turquoise	609879	1
Marabu Mixed Media Acrylic Paint, leaf green, 100 ml	584326	1
Countersunk Screw Assortment approx. 10 - 30 mm, 120 pieces	289156	1
Napkin Set Floral, approx. 330 x 330 mm, set of 20	607316	1
Art Potch - Deco-Glue, 150 ml	451373	1
Casting Mould - Buddha with Bamboo, size Buddha: approx. 145 x 190 mm, bamboo approx. 17 x 205 mm, approx. 15 - 35 mm high, required material: approx. 750 g of creative concrete	727847	1
Creative Concrete CreaStone 1000 g	570130	1
Release Agent - Formestone 100 ml	480666	1
Hobby Line Clear Varnish - Spray, weatherproof, silk matt, 400 ml	448714	1
Recommended Tools		
Carving Tool Set, approx. 130 mm long, set of 6	304034	1
BOSCH Glue Gun PKP-18E Electronic	301128	1
Glue Sticks, approx. ø 11 x 200 mm, 25 pieces	301139	1
Tools Required		
Working pad, measuring tape, pen, handsaw, cordless screwdriver, carving tool, bristle and dabbing brush, soft bristle brush, sandpaper, water vessel, kitchen roll, scissors, measuring cup (or scales), mixing bowl, whisk (or spatula), hot glue gun with glue sticks		

Basic Instruction Concrete

1. Apply release agent to the inner surface of the casting mould.

The release agent depends on the mould material:

Release agent Formestone is used for moulds from plastic, latex and silicone. Formalate Latex Casting Compound is used to cure paper art models and paper moulds for concrete casting. Generously apply Formalate to the interior surfaces of the cardboard and paper models and allow to dry.

Work both release agents according to product instructions.

2. Mix creative or fine concrete with water according to product description.

3. Fill casting mould with concrete.

4. Allow to dry for approx. 1 - 2 days. Drying time depends on model size.

5. Remove casting mould, allow residual moisture to escape.

6. Now you can paint and decorate the model according to the design or as you like.

Instruction Sitting Buddha

1. Work the five pine wood planks with the carving tools to produce a used look. Wood should appear old and used.

2. After carving prime front and back side of all the five planks in different areas with PintyPlus® Chalk Spray in mint green and light turquoise.

3. As well as extensive apply Marabu Mixed Media Acrylic Paint leaf green with a brush.

4. Allow paint application to dry.

5. Spray the whole planks with PintyPlus® Chalk Spray white and allow to dry.

6. Sand the sprayed white layer with sandpaper for the underlying paint to appear. The more you sand a certain area the more intensive you can see the underlying paint layer. By this you create the trendy vintage look.

7. Place the pine planks side by side with a certain distance from each other.

8. Measure the two pine strips. Each strip will later be screwed to the upper and lower part of each plank.

9. Cut the excess part of the strip with a handsaw.

10. Prime the strips also with PintyPlus® Chalk Spray white and allow to dry.

11. Place planks vertically on the strips as described above. Observe a distance of 5 cm to the top and the bottom edge. Now screw the planks to the horizontal strips.

12. Drill two screws into the upper strip with some distance for later hanging.

13. Take a napkin. The napkin consists of three layers, we only use the uppermost layer.

14. Cut or tear the single leaves from the napkin.

15. Place napkin leaf with the backside at the desired position on the connected planks.

16. With deco-glue and a soft bristle brush fix the napkin leaf to the planks starting to glue at the leaf center. Allow to dry.

17. Cast Buddha and bamboo according to the basic concrete casting instruction.

18. Spray the dried concrete models slightly with PintyPlus® Chalk Spray white and allow to dry.

19. Attach concrete Buddha and bamboo to the planks using a hot glue gun.

20. With Hobby Line Clear Varnish - Spray you can weatherproof wood, Buddha and bamboo.

Buddha Bust



Material Used	Article Number	Quantity
Pine Wood Planks 15 x 100 x 400 mm, natural	626178	7
Pine /Soft Wood Strips approx. 1000 x 40 x 20 mm	610285	2
PintyPlus® Chalk Finish Spray Paint, 400 ml, white	609949	1
PintyPlus® Chalk Finish Spray Paint, 400 ml, mint green	609891	1
PintyPlus® Chalk Finish Spray Paint, 400 ml, black	609938	1
Deco & Lifestyle Hobby Paint, antique gold, 230 ml	446712	1
Marabu Mixed Media Acrylic Paint, leaf green, 100 ml	584326	1
Stencil - Plants approx. 300 x 300 mm	611384	1
Marabu Stencil Adhesive Spray 36 ml	483642	1
Countersunk Screw Assortment approx. 10 - 30 mm, 120 pieces	289156	1
Casting Mould - Buddha approx. 160 x 245 mm, approx. 55 mm high, required material: approx. 1380 g of creative concrete	727836	1
Creative Concrete CreaStone 2500 g	570152	1
Release Agent - Formestone 100 ml	480666	1
Hobby Line Clear Varnish - Spray, silk matt, 400 ml	448714	1
Recommended Tools		
Carving Tool Set, approx. 130 mm long, set of 6	304034	1
BOSCH Glue Gun PKP-18E Electronic	301128	1
Glue Sticks, approx. ø 11 x 200 mm, 25 pieces	301139	1
Tools Required		
Working pad, measuring tape, pen, handsaw, cordless screwdriver, carving tool, bristle and dabbing brush, soft bristle brush, sandpaper, water vessel, kitchen roll, scissors, measuring cup (or scales), mixing bowl, whisk (or spatula), hot glue gun with glue sticks		

Basic Instruction Concrete

1. Apply release agent to the inner surface of the casting mould.

The release agent depends on the mould material:

Release agent Formestone is used for moulds from plastic, latex and silicone. Formalate Latex Casting Compound is used to cure paper art models and paper moulds for concrete casting. Generously apply Formalate to the interior surfaces of the cardboard and paper models and allow to dry.

Work both release agents according to product instructions.

2. Mix creative or fine concrete with water according to product description.

3. Fill casting mould with concrete.

4. Allow to dry for approx. 1 - 2 days. Drying time depends on model size.

5. Remove casting mould, allow residual moisture to escape.

6. Now you can paint and decorate the model according to the design or as you like.

Instruction Buddha Bust

1. Work the seven pine wood planks with the carving tools to produce a used look. Wood should appear old and used.

2. After carving prime front and back side of all the seven planks in different areas with PintyPlus® Chalk Spray in mint green and black.

3. Allow paint application to dry.

4. Spray the whole planks with PintyPlus® Chalk Spray white and allow to dry.

5. Sand the sprayed white layer with sandpaper to create the vintage look (see above instructions).

6. Also spray pine strips with PintyPlus® Chalk Spray white.

7. Place the pine planks one below the other horizontally with a certain distance from each other.

8. Screw the two pine strips with a distance vertically to the backside of the planks. Both strips protrude beyond the last plank.

9. Spray the backside of the stencil with adhesive spray and let dry. Press stencil to the primed planks.

10. Use a dabbing brush to dab Deco & Lifestyle Hobby Paint antique gold and Marabu Mixed Media Acrylic Paint leaf green over the stencil alternatingly.

11. Remove the stencil, place on further areas and dab with paint.

12. Allow paint application to dry.

17. Cast Buddha according to the basic concrete casting instruction.

14. Paint the dried concrete Buddha slightly with Deco & Lifestyle Hobby Paint antique gold using a brush and allow to dry.

15. Attach concrete Buddha to the planks using a hot glue gun.

16. With Hobby Line Clear Varnish - Spray you can weatherproof wood and Buddha.

*Have fun creating and enjoy!
Your Opitec Creative Team!*