

BELLY CASTING CREATIONS

PREGNANT BELLY CASTING INSTRUCTIONS

MAKE A MEMORABLE IMPRESSION OF YOUR PREGNANCY

This kit contains: sheets of plaster of Paris, Gesso and a paint brush. Please read all the instructions then proceed with your belly masking.

ADDITIONAL ITEMS YOU WILL NEED:

A lubricant such as Vaseline or un-petroleum jelly

Scissors

A bucket or basin of warm water

Two old sheets

A chair, a low to the ground tri-fold lawn chair works best.

An assistant

HEPLFUL ITEMS:

A short stool for assistant to sit on

Small piece of plastic wrap

Chopstick or pencil

STEP ONE:

Decide what style of cast you want to make. Do you want to include your arms and hands or the hands of your partner or other children? Some people find the simple look best, just breasts and belly. What about the Venus de Milo look? Be creative. Look on our projects page to view samples of what others have done.
www.mehndimadness.com



1. Place a sheet on the floor and chair on top of it, then the other sheet over the chair. Chair should be plastic, without arms. The worker should be able to get to both sides of the chair to work on both sides of your body.



2. Generously apply lubricant to your body, everywhere the cast will go and several inches beyond. Don't be stingy. The lubricant will be soaked up by the body and the cast. This keeps the cast from sticking to fine body hair. Remove all jewelry.
3. The worker can cut some of the plaster into 8-12 inch strips and squares. Fill the basin with warm water and place near chair.
4. Position yourself comfortably in chair, try to sit as straight as possible to

maximize the roundness of your belly. If your pubic hair shows beneath your belly tuck a piece of plastic wrap between belly and hair to protect hair from getting stuck in the casting material.

STEP TWO:

If including hands and arms, position them on the body before starting. There will be no plaster between body and hands/arms for easy removal of the cast. Fingers need to be spread about an inch apart to be able to clearly define them with the plaster strips.



1. The worker will quickly dip one strip at a time into the warm water and remove the excess water by running plaster strip through fingers over basin. Place on body in a timely and consistent fashion. It will take about 45 min. to complete the mask and harden enough to be removed from the body.
2. When placing strips on the body, try to smooth as much as possible before they dry, to create an easier surface to paint or decorate. Be sure to go as high as the collar bones and shoulders. Reinforce this area with 3-5 layers, 3-4 inches down, as this is where you'll drill the holes to hang your mask. The rest of the cast should have 2 or more layers. To avoid running out of plaster do 1-2 layers then add more. Be sure to leave enough plaster strips to re-enforce the edges of the mask.
3. If including the arms be sure to partially wrap plaster around the upper arm towards the back of the arm. This gives the mask a more finished look. Use the chopstick or pencil to position plaster strips neatly between fingers or under breasts.

STEP THREE:

The mask will start to loosen before the worker has completed the casting. This is OK. When finished the worker can run their finger's under the edges to loosen while you take a few deep breathes to encourage it to pop off. Once off you can shower to remove the lubricant.



1. Have the worker trim the rough edges with scissors. Place small strips all around the edge of the mask for reinforcement. This helps protect them and make the mask sturdier.
2. Hold the mask up to the light to see any other areas that are thin. Reinforce with plaster.

STEP FOUR:

1. Let the mask dry for 24 hours. Then paint both the inside and outside of the cast with gesso. This helps to protect mask from cracking and peeling, keeps it from yellowing and prepares it for decorating. Generously place gesso into creased areas such as under the breasts and between fingers. Continue this process till you have used all the gesso. You can paint one side, let dry, then the other, if that is easier for you.
2. Let gesso dry 24 hours before decorating or hanging.

STEP FIVE:

You are now ready to decorate if you choose. Some like to have it decorated by the people attending their blessing way or shower. Or wait till the baby is born and put their prints on it. It can be painted or collaged. To protect your artwork use some kind of sealer like acrylic clear finishing coat. We've posted several free belly sized mandalas for you to use on the web site if you choose.

To hang your mask, make a hole using a large sewing needle or a small drill bit below the collar bone about 2 in. from the top edge and about 9-12 in apart to distribute weight evenly. Use something strong to thread through the holes to hang the mask by, such as fishing line or picture wire.

SEND US A PICTURE:

Share your finished work with us and show others the possibilities. Form for submissions can be located on the projects page. Thanks and Congratulations!

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