



Pressing flowers between wax paper is a common craft technique among the Japanese.. It is also known as Oshibana. The method involves placing pressed fresh or dried flowers between sheets of wax paper and then using an iron to press the flowers flat and preserve them.

STEPS FOR PRESSING FLOWERS BETWEEN WAX PAPER

1. Gather your materials:

Fresh or dried flowers, wax paper, a clean iron, thin cloth (like a pillowcase or old t-shirt), and a flat surface.

2. Prepare the flowers:

If you use fresh flowers, ensure they are fully open and free of moisture. For dried flowers, you may want to gently press them between a few sheets of paper towels to ensure they are dry.

3. Lay out the wax paper:

Place two sheets of wax paper on a flat surface.

4. Arrange the flowers:

Carefully arrange the flowers **between** the 2 sheets of wax paper, making sure they are not overlapping too much. Tweezers help.

5. Cover with pressing cloth (cotton):

Place a thin cloth over the wax paper and flowers to protect the iron and provide a smooth surface.

6. Press with the iron:

Use a warm iron (**on a low to medium setting**) to press the flowers between the 2 wax papers. Use a cotton cloth to protect the sole of the iron. Press for a few minutes, checking occasionally for desired pressing and color. Repeat on the back side wax paper. Repeat turning over of the wax paper to get good adhesion between the 2 wax papers.

7. Let it cool:

Once pressed, let the flowers cool completely between the wax paper before handling or using.

Uses: Tree Ornaments, Window decals, bookmarks, wall art, cards, framed art, gift bag tags

References: <https://morella-ulalume.com/aesthetic-herbarium-ideas/>

HOW TO ATTACH WAXED PAPER TO CARDSTOCK

There are a couple of popular methods for attaching wax paper to cardstock.

1. Ironing (for wax paper resist or embossing)

- **Prep the wax paper:** Crumple it up and then smooth it out to create crinkles and texture.
- **Place the wax paper:** Lay the crinkled wax paper onto the cardstock (glossy side of cardstock against the wax paper for the resist technique if using glossy cardstock).
- **Create a "sandwich":** Put a piece of scratch paper or plain printer paper over the wax paper to protect your iron.
- **Iron:** Using an iron set on high with NO steam, gently iron over the scratch paper. The goal is to melt the wax and transfer it to the cardstock. LI heat level on Hand Iron.
- **Allow to cool:** Once ironed, let the cardstock cool and dry.

Wax Paper Resist: is a great way to create some interesting backgrounds using wax paper, glossy card stock, an iron, brayer, and ink. Crinkle up a piece of ordinary wax paper.

2. Glue (for adhering directly)

- While ironing is common for techniques, you can also use glue to attach wax paper to cardstock.
- **Choose a glue:** A *clear silicone glue* or *glitter glue* works well for adhering paper to paper.
- **Apply the glue:** Apply a thin line of glue along the edges or on the back of the wax paper where you want it to adhere. Or use tiny dabs or drops.
- **Attach:** Carefully place the wax paper onto the cardstock and press gently. Best to use a brayer or rolling pin.

Remember to let any glued projects dry completely. May place under a heavy book to remove air bubbles.

