



Orchid Wrist Wrap

*A polymer and mixed media bangle project
with Christi Friesen*

For this project you will need:

- . **polymer clay** – I recommend Premo™ for this project! A great clay for sculpting: (I used Spanish Olive, Brite Green Pearl and Wasabi), White Glitter, Blush, Gold, Purple Pearl)
- . **metal bracelet blank**: I used a Metal Cuff from Sculpey™
- . **natural pearl**: I suggest a stick pearl with a center hole
- . **headpin**: I suggest one ball-tipped headpin
- . **tools**: cutting blade, wire cutters, pliers
- . **equipment**: clay conditioning machine, oven, oven thermometer

Remember your prom? Well, this project is a new twist on that nostalgic wrist corsage look. It's a quick, easy creation and you can vary the colors to make one to go with each of your ball gowns!



Polymer clay needs to be conditioned to be flexible. Use a clay conditioning machine to condition it quickly and easily.

1. Condition each of your green clays. Take equal portions of each (I used Wasabi, Brite Green Pearl and Spanish Olive), and blend them together by running them through the pasta machine together. Fold and run through again.

2. Rip and stack the clay sheet. Try to be a bit messy!



3. Use a blade to cut the stack in half. See all those cool stripes! Perfect.

4. Use a cutting blade to slice strips from the stack,



each about an eighth of an inch thick.

5. Line the stacks up on your work

surface, one piece overlapping the next. Press firmly to connect them.



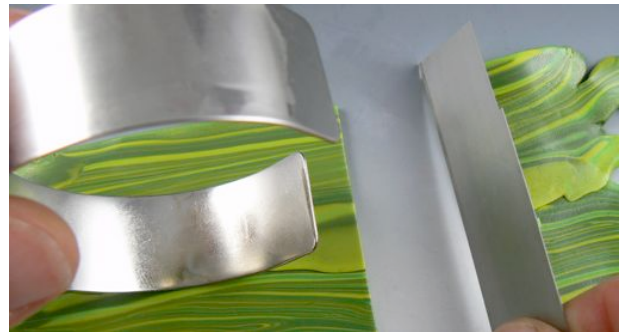
6. Condense and widen the strip by pressing the clay together.

7. Run the strip through the clay conditioning machine, at the widest (or second-widest) setting.

8. Cut or rip the strip in half and lay the two halves together to make a shorter, wider strip. Press the two halves together with your fingers.

9. Run that through the clay conditioning machine again.

10. Lay your bracelet blank on the clay sheet, about half an inch from one end. Roll it over the sheet, then cut off the excess clay about half an inch from the other end.



11. Lay the clay INSIDE the cuff and press it onto the inside to connect. Wrap the excess over the ends. Press them to connect.

12. Fold the edges of the clay sheet over the metal cuff. Let the more interestingly-edged one lay on the top. Press all over to attach.



13. Pinch and form the ends into points – like leaf tips! Pinch off any excess clay.





14. Angle the tips – one up, one down.

So far so good – the cuff portion is done!

Time to make

the orchid flower!



15. Condition your flower colors (I used White Glitter, Blush, Gold and Purple Pearl).



16. Take some of each (I used equal portions of each color, but a bit less of gold), and run them through the clay conditioning machine together several times. Rip and stack, just like we did for the green clays.

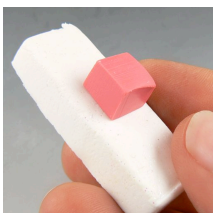


17. Use your blade to cut three thick slices.

18. Pinch and press and pull to form the slice into a petal – wide in the middle and pointed at each end, like a football.



19. For the next three petals, I prefer a contrasting color. I used mostly White Glitter with a little Blush. Run it through the clay conditioning machine and rip and stack it – you know the drill!



20. Cut two slices from this new color stack and form them into petals – same size, same shape.



21. For the larger, bottom petal, cut another slice, but shape this one into a teardrop – pointed at one end, round at the other. Keep the slice thick so you can use your thumb to curve the end like a spoon (a shallow spoon, anyway).



22. Pinch the end, just to give it some shape.

Here's what your petals should look like so far!

Now it's just a simple matter of pressing these petals onto the cuff.



23. Press each petal into position. Start with the top one. Position the flower so it's at a bit of angle to the cuff.

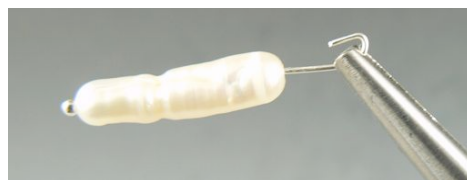


Press firmly to connect and have each petal tip touch in the center.



24. Use your fingers to gently twist the upper two lighter-colored petals.

25. For the center of the flower, a pearl embellishment is nice. Slip a natural stick pearl onto a headpin. I used a



pearl with a hole down the center, lengthwise. A ball-tipped headpin will work

best. Trim any excess wire with wire cutters to leave at least half an inch of exposed wire. Use pliers to bend a hook in the end of the wire.



26. Push the pearl/headpin into the center of the flower – push at an angle so it will go in.

27. Bake your piece in a preheated oven at 275°F (130°C) for 45 minutes to an hour. You can prop it up in a nest of toilet paper so nothing gets squished (toilet paper can go right into the oven, no problem!)

Always use an oven thermometer to make sure your oven stays at the correct temperature – don't trust the dial! Not all ovens are calibrated properly. An oven with more interior room will be best for this project since the cuff is bulky.



Let it cool completely, remove the paper.

Now slip that wrist candy on and show off!

If you want, you can use brown acrylic to antique your piece. This can be a nice effect, giving the piece more richness and character. Just brush the paint onto the baked clay, a little section at a time, then wipe off all the surface paint to leave the color just in the creases and detail areas.

Christi Friesen is an award-winning artist and designer. She is the author of nine how-to books on working with polymer and mixed media. For more about her artwork, her books and projects, and her line of unique tools and supplies, visit her site: www.ChristiFriesen.com

