

Solace Creative Therapies

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Oils Online - Supply list

A desk easel - sold at Office Works

A4 sized (approx) canvas boards - just get a little cheapies from the \$2 shop, doesn't have to be amazing quality.

Gesso - Paint at least two coats of gesso (or white acrylic sealant house paint from the garage) on your board a few days before your session so they're primed and dry.

Odourless mineral solvent - sold at Bunnings and art stores

Wood or glass palette and a palette knife (with pointy end, sort of diamond shape)

Linseed oil - small bottle - we don't use much and an two old jars for storing used solvent in.

Paper towel, or old rags, if you want to be more environmentally friendly.

The best quality oil paints you can afford in the following colours:

Titanium White

Cadmium Yellow

Yellow Ochre

Cadmium Red

Alizarin crimson (or something similar/cheaper)

Raw Umber

Burnt Umber

Cobalt Blue

Ultramarine Blue

Black

Really good brands are: Michael Harding or Old Holland. Pretty good brands are Winsor and Newton or Art Spectrum.

An assortment of hogs bristle, synthetic and sable brushes (only need one or two sables) in sizes from 0 to 6 in filbert, flat and pointed shapes.