

## what you'll need

- prewashed cotton or cotton/polyester blend fabric or stretchable fabric like Lycra™
- Heat Press or iron (do not use steam).
- Pillowcase
- Parchment Paper
- Hard smooth surface: Do NOT use an ironing board
- Scissors
- Inkjet printer

## 1-printing your image

- Bring paper to room temperature before printing.
- Load transfer sheets into printer so that the image prints on the unlined (matte) side.
- Using your computer, select or design images to be transferred. Do NOT mirror or flip the image before printing.
- Print image/design on paper using the following recommended print settings.
- Use scissors to cut around the transfer artwork to remove excess.

PRINTER	PAPER CHOICE	PRINT MODE
HP	Iron on T-Shirt Transfer	Best
Epson	Plain Paper	Photo
Canon	Photo Paper Plus Glossy	Standard
Lexmark	Plain Paper	Best

All technical and recommendations are based on tests we have conducted. Users should conduct their own tests before proceeding.

## 2- transferring the image heat press

- Preheat press to 350°-375° F
- Press fabric for 3-5 seconds to release moisture and remove wrinkles
- Peel liner from back of transfer.
- Place transfer face up (printed side up) on the fabric.
- Place parchment paper over transfer.
- Set to medium pressure for best results.
- Press for 25 seconds.
- Remove parchment paper from transfer using a smooth, even motion.

## 2-transferring the image hand iron

- Preheat the iron to "Cotton" setting. Lay a pillowcase down on ironing surface.
- Pre-iron the fabric to release moisture and remove wrinkles.
- Peel liner from back of transfer
- Place printed transfer face up (printed side up) on the fabric.
- Using FIRM, STEADY pressure, glide the iron in a circular motion over the entire transfer for 2 minutes. It is important to cover the transfer completely.
- After ironing the entire transfer, glide the iron once more over the entire transfer to heat evenly.
- Remove parchment paper from transfer using a smooth, even motion.

To wash, turn the garment inside out and wash with cold water. Only use a mild detergent for best results. Do NOT use bleach or bleach alternative detergents. Be sure to remove the garment promptly from the washer; the color may bleed if left in the washer. Dry on LOW temperature.