

# ABOUT MILK PAINT



Milk Paint is an ancient all-natural paint containing milk protein (casein), limestone, clay, chalk and natural pigments. It is suitable for both interior and exterior applications and is naturally mold resistant. Milk paint provides a completely breathable coating and is ideal for painting wood, plaster, drywall and a variety of other surfaces. It is environmentally friendly, non-toxic and contains no VOCs. Milk Paint comes in a powder. Simply add water to create your paint!



With the Milk Paint Bonding Agent you can apply Milk Paint on a variety of surfaces such as previously painted walls or furniture, varnished surfaces, ceramic tiles, metal, glass and more. Without the bonding agent, Milk Paint will resist some prefinished or prepainted surfaces to achieve an authentic distressed or chippy look. A quart of Milk Paint will cover approx. 70 sq ft. For example: 2 dressers or 1 large armoire. A quart as a stain or wash will cover approx 150 sq ft.



Step 1.

Step 2.

Step 3/4.

## APPLYING MILK PAINT

### STEP 1. PREPARATION

Depending on your project, you will be starting with either new wood or a previously painted or finished surface. Milk Paint requires a porous surface to be absorbed. In this example we are working with bare wood so no preparation is necessary. If your project is previously coated with a paint or other sealer then you will need to add the bonding agent to your first coat to ensure proper adhesion. Always test the bonding agent on your project and follow the directions thoroughly.

### STEP 2. STAINING

Why stain? It is the stain coat that is exposed during the sanding process to reveal areas that appear distressed! \*If you're not going for a distressed look or you are happy with the current color of the surface that you will see when distressing then skip this step. Distressing gives your project the antiqued appearance of paint chipping and is a desirable effect around the edges and corners of a project. The stain lends an authentic look to new wood by making it appear as though aged wood is underneath the chipping paint.

Mixture for Stain/Wash: Mix 3 parts water to 1 part Milk Paint powder. Any Milk Paint color can be made a stain by using this mixing ratio. Mix with a blender, or stir by hand. The consistency will be very thin, like water. Apply with even strokes from end to end for consistency. The stain will completely dry in approximately 15 minutes. Then you can apply your next coat of stain or move onto paint.

**\*Tip for achieving distressing.** For exact placement of distressed lines and edges use the Wax Puck. Press the Wax Puck along the edges where you would like to see the distressed/antiquing effect. This does 2 things: The stain or paint underneath the wax will be protected from being sanded away. The paint on top of the wax will sand off easily.

**\*Tip for achieving a chippy look.** Apply a thin layer of Hemp Oil before paint layers you would like to appear chipped. Sometimes 2 layers of hemp oil is needed on porous surfaces. Any paint put on top of the oil will resist adhering. The oil will resist the paint more than the wax causing the paint to literally flake off. Be aware that oil may be more difficult to control as it will disperse over the surface, where hard wax will remain only where you apply it. Do small test samples to see how it works for you! A polyurethane should be used once you are satisfied with the level of chipping so that it will not continue to chip over time.

### STEP 3. MIXING & APPLYING MILK PAINT

Mix 1 part water to 1 part Milk Paint powder. 1 part can be anything: 1 Table spoon, 1 cup, etc. Add water first to your container then add powder so the powder won't stick to the bottom of the container. Stir thoroughly by hand or use an electric blender/mixer for 3 minutes to dissolve all pigments and raw ingredients. Test the Milk Paint on an inconspicuous or less visible area of your project first to make sure the coverage is as desired and color is consistent. If coverage is too thin, add more powder. If coverage is too thick, add more water and continue to adjust accordingly. If the color is inconsistent or leaving streaks of pigment then mix for another 2 minutes.

Apply the Milk Paint to your project evenly. Allow 20-30 minutes between coats. Darker colors require 1 to 2 coats for even coverage while lighter colors, such as off white variations, take up to 3 coats. Your color at this stage will look chalky and pale but once you apply your top coat it will deepen to its true color.

### STEP 4. FINISHING

Once you are satisfied with the application of your Milk Paint, you can gently sand with a fine grit sand paper to smooth out any raised wood grain, unevenness or dust specs. Apply extra pressure to the areas you would like distressed. The areas where you applied the distressing wax puck in step 2 will help you to expose the stained layer without sanding too far into the original wood/surface.

Once you are satisfied, you may continue with your desired top coat. Hemp oil, followed by Furniture Wax or Antiquing Wax is very durable. Hemp oil is food safe and helps to seal and protect the surface and to saturate the Milk Paint so it appears vibrant and not chalky. Using wax on top of an oil coat will increase sheen and protection. 1 to 2 coats of Hemp oil or wax is ideal and you're done! A varnish or polyurethane may also be used as a top coat.







## MILK PAINT BONDING AGENT

Milk Paint Bonding Agent allows Milk Paint to adhere to previously painted, varnished, or lacquered surfaces. It will also adhere to metal and glass. This bonding agent is a water-based emulsion.

## FURNITURE WAX

This fine museum quality wax is based on an old family recipe. It is made from beeswax with a little carnauba wax. It is ideal for use on wood and marble or as a finish over Milk Paint. Furniture Wax is easy to apply and provides a durable finish with a beautiful luster and has almost no odor.

## ANTIQUING WAX

The same fine quality formulation as the Furniture Wax and lightly tinted to a rich brown. Antiquing Wax is perfect for creating that authentic aged finish on painted furniture.

## HEMP OIL WOOD FINISH

This solvent-free food safe oil provides a protective water resistant surface that looks gorgeous on Milk Paint surfaces. Use Hemp Oil to revive the look of old wood and for paint effects.

## WAX PUCKS FOR DISTRESSING

This great tool allows you to control the areas you wish to distress with excellent precision.

# MILK PAINT TIPS

- Combine different colors of Milk Paint together to achieve custom colors. Check out the online Custom Paint Mixer for great combos!
- Using a blender or electric mixer to mix Milk Paint creates an even consistency.
- Multiple coats will be required to achieve an opaque finish when painting over a surface with a contrasting paint color. An example is using white paint on a dark surface.
- Milk paint should be sealed with a top coat like the Furniture Wax or Hemp Oil.
- Use the Bonding Agent to allow adhesion to previously painted or varnished surfaces.
- Slight shade and color variations may occur between batches. Purchase enough paint to test and finish your entire project! Be sure to save some paint for future touch ups.
- If you haven't used Milk Paint before, don't be afraid! Online video tutorials will guide you through every step so its easy to achieve the exact look you want.



[www.missmustardseedsmilkpaint.com](http://www.missmustardseedsmilkpaint.com)



## HOW TO GUIDE

