DISTRESSED?
Providing Vintage Glamour

DISTRESSING BASICS
You can distress an item to reveal the wood underneath, the idea is to give the look of faded glamour to the piece. You can also distress to show another colour through, this can be very striking. When considering where to distress a piece think about where the natural wear and tear would take place so corners, edges, protrusions and wooden handles. You can distress before or after you wax. After waxing and you may clog your sandpaper so have plenty to hand. Waxing does amplify the effect of distressing so bear this in mind. Less is more with distressing, you can always go back and add more if required.

ANTIQUE, CLEAR OR COLOURED WAX
Coloured or antique effect waxes are used to alter the finished colour of the item, they are also very useful for picking out and enhancing details of a piece. Antique waxes can be used to remove the new shiny looks off of replacement metal hardware such as hinges and handles.

Varnish as a sealant
Varnish is an option for areas that need to be very hardwearing such as table tops and coffee tables. Do not use a polyurethane varnish as these yellow over time. Instead use a water based varnish. These are usually white in colour and dry clear. The first coat should be diluted by 10-20% then subsequent coats applied neat. You can use a roller or brush to apply varnish, depending on the size of the area to be covered. Polyvine make a great selection of varnishes for all types of project. Brushes can be washed out using soapy warm water.

Written by Catherine Causley and Lynne Saunders