

FAT Paint

FAT Paint transforms old furniture, cabinetry, bowls, frames and jars - just about anything, really - into enviable works of upcycled art.

Our chalk-style paint has great adhesion; it easily affixes to most porous surfaces like wood, glass, metal, plastic and fabric, and applies like a dream. It's naturally smooth and creamy, covering most projects with just a couple of coats. The chalky nature of FAT Paint also means it dries quickly, leaving you more time to get creative with your finishes.



Another great thing about FAT Paint is that is low in VOCs. In fact, it's lower than Canadian required industry standards which is FATtabulous! What exactly are VOCs? Well... let's get all sciencey:

VOCs is an acronym for volatile organic compounds: organic chemicals that have a high vapor pressure at room temperature. Basically this means that large molecules in the chemicals easily evaporate into the air. These molecules are usually present for us humans by way of odors, but sometimes VOCs have no odor... and of course exposure to **severe** VOCs can cause eye, nose and throat irritation, headaches or – worse case senario – internal or central nervous system damage. Yucky stuff!

Because FAT Paint is extremely low in VOCs, little-to-no molecules are evaporating into the air and odors are minimal or non-existent. Most importantly of all, FAT Paint is safe to use for everyone; pregnant women and children included. Awesome!!

FAT Paint is soft and easy to sand, which makes the distressing process practically effortless! Most unwanted brush strokes can be sanded out, leaving nothing behind but a smooth, silky, soft-to-the-touch finish.



Step 1: The "Once Over" Clean

- Give every piece a light scrub with a sanding sponge or paper.
- Wipe off excess dust, dirt or grime with warm water and a gentle dish soap. If the piece is particularly grimy, a degreaser or heavy duty paint-prep cleaner may be needed.
- Finish with a good water wipe-down.

Step 2: Feeling Unsure? Do a Test Patch

- Apply paint to a discrete area, let dry then scratch with your fingernail.
- If the paint peels, give the piece a heavy sand and, if necessary, apply a quality adhesion primer.



Step 3: FAT'n It Up!

- Apply paint with a good quality brush or low-nap velour roller.
- Let dry between coats, approx. 20-30 minutes. Some surfaces may require more than two coats; you be the judge.
- If the intention is to not distress the piece and create reveal (see below), we recommend that the artisan applies 3 coats of FAT Paint.

Step 4: Sanding aka The Creative Part!

- Sand the surface with the fine side of a sanding sponge or use medium/fine grit sandpaper for a smooth-to-the-touch finish.
- For the distressed look, pay extra attention to corners, details and areas that may naturally wear.
- If no distressing is desired, gently wipe down all sides of the piece with the fine side of a sanding block OR with a Scotch-brand (usually green) scouring pad (or another superior brand that doesn't mark-up the painted surface). It's particularly important to be careful around edges and corners.
- Remove all dust.
- Another method of "sanding" is a wet sand. This technique is advanced and requires practice. Tools for this method are a sponge and/or a sponge with a scouring pad on the opposite side (quality brand) and/or a wet cloth. Keep a bucket of water on hand.



Step 5: Seal It (see "How-to FAT Wax" or "How -to CLEAR Top Coat")

- Apply FAT Wax with a lint-free cloth or wax applicator brush.
- Work in sections; rub in like hand lotion.
- Wait 10 minutes, then buff. Wait at least 6 hours for wax to cure and buff again.
- For extra durability, use CLEAR Top Coat instead of FAT Wax.