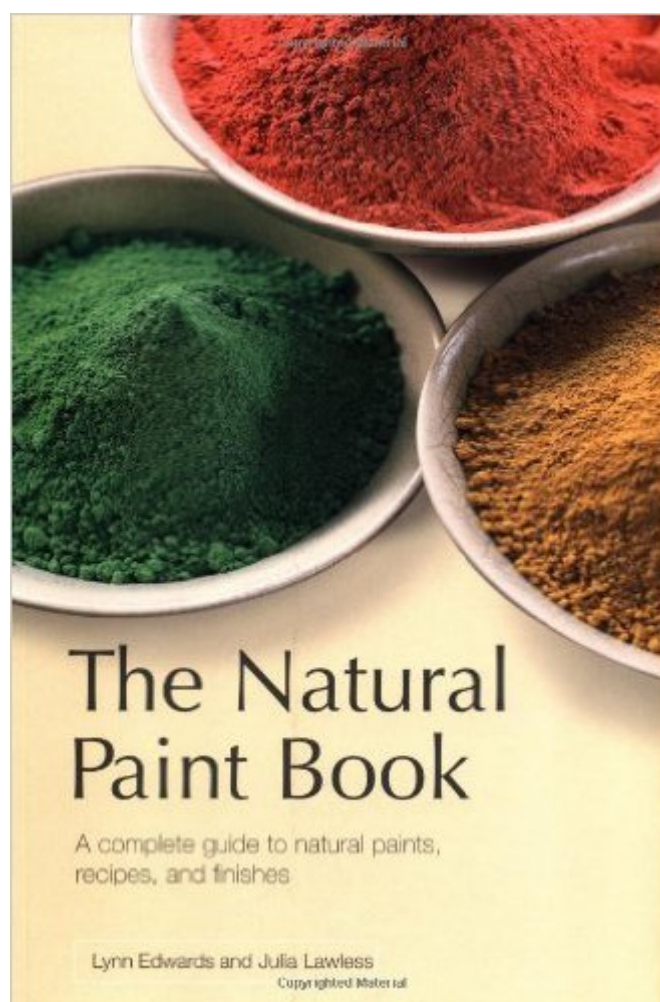


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# The Natural Paint Book



## Synopsis

We are all increasingly aware of the dangers posed by conventional paints to our health and environment, but many of us remain unsure of the causes of paint toxicity and the natural alternatives. The Natural Paint Book bridges the information gap, offering an in-depth explanation of the differences between conventional and eco-friendly paints. Illustrated throughout with full-color photographs, the book provides complete instructions on how to make all-natural paints and finishes at home, using readily available ingredients such as clay, gelatin, linseed oil, and artist pigments. This comprehensive guide also shows how to create beautiful paint effects with simple tools such as sponges, paint rollers, newspaper, or foam. Guided by the authors' expert design advice, you can choose from techniques such as colorwashing, marbling, and stippling to decorate in keeping with the style, age, and character of your home. Packed with information, The Natural Paint Book also contains an invaluable resource directory at the end.

## Book Information

Paperback: 192 pages

Publisher: Rodale Books; 1st edition (April 5, 2003)

Language: English

ISBN-10: 0875969143

ISBN-13: 978-0875969145

Product Dimensions: 7.6 x 0.6 x 11.4 inches

Shipping Weight: 1.2 pounds

Average Customer Review: 4.4 out of 5 stars [See all reviews](#) (16 customer reviews)

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## Customer Reviews

I was looking for a book that would show me how to create natural paints for chemically sensitive family members for artistic purposes. Although the focus of this book is on painting house and furniture surfaces, the recipes can easily be used for artistic purposes as well. The book begins with an interesting history of painting, which is especially appropriate for a natural paint book, given the relatively recent appearance of synthetic materials in human history. It then goes on to explain the

basics of paint ingredients, and compares natural with synthetic components. It is very helpful that the authors recognize that "natural" doesn't always mean "nontoxic" (e.g. turpentine), and their paint recipes help the reader to choose ingredients that are both. The heart of the book, of course, is the recipes. These are wide-ranging, using various base ingredients such as milk, oils, lime, borax, cellulose, egg, beeswax, beer, gum arabic, and rabbit skin glue. Most of these are very simple, and have as few as 2 ingredients. The recipes also include information about the most appropriate surfaces and uses for each paint, whether it is washable, and how to apply it. The book also has chapters on decorative painting techniques (including woodwork and flooring), design principles (such as feng shui and chakras), and design suggestions for various rooms. I wasn't interested in these, but they are well-presented, and if you want this information as well, you probably won't need a separate book. The book is well-illustrated with lots of helpful color photographs which depict the mixing, application, and finished results of the paint recipes. My one complaint is that, although whitening is used in several recipes, the authors never clearly explain what this is.

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