

# How to Press Flowers!



**BIG BLOOM ENERGY**  
PRESSED FLOWER ART



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# Get to Know Your Press

## Included with your press:

- Two wooden boards
- Cardboard sheets
- Craft paper sheets
- Bolts, washers and wingnuts

## Your press should be set up as follows:

Bolts & washers through the bottom board.

Cardboard sheet.

Craft paper sheet.

Flowers.

Craft paper sheet.

Repeat until all of your flowers are in the press!

Close by putting the top board on and securing it with your wingnuts.



# Your Enemy - Moisture

**When it comes to flower pressing, moisture ruins everything!**

Moisture causes mold, browning, color fading and more. That results in an unsuccessful press and wasted flowers.

If you remember anything from this guide, let it be this: Every time you press a flower ask yourself, “Am I eliminating as much moisture as possible?”

Everything I mention in this guide helps you with this. From your paper, how to press different types of flowers and how much to tighten your press.

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# Beginner Flowers

**Flowers that press best and easiest are those with an open face with one layer of petals all around.**

Violets

Cosmos

Small Daisies

Hydrangeas

Geraniums

Delphinium

Strawflower

Poppies

Pansies

Babys Breath

**These can be pressed whole!**

# Thick Flowers

Thicker flowers present a challenge because pressing them whole results in excess moisture. Multiple layers of petals adds and traps in added moisture.

Roses

Peonies

Carnations

Ranunculus

Dahlias

Double Tulips

Begonias

Camellias

Chrysanthemum

Thick flowers are more likely to press well by taking them apart. Pressing them petal by petal. Then pressing it's center separately too.





# Pressing Tips

- You can press flowers either face down or on the side profile. Lay them out how you would like to see them pressed. Be creative!
- Make sure you don't overlap your petals and flowers in the press. They tend to stick together tightly and it's hard to get them apart.
- When closing your press, don't over-tighten! Use my one-finger rule! I press each corner down with just one finger and only tighten it to that point. That way it's firmly tightened but not too much!
- Store your press in a cool, dry place in your home.
- Go back and tighten your press in a couple of days. It settles after you first press it and needs to be firmly tightened again.
- Don't forget to press leaves and stems!
- Keep your press layers even. Keep thin flowers on the same layer and thick flowers on another. That will ensure the flowers don't dry crumpled.



# When will they be pressed?

The majority of flowers take 2-3 weeks in your press to dry. Don't take them out of the press until they are fully dry. If you take them out early they could still turn brown.

I promise, it's worth the wait!  
This will preserve their color and shape!





# What do I do with them?

So, now you have amazing pressed flowers! What are you going to do with them? Here are some ideas to get your creative juices flowing!

- Arrange them in a frame and hang them on your wall!
- Incorporate them in a homemade candle.
- Use them in your stationary and cards.
- Decoupage them on glass, boxes, pumpkins, etc. The options are endless!
- Use them to make art!
- Scrapbooking.
- Preserving special flowers, like memorial flowers.
- Incorporate them in your gift wrapping.
- I bet you can come up with more!

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