Heat Transfer Application Guide

1. What you'll need

Before you start, gather these materials:

- ✓ Your heat transfer stickers.
- ✓ The garment or fabric item you want to decorate.
- ✓ A household iron or heat press.
- ✓ Baking paper (also called parchment paper).
- ✓ A flat, heat-resistant surface.

2. Application methods

Method 1: Using a household iron (recommended)



1. Prepare your fabric: Iron your garment or fabric first to remove any creases, then lay it flat on an ironing board or heat-resistant surface.

2. Set your iron: Heat your iron to medium temperature (150°C). Do not use steam.

3. Position your transfer: Cut out your heat transfer design and place it on the fabric with the artwork facing up, ensuring it's positioned centrally.

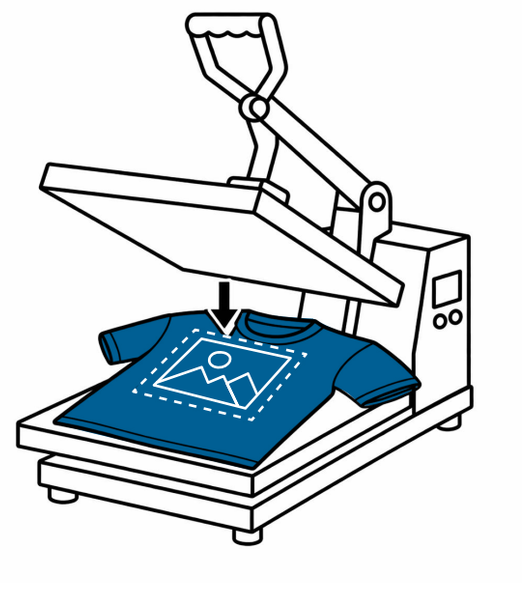
4. Protect with baking paper: Place a sheet of baking paper over the entire transfer to protect it from direct heat.

5. Apply heat and pressure: Press firmly with the iron for 30–40 seconds, applying steady, even pressure. Do not move the iron around.

6. Let it cool: Remove the baking paper and wait three minutes for the transfer to cool and bond securely.

7. Remove the protective film: Gently peel off the clear protective film. If it doesn't come away easily, repeat steps 4–6 to secure the transfer better.

Method 2: Using a heat press



1. Prepare your fabric: Iron your garment or fabric first to remove any creases, then lay it flat on the heat press surface.

2. Position your transfer: Cut out your heat transfer design and place it on the fabric with the artwork facing up, ensuring it's positioned centrally.

3. Protect with baking paper: Place a sheet of baking paper over the entire transfer.

4. Apply heat and pressure: Set your heat press to 150°C with 3–4 bars of pressure. Press for 10–15 seconds.

5. Let it cool: Wait three minutes, then gently remove the protective film covering the transfer.

3. Fabric compatibility

These heat transfers work on cotton, synthetic, and cotton/synthetic blend fabrics.

4. Care instructions

To keep your heat transfers looking their best:

Wait before washing
Leave at least 24 hours after application before the first wash.

Wash gently
Use a maximum temperature of 30°C.

Turn inside out
Wash garments inside out, or right side out with a protective fabric layer over the transfer.

Avoid harsh treatments
Don't use bleach, harsh chemicals, or dry cleaning.

Air dry when possible
Tumble drying is possible but not recommended — air drying helps your transfers last longer.

Iron carefully
If needed, iron inside out or place fabric over the transfer for protection.