



Zā rǎn
扎染

TIE DYE

What you'll need:

- a white cotton t-shirt
- a large zip lock bag
- a pair of rubber gloves
- a pair of scissors
- fabric dye (1/2 tablespoon or 7g per t-shirt)
- a medium size plastic bucket or container
- room temperature water (to 1/2 fill the bucket)
- 7 pieces of nylon rope, rubber bands or any other waterproof material for tying



Step 1: Soak the shirt in the plastic bucket of room temperature water until the shirt is soaked thoroughly, then wring the excess water out.



Step 2: Fold the shirt a minimum of four times vertically.



Step 3: Tie your shirt tightly using the rope or rubber bands. Do this 7 times down the shirt, keeping it evenly spaced.



Step 4: Add the fabric dye to the bucket of water and stir until dissolved. Place the shirt in the bucket to soak, making sure it is well covered for at least 30 minutes. The longer you leave your shirt in the water, the deeper the colour will become. Then, wearing gloves, wring out the shirt.



Step 5: Seal your shirt in a zip lock bag for a minimum of 6 hours.

*In the first step, you can also add 5mls of a dye fixing agent to the water to help lock in colour and reduce fading.

*Be sure to hand wash your tie-dyed shirt separately as the dye may still run.



Step 6: Then take your shirt out of the zip lock bag and cut the tied rope or rubber bands. Air dry your shirt, and then it is all done!