

Easy Sublimation Workbook – Complete Edition

6 Fun Methods + 18 Easy Project Ideas

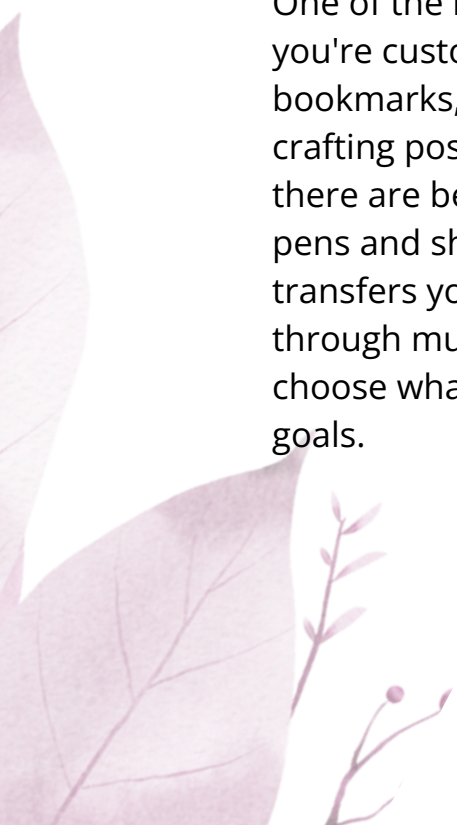




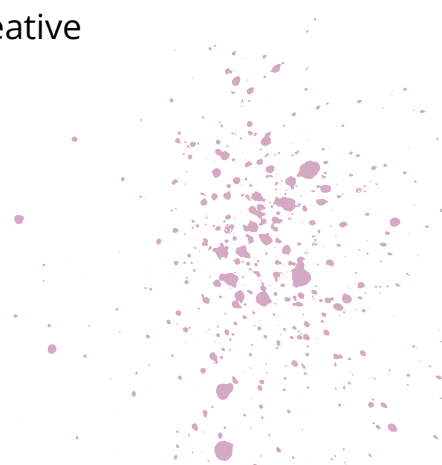
What is Sublimation?

Welcome to your ultimate guide to sublimation crafting! This workbook provides an in-depth look at six popular methods for creating beautiful, durable, and professional-quality sublimation projects. Whether you're using a sublimation printer or exploring alternative methods with Cricut tools, each section is packed with detailed instructions, troubleshooting tips, and space to record your creative ideas.

Sublimation is a magical process that transforms your creative designs into permanent, vibrant art—fused directly into the surface of your blank. Instead of sitting on top of a material like vinyl or screen printing, sublimation ink turns into gas when heated and becomes part of the fabric, coating, or surface. This results in colorful, professional-quality creations that won't peel, crack, or fade over time.



One of the biggest perks of sublimation is its versatility. Whether you're customizing polyester t-shirts, ceramic mugs, aluminum bookmarks, or wood signs, sublimation opens the door to endless crafting possibilities. Even if you don't own a sublimation printer, there are beginner-friendly alternatives like Cricut Infusible Ink pens and sheets, sublimation spray for cotton, and pre-printed transfers you can apply with a heat press. This guide walks you through multiple methods and matching projects so you can choose what works best for your tools, materials, and creative goals.



Method 1 - Sublimation with a Printer

Overview: Sublimation with a printer offers the highest level of customization and color vibrancy. It's ideal for crafters ready to invest in a dedicated sublimation setup. This method infuses ink directly into poly-coated surfaces for long-lasting results.

♥ Materials Needed:


- Sublimation printer (Sawgrass or converted Epson EcoTank)
- Sublimation ink & paper
- Sublimation blanks (poly-coated or 65%+ polyester)
- Heat press or Cricut EasyPress
- Heat-resistant tape
- Butcher/parchment paper
- Heat-resistant gloves

Detailed Steps:

1. **Design Your Artwork:** Use design software (e.g., Cricut Design Space, Canva, or Adobe Illustrator). Always mirror your design before printing.
2. **Print Your Image:** Load sublimation paper into the printer and select high-quality print settings. Allow the print to dry completely.
3. **Prepare Your Blank:** Lint-roll fabric items and pre-press for 5–10 seconds to remove moisture.
4. **Apply the Transfer:** Secure your print face-down on the blank with heat-resistant tape.
5. **Press and Transfer:** Use a heat press at 385–400°F for 45–60 seconds with medium to firm pressure.
6. **Reveal Your Design:** Carefully peel off the paper while still warm. Allow item to cool.

Common Mistakes to Avoid:

- Not mirroring your design before printing.
- Using cotton instead of poly-coated blanks.
- Uneven pressure or incorrect time/temperature settings.



Method 1 - Projects

Project 1: Custom Polyester T-Shirt

1. Choose a shirt with 65%+ polyester content.
2. Use white or light colors for best results.
3. Center your design and press at 400°F for 60 seconds.

Project 2: Personalized Mouse Pad

1. Use a poly-coated mouse pad.
2. Tape design securely and
3. Press at 385°F for 60 seconds.

Project 3: Photo Mug

1. Use a mug press.
2. Wrap the mug snugly with your design and
3. Press at 385°F for 180 seconds.

 **Notes:**



Method 2 - Infusible Ink




Infusible Ink Pens or Markers

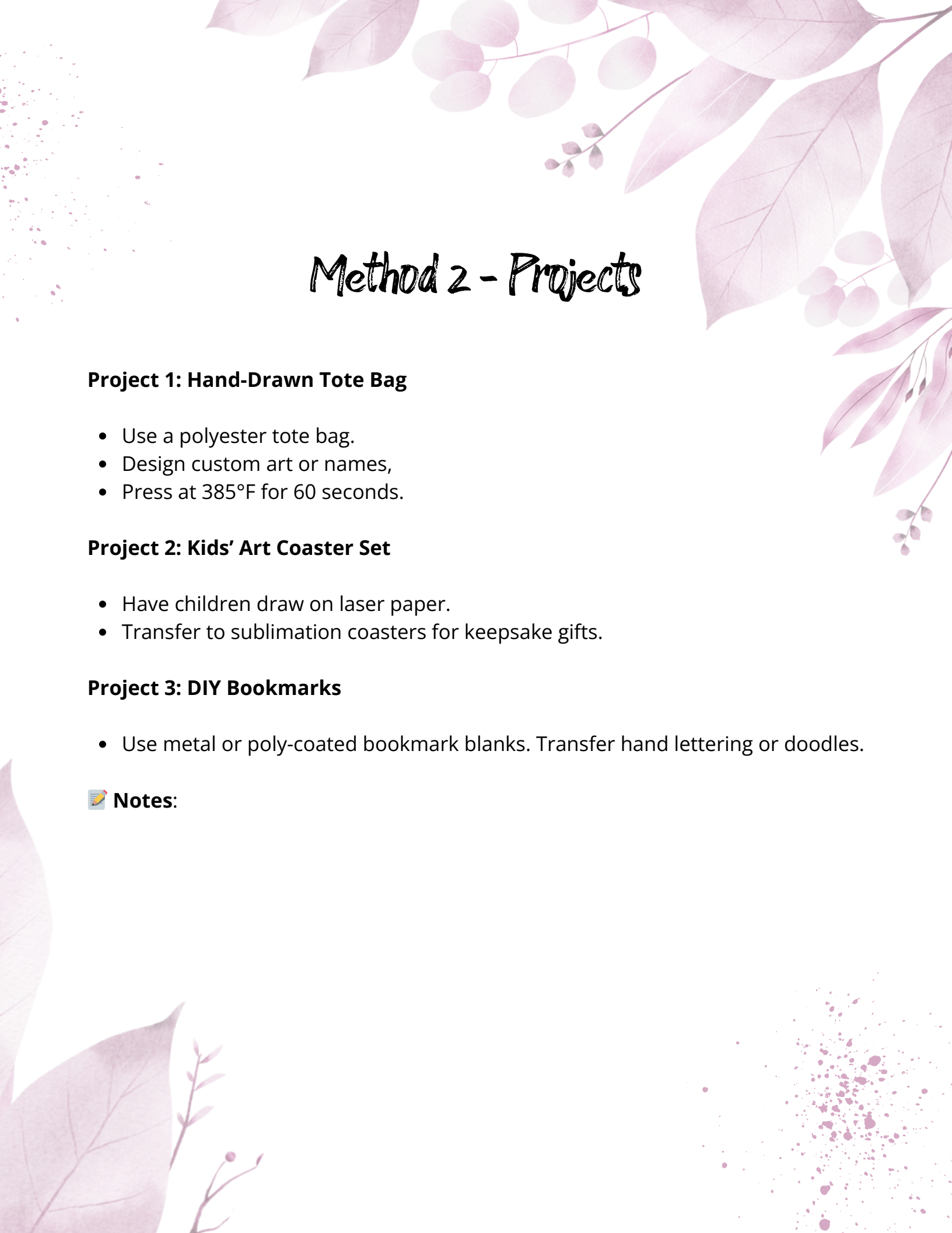
Overview: Infusible Ink Pens or Markers are perfect for beginners, kids, or detailed hand-drawn designs. The ink is transferred using heat to create a permanent bond on compatible blanks.

Materials Needed:

- Cricut Infusible Ink Pens or Markers
- Laser copy paper
- Cricut machine (optional for drawn designs)
- Poly-coated or polyester blanks
- Butcher paper
- Heat-resistant tape

Detailed Steps:

1. **Draw Your Design:** Freehand on laser paper or use a Cricut machine to draw from a digital file. Always mirror text!
 2. **Prepare the Blank:** Lint-roll and pre-press for 5–10 seconds.
 3. **Apply the Artwork:** Secure the drawn design with tape and cover with butcher paper.
 4. **Heat Press:** Press at 385–400°F for 40–60 seconds with medium pressure.
 5. **Reveal:** Remove tape carefully to avoid ghosting.
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Method 2 - Projects

Project 1: Hand-Drawn Tote Bag

- Use a polyester tote bag.
- Design custom art or names,
- Press at 385°F for 60 seconds.

Project 2: Kids' Art Coaster Set

- Have children draw on laser paper.
- Transfer to sublimation coasters for keepsake gifts.

Project 3: DIY Bookmarks

- Use metal or poly-coated bookmark blanks. Transfer hand lettering or doodles.

 **Notes:**

Method 3 - Infusible Transfer Sheets

🎨 Infusible Ink Transfer Sheets

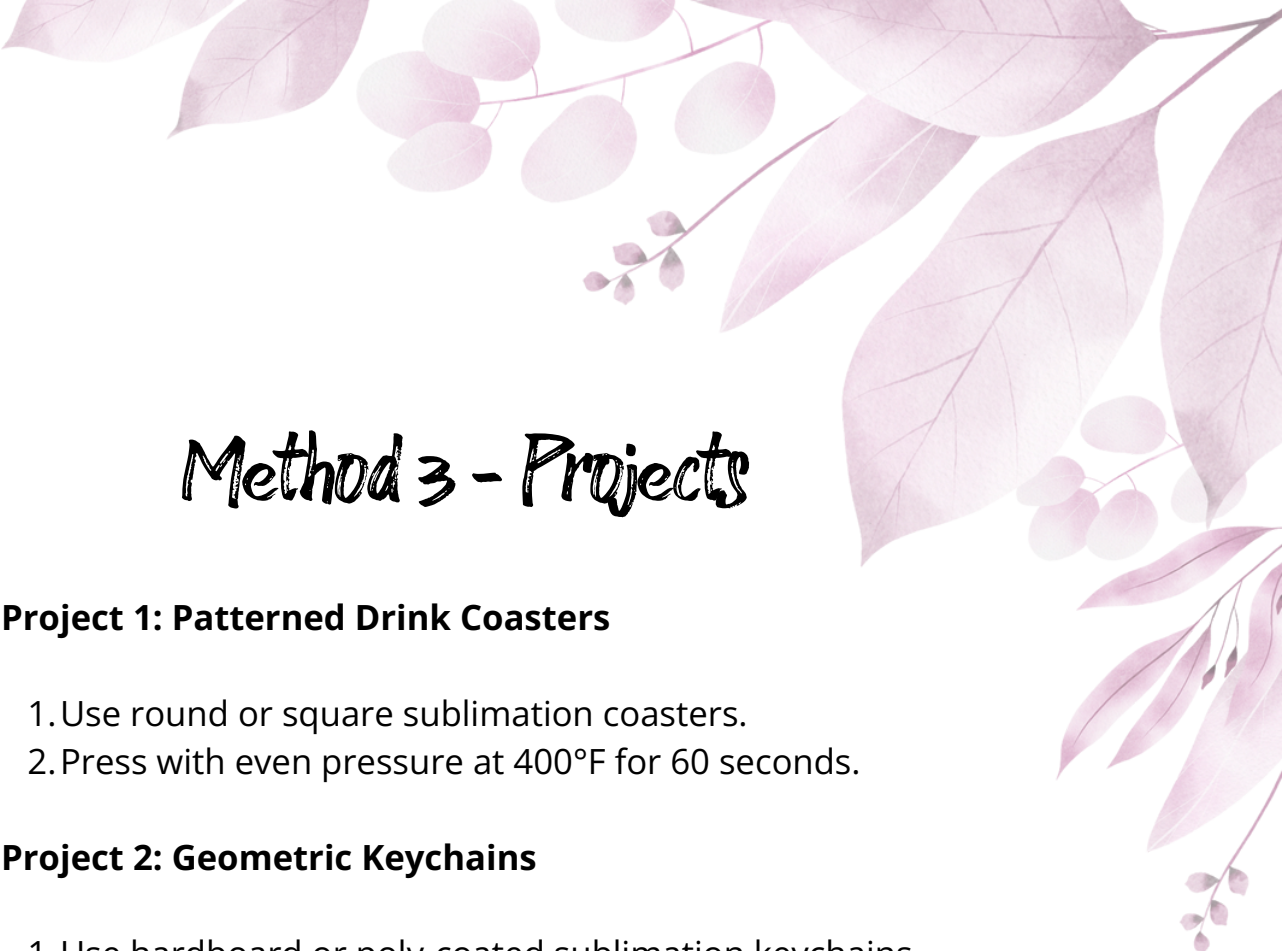
Overview: Infusible Ink Transfer Sheets are pre-inked sheets that can be cut into shapes and designs with a Cricut machine. These are great for bold, vibrant patterns and consistent results.

Materials Needed:

- Cricut Infusible Ink Transfer Sheets
- Cricut cutting machine
- Poly-coated or polyester blanks
- Lint roller
- Heat-resistant tape
- Butcher paper
- EasyPress or heat press

Detailed Steps:

1. **Design Your Artwork:** Use Cricut Design Space to create or import your design. Mirror the design before cutting.
2. **Cut and Weed:** Load the Infusible Ink Sheet into your Cricut, cut the design, and weed away excess material (no transfer tape needed).
3. **Prepare the Blank:** Lint-roll and pre-press to eliminate moisture and wrinkles.
4. **Position the Transfer:** Place the sheet ink side down onto the blank and secure with heat-resistant tape.
5. **Press:** Press at 385–400°F for 40–60 seconds with firm pressure.
6. **Cool and Reveal:** Let cool slightly, then carefully peel back the transfer sheet.



Method 3 - Projects

Project 1: Patterned Drink Coasters

1. Use round or square sublimation coasters.
2. Press with even pressure at 400°F for 60 seconds.

Project 2: Geometric Keychains

1. Use hardboard or poly-coated sublimation keychains.
2. Press at 385°F for 45 seconds.

Project 3: Monogrammed Tote Bag

1. Use light-colored polyester tote.
2. Cut monogram with transfer sheet,
3. Press firmly for bold results.



Notes:



Method 4 - Spray on Cotton

Sublimation Spray on Cotton

Overview: Sublimation spray allows you to sublimates onto cotton items, which are typically not compatible with standard sublimation. The spray coats the cotton fibers to temporarily accept sublimation ink.

Materials Needed:

- Sublimation spray (e.g., SubliFix or DyePress)
- 100% cotton blank (t-shirts, pouches, etc.)
- Sublimation print
- Heat-resistant tape
- Lint roller
- Butcher paper
- Heat press

Detailed Steps:

1. **Prep the Blank:** Lint-roll and pre-press your cotton item.
2. **Apply Spray:** Spray a light, even coat over the design area. Let dry completely (use a hairdryer if needed).
3. **Place the Transfer:** Position the sublimation print face-down and tape it in place.
4. **Press:** Press at 385–400°F for 45–60 seconds using firm pressure.
5. **Cool and Peel:** Let the item cool slightly, then peel back the transfer.



Method 4 - Projects

Project 1: Personalized Baby Onesie

1. Apply a sweet quote or name.
2. Use SubliFix and
3. Press at 385°F for 60 seconds.

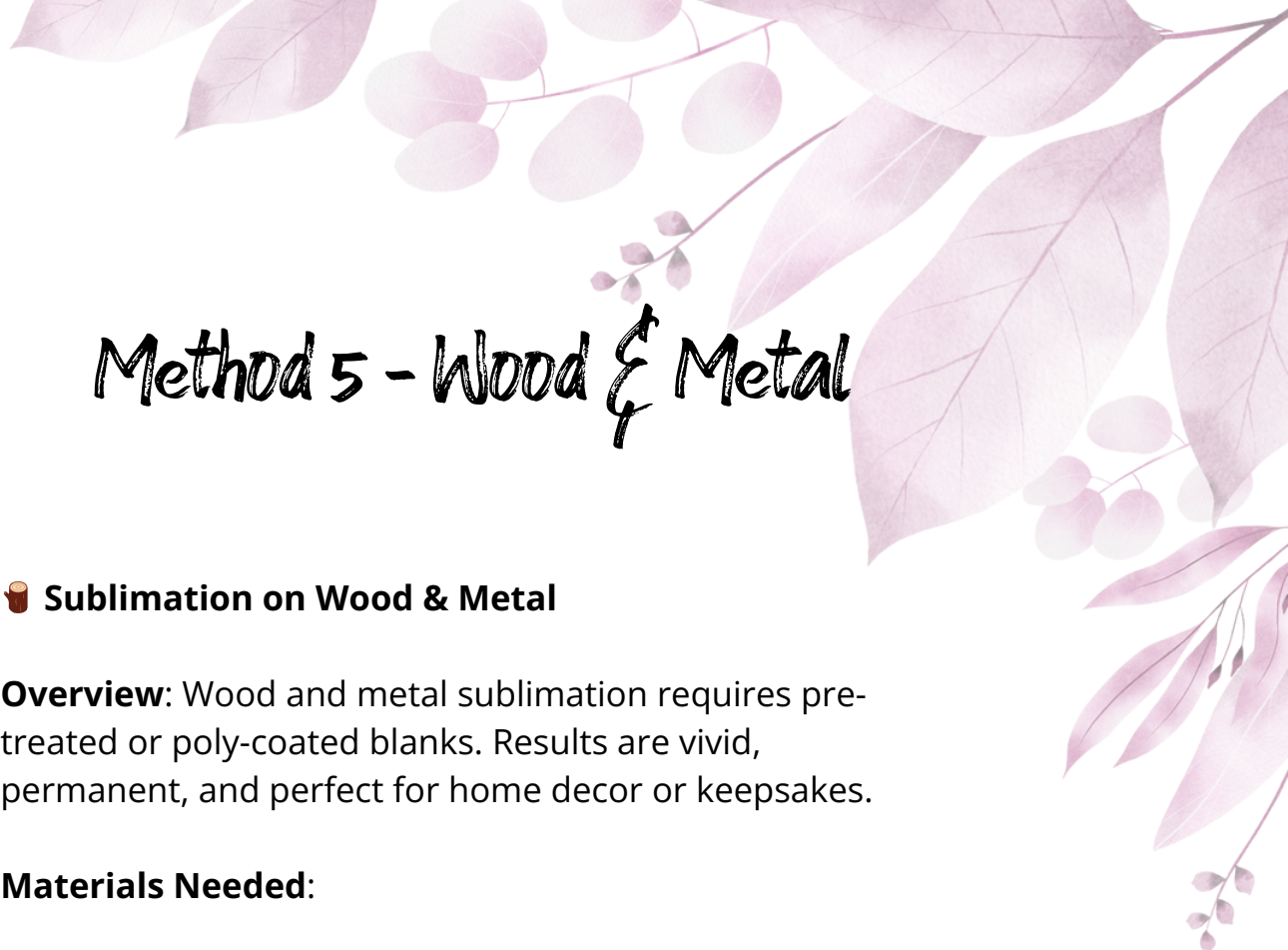
Project 2: Quote T-Shirt

1. Choose a bold font for visibility.
2. Spray and
3. Press with care to avoid ghosting.

Project 3: Pencil Pouch

Great for school or gifts.
Use small-scale designs with strong contrast.

 **Notes:**



Method 5 - Wood & Metal

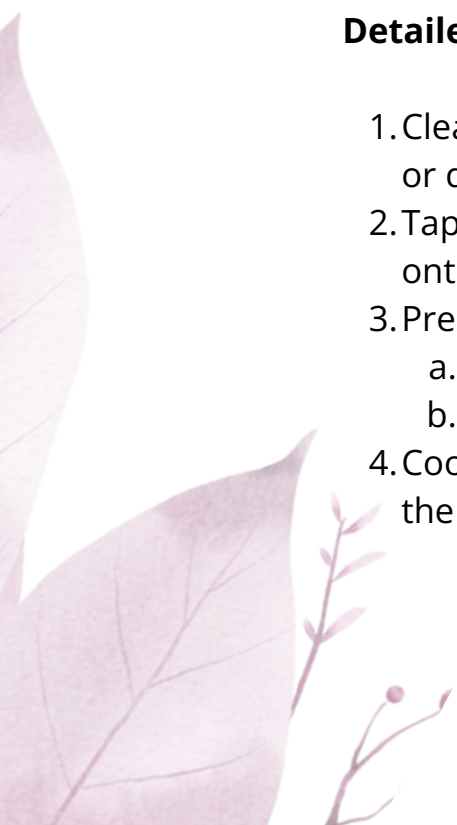
Sublimation on Wood & Metal

Overview: Wood and metal sublimation requires pre-treated or poly-coated blanks. Results are vivid, permanent, and perfect for home decor or keepsakes.

Materials Needed:

- Sublimation-ready wood or metal blanks
- Sublimation printer and paper
- Heat-resistant tape
- Butcher paper
- Heat press (swing-away recommended)
- Heat-resistant gloves

Detailed Steps:

1. Clean the Blank: Use a microfiber cloth to remove dust or debris.
 2. Tape the Design: Center and secure the mirrored print onto the blank.
 3. Press:
 - a. Wood: 385–400°F for 60–90 seconds
 - b. Metal: 385–400°F for 45–60 seconds
 4. Cool and Peel: Let cool completely before removing the transfer to avoid smearing.
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Method 5 - Projects

Project 1: Custom Metal Bookmarks

Ideal as gifts or teacher appreciation.
Press at 385°F for 45 seconds.

Project 2: Sublimated Wood Sign

Use rustic fonts or seasonal phrases.
Press at 400°F for up to 90 seconds.

Project 3: Photo Ornament

Use round blanks with family photos.
Great for holidays or special events.

 Notes:



Method 6 - Mugs & Tumblers

Sublimation on Mugs & Tumblers

Overview: Sublimating mugs and tumblers gives professional-quality results with a personal touch. With the right press and a snug design wrap, you'll get perfect prints every time.

Materials Needed:

- Sublimation mug or tumbler blanks
- Sublimation printer and paper
- Mug or tumbler press
- Heat-resistant tape
- Heat gloves (optional)

Detailed Steps:

1. **Print Your Design:** Mirror and print on sublimation paper.
2. **Clean the Surface:** Wipe with a lint-free cloth.
3. **Apply the Design:** Wrap the blank tightly and secure with tape.
4. **Press Settings:**
 - a. Mug: 385°F for 180 seconds
 - b. Tumbler: 375°F for 60–70 seconds (rotate halfway if needed)
5. **Cool and Peel:** Carefully remove from press and let cool before peeling.



Method 6 - Projects

Project 1: Personalized Name Mug

Add names or monograms.
Great for coffee lovers!

Project 2: Motivational Quote Tumbler

Use bold text and vibrant color schemes.

Project 3: Photo Collage Travel Mug

Create a wraparound layout with favorite moments.



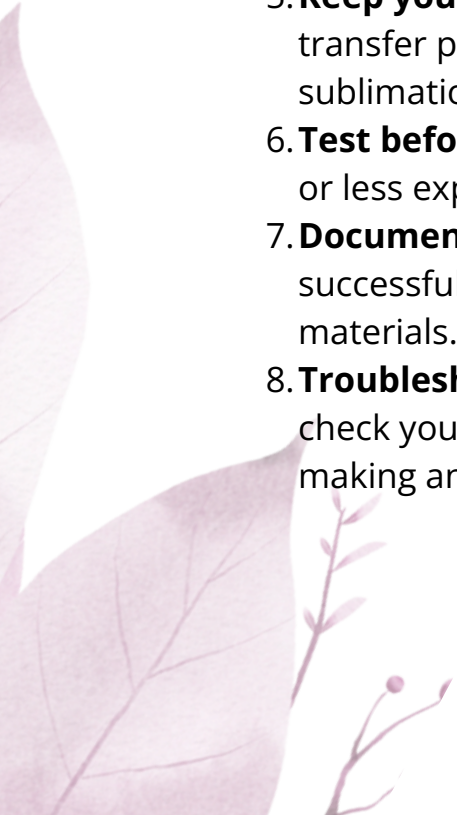
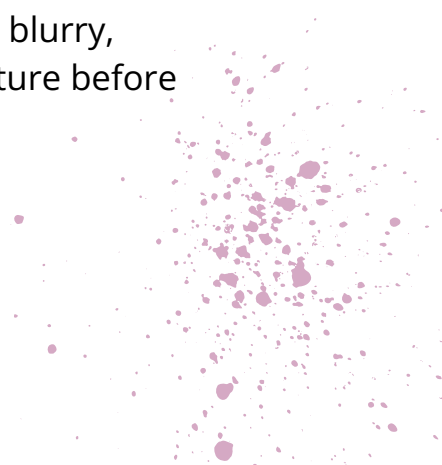
Notes:



Tips for Success

✓ Tips for Sublimation Success

Achieving great results with sublimation requires practice, precision, and the right setup. Here are key tips to improve your workflow and final outcomes:

1. **Start with quality blanks.** Use blanks that are explicitly labeled for sublimation and have a poly-coating or at least 65% polyester content for fabric items.
 2. **Calibrate your equipment.** Ensure your printer is correctly set up with ICC color profiles (if applicable), and your heat press provides even, consistent pressure and heat.
 3. **Always mirror your designs.** This ensures text and images appear correctly after transfer.
 4. **Use protective layers.** Always place butcher or parchment paper between the heat platen and your project to prevent ghosting and ink transfer.
 5. **Keep your work area clean.** Dust, lint, or moisture can affect the transfer process. Use lint rollers on fabric blanks and store sublimation paper in a dry space.
 6. **Test before mass production.** Always try your design on a sample or less expensive blank to confirm colors, placement, and pressure.
 7. **Document your settings.** Keep a notebook or spreadsheet of successful time, temperature, and pressure settings for different materials.
 8. **Troubleshoot methodically.** If a print turns out dull or blurry, check your ink levels, paper quality, and press temperature before making another attempt.
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Mini Challenge

✦ 3-Day Sublimation Mini Challenge

This challenge is designed to help you build confidence with your sublimation tools and techniques. Over three days, you'll explore different methods, try new projects, and share your progress.

◆ Day 1: Choose Your Method

Pick one of the six methods covered in this workbook.
Read the materials list and steps in detail.
Prepare your supplies ahead of time.

◆ Day 2: Create a Project

Select one suggested project from the chosen method.
Follow the step-by-step instructions.
Take photos during the process.

◆ Day 3: Reflect and Share

What went well? What would you do differently next time?
Write down your learnings in the notes section.
Share your project on social media using the hashtag:
#SublimationMiniChallenge
Tag our page @BetteMakes on Facebook or Instagram to be featured!

Challenge Notes:


Method Used: _____

Project Title: _____

Favorite Part of the Process: _____

What I Learned: _____

Joining this challenge is a great way to engage with the crafting community, grow your skills, and build your confidence. Don't worry about perfection—just have fun and create!




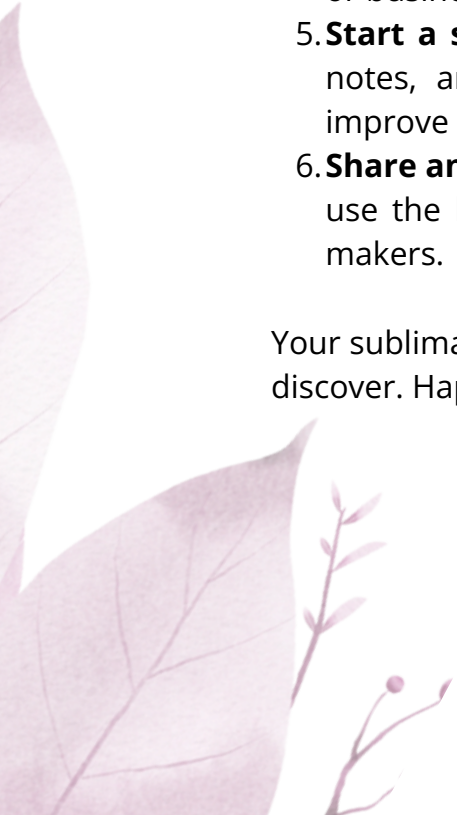
What's Next

☀️ What's Next?

Now that you've explored different sublimation techniques and completed the mini challenge, it's time to level up your crafting game! Here are some ideas for what to do next:

1. **Build your crafting toolkit:** Consider adding heat-resistant gloves, a Teflon sheet, a pressing pillow, and a tape dispenser to make your process smoother.
2. **Explore new blanks:** Try sublimating on puzzles, phone grips, magnets, journals, or canvas panels. The more you experiment, the more you'll learn!
3. **Join the community:** Follow @BetteMakes on Facebook and Instagram to see what other crafters are making and join exclusive challenges and giveaways.
4. **Keep learning:** Look for online courses, YouTube tutorials, or local workshops that dive deeper into design software, color management, or business tips.
5. **Start a sublimation journal:** Track your favorite projects, settings, notes, and lessons learned so you can refer back to them and improve over time.
6. **Share and inspire:** Post your creations online, tag @BetteMakes, and use the hashtag #SublimationSquad to connect with other creative makers.

Your sublimation journey is just beginning—and there's so much more to discover. Happy crafting!



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