

Directions for Making Boob Casts

Helper:

Choosing the right helper makes all the difference! You will need one with whom you feel physically (and emotionally) comfortable. This is most important! Likewise, your helper needs to feel comfortable with you and the task at hand.

Supplies:

- A bucket or tub of sorts , filled with water (warm is always better than cool)
- Petroleum jelly
- Plaster tape

You can either use casting plaster from a medical supply store or a product from Michael's Craft store called Rigid Wrap Plaster Cloth. I used both, and found that the Rigid Wrap worked just as well and was more convenient to get. It comes in two sizes, and I preferred the 4"x180" roll rather than the larger 8"x180" role because the smaller one had a smaller weave to the gauze and seemed to lie better. Depending on your size, you will need more or less tape...I'd always want to err on the side of too much. I'd say at least 3 or 4 per cast, and if you don't use it all, you may be able to return the extras.

- Scissors
- Drop cloth (I don't recommend plastic sheeting, as it is too slippery to walk or stand on.)
- Rag or towel to wipe up afterwards

Directions:

- 1) Remove any body jewelry and rings. Make sure you're wearing clothes that you don't mind getting plastered.
- 2) Spread out the drop cloth to protect your flooring.
- 3) Fill your bucket or tub with warm water.
- 4) Cut your plaster cloth into strips (I'd recommend some around 6" and 10").
- 5) Cover your lower body with an old towel or plastic bag to avoid plastering your pants in the process.
- 6) Spread a liberal amount of petroleum jelly over your boobs, chest, etc. (whatever area you want to be included in the cast). This will ensure you are able to remove the cast when complete, without removing your skin or hair (the motto is Vaseline, Vaseline, Vaseline). It is best to spread it all in one direction so your hairs have less of a chance of getting stuck. You don't want to go more than halfway around your chest, or you won't be able to remove the cast. If you want to include your hand, make sure it is completely covered in petroleum jelly, too.

- 7) Find a pose that is comfortable for you to be in for a while. I don't recommend lying down, as one tends to flatten out, and you'll have a much flatter cast.
- 8) Hold the first strip of plaster tape as you immerse it in the water. Wait a few seconds, then pull it straight out. Don't let go of the strip or it may fold over itself and twist. Hold the strip in one hand while you run two fingers over it to remove the excess water. Your helper will need to work fairly quickly, since the plaster starts drying within a few minutes. If you want a very smooth surface, you can smooth out the plaster tape more thoroughly when applying it.
- 9) Repeat as needed until the entire area is covered. Use smaller strips on areas where you might need better definition (nipples, hands), and larger ones for covering less intricate areas. It's best to layer the strips in different directions, with overlapping up and down, side to side, and diagonally, to create a more solid cast. Make sure you have at least 3-5 layers of plaster tape. I found it was easier to start at the top of my chest, work down a bit, do one boob and then the other. By the time I was working on the second one, the plaster on the first was practically dry.
- 10) Once you're done, wait until the cast is dry enough that it naturally starts to pull away from your skin. Wait a little longer, then carefully wiggle the cast to loosen it from your body and put it in a cool place to dry thoroughly (at least a night or two). You might want to stuff your cast with newspapers and lay it boobs up to dry, so it won't sag under its weight while drying.
- 11) Wipe off any excess petroleum jelly with a towel, and start again if you want, or just enjoy a good shower to remove any remaining plaster.

Other Thoughts:

When your cast is dry, you are done. Some may want to sand the cast with fine grade sandpaper or apply some plaster of Paris, to produce a smoother surface. I tried this with one of mine, but liked the more natural look better. After this, you probably should seal it (inside and out) with Gesso or a diluted Modge Podge type product. If you want, you can paint or decorate your cast, and shellac when done.

And that's it. I hope this helps you, and that you are able to enjoy the casting process and final product!