

# Life Casting



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# Alginate Moulding Compound

Alginate is primarily used for making moulds of body parts eg. Hands, Feet, Faces etc. It is very quick setting and will pick up fine detail. It is seaweed based and is non toxic. The dust from alginate (as with any dust) can be a respiratory hazard and precautions should be taken to avoid inhalation



## Basic Instructions

Powder/Water Ratio = 1 to 1 ie. 1 cup of Alginate to 1 cup of Cold Water

- 1) Measure out required quantities
- 2) Place alginate in a clean dry bowl
- 3) Add water slowly and begin mixing. Mix vigorously to break down any lumps. It should have a similar consistency to porridge.
- 4) Working time is approx 1-2 minutes. You will need to work quickly to make your mould.
- 5) When set, you will need to cast plaster into the mould as soon as possible as your mould will start to break down quickly.
- 6) When plaster has set remove alginate taking care not to break any delicate parts.

Chromatic alginate will go purple when mixed, when set it will turn to white.

## Notes:

Moulds made from alginate will need to be supported. If taking a mould of a hand this can be done by pouring alginate into a jug or similar vessel and then sink hand into it. Tap to remove any air bubbles. When set alginate is very flexible so you will be able to carefully pull hand out. The jug will provide support. If taking a cast of a face or torso, when the alginate has set, apply a couple of layers of modroc over the top to form the support when removed.

Alginate will not stick to skin but will grip hair, thoroughly coat any exposed hair with petroleum jelly.

Alginate will bond to fabric. Take care with clothing and furnishings.

When making a face cast ensure subject can breath (straws can be useful for this) and that their eyes are closed. Block nose and earholes with cotton wool and apply petroleum jelly to eye brows and any other exposed facial hair (a swimming cap or similar should be used to cover hair on head) Work from the forehead down, ensuring no air bubbles get trapped in the corners of the eyes or around the nostrils. Use a lolly stick to work alginate around the nose. When set apply modroc to form support

## Approx Quantities Required

Baby Hand or Foot	200g	Adult Hand or Foot	450g
Face without Ears	450g	Front Torso	900g

These are only approximate guides. It may be worthwhile to do test casts before undertaking larger projects.

If you wish to make copies of your cast use latex to make a reusable mould.

## Plaster Casting

We stock 4 different types of plaster. Fine Casting Powder being the softest to Crystacast which is the Hardest

	Mix Ratio Powder:Water	Setting Time Min (approx)	Volume/Kg Approx
Fine Casting Plaster	2:1.25	20	900ml
Herculite II	2:1	10	800ml
Herculite Stone	2.5:1	35	700ml
Crystacast	2.5:1	15	700ml

Approximate volumes only. Batches may vary

### Basic Instructions

Powder/Water Ratio - By Volume ie. 2 cups of Fine Casting Plaster to 1 cup of Water

- 1) Measure out required quantities
- 2) Ensure mould is supported and ready to pour in plaster.
- 3) Place water in a clean dry bowl
- 4) Slowly add water stirring gently to avoid air bubbles.
- 5) When mixed pour into mould
- 6) Agitate to remove any air bubbles
- 6) When set remove from mould and, ideally, leave somewhere warm overnight to dry

Notes:

If using rubber moulds apply a small amount of warm water with a bit of washing up liquid in on the outside of mould when removing

## Mod Roc - Plaster Bandage

### Basic Instructions

- 1) Cut Mod Roc to required length
- 2) Immerse 2 or 3 pieces in bowl of water for 4-5 Seconds
- 3) Squeeze Gently and lay onto former to the required shape
- 4) It will set in a few minutes, but leave 24 hours if painting is required
- 5) Keep any unused Mod Roc in a sealed bag.

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