

ESSENCE OF THE



HOW TO MAKE:
GUILTLESS SHELLS

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Video Instruction Available at:
www.EssenceoftheSpiral.com

What You'll Need:
Polymer Clay of various colors
Flat workspace
Conventional Oven



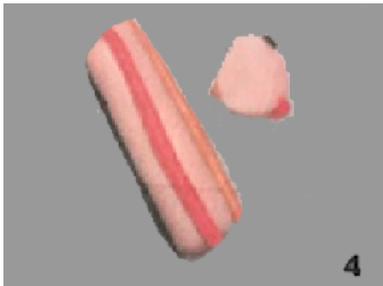
Here's your starting point! You don't need much clay - see step 3 for an estimate on size. But remember, you can make these as little or as big as you want.



Select 3 colors. Warm up the clay with your hands, rolling it back and forth until it is pliable and easy to work with.



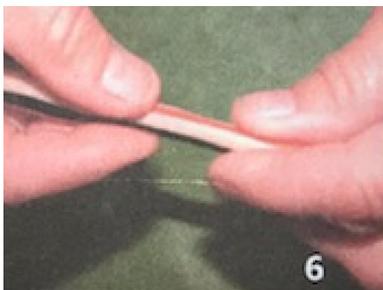
Roll the beige clay into a tube about 1/2" thick and 2" long (or however large you want your shell to be). Make the colors thin and long.



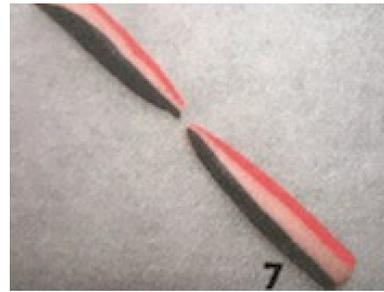
Apply the colored pieces to the outside of the beige clay, equally spacing them around the tube.



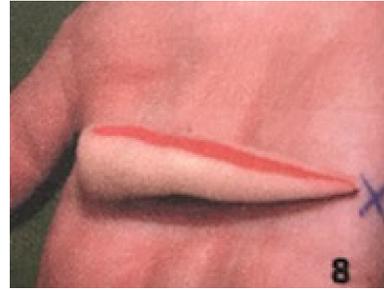
Roll the tube back and forth to combine the beige and colored clay. The tube will lengthen to about 4" during this step. Keep the width as uniform as possible.



You will be left with a nice, smooth tube of striped clay.



Pinch the tube in the middle and pull apart gently so that two semi-cone shaped pieces are formed.



Place the clay on a hard surface with the part of your hand indicated with an X on the tip of the cone and your palm resting gently on the rest of clay.



This step is where your shell really starts to form! Start rolling the clay FORWARD ONLY. Experiment with pressure until you find the perfect amount.



Gently hold the clay and start rolling it inwards starting with the tip of the cone.



Use your knuckle to make the "dent" at the base of the shell where the opening of a "real" shell would be.

Congratulations! You've created your first Guiltless Shell!

Bake your shells in a conventional oven at 275°F for 15 minutes on a baking sheet (cover with aluminum if you want to protect the sheet). You can clean up with soap and water.