



RECONCILIATION

A FULL PORTRAIT WORKSHOP IN ACRYLIC PAINT

BY SABRA AWLAD ISSA
ART BY SABRA | WWW.SABRAISSA.COM



SUPPLY LIST

I'M USING...

Watercolor paper 140lbs, stretched, 18x24 inch / 45x60 cm

Acrylic heavy body paint in:

- cadmium red hue, medium
- ultramarine blue
- burnt umber
- raw umber
- titanium white

Brushes (synthetic):

- 1 inch brush
- 1/2 inch angular brush
- 1/2 inch square brush

A palette knife

Pieces of cardboard

A rag/cloth

A palette

A cup for diluting paint

Charcoal/charcoal pencil

White pastel pencil (optional)

YOU CAN SUBSTITUTE WITH...

Any paper 140lbs and up or a watercolor paper block. Stretching is optional! You can also use a board or panel if it's properly gesso-ed.

Use any consistency or brand you want. For this project, paint doesn't have to be heavy body. You may substitute ultramarine and cadmium with any other blue or red. Result may vary but it might be fun! Umbers are difficult to replace, but you choose to replace Burnt Umber with another brown or warm color and skip the Raw Umber. Titanium White can be replaced with gesso.

Any brush, as long as you have a bigger and a smaller one. Brush size also depends on your substrate size. Use whatever brush you feel comfortable with but try not too use smaller brushes too soon. A bigger size allows for more dynamic and layering.

Instead of a palette knife, you can use cardboard cut to size. I actually prefer cardboard sometimes, especially for larger areas. I use old postal boxes for this. Make sure the cardboard has no ink printed on it, as that may transfer to your painting.

For my rags, I use any old cotton or cotton mix I can find: bedsheets, towels, old clothing. I leave old paint on it to try; it gives really nice texture after a while.