

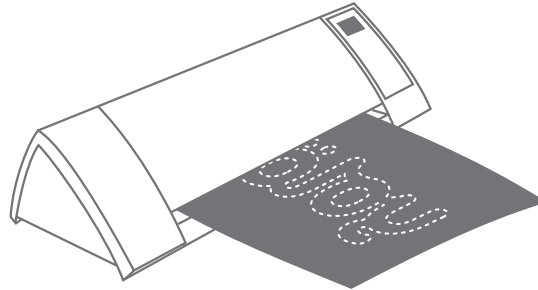
1

Mirror your image or artwork



2

Cut your image using a contour/plotter cutter, ensuring the blade cuts through the film only and not the release liner



CRICUT GUIDELINES*

SETTING Standard Iron On
BLADE Standard Fine Cut
PRESSURE Default

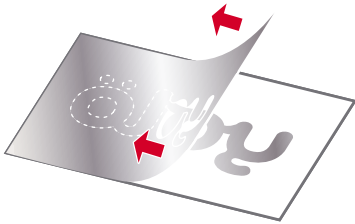
SILHOUETTE BLADE SETTING*

SPEED 7 THICKNESS 4

*Adjust as necessary. Use a cutting mat (carrier sheet) and cut through the film layer only. Test cuts are recommended.

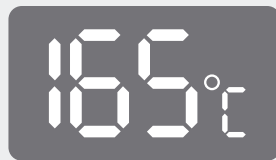
3

Weed away the unwanted film, leaving the image on the release liner (a weeding tool may help)



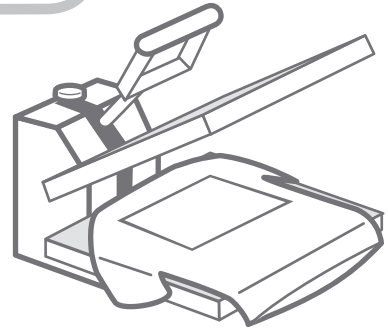
4

Prepare the heat press at 165°C / 330°F



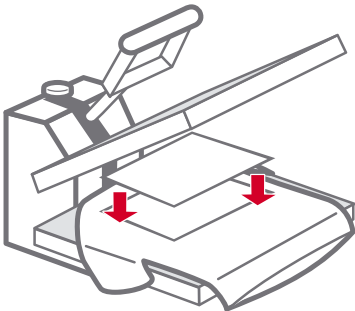
5

Place image face down on substrate



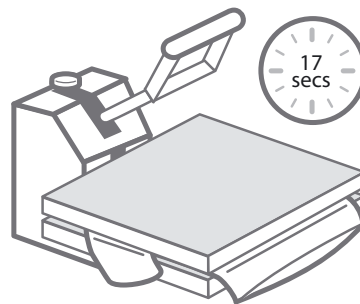
6

Cover with a Teflon or silicone sheet



7

Apply **medium to heavy** pressure for **17 seconds**



8



Peel when warm*

24hrs before washing

*After approximately 10 seconds

wash and care instructions



Machine wash separately



Dry at low heat setting



Do not bleach or directly iron image

contact

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Product code: METF

Store in a cool, dry place and seal the packaging between uses