



## **Headbands: History, Use & Techniques**

Materials needed to participate in the online workshop led by

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- Silk thread for embroidery or thinner. Gutermann's polyester thread also works and it's cheaper.
- Museum (2mm) board or another softer, thick board
- Sharp needle that works with the thread you are using
- Flax cord. Minimum 3 ply. The thicker, the easier for practice
- PVA
- Scissors
- Cutter/x-acto knife
- Masking or blue tape

### ***Optional***

- thicker cord or thread for easier practice