



## PREP GETTING READY

Now that you have your colour, the right tools and the right amount of paint, it's time to start prepping. This stage is an essential part of creating a beautiful, long lasting finish.

### 1. Clean

A couple of days before you start painting, you will need to make sure walls are clean.

- Remove any mould present with an anti-mould sterilizing solution.
- Wash surfaces with a mixture of Sugar Soap and fresh water, making sure that all surfaces are cleaned thoroughly.
- Rinse off with fresh water to remove any of the Sugar Soap solution and allow to dry completely.

### 2. Eliminate imperfections

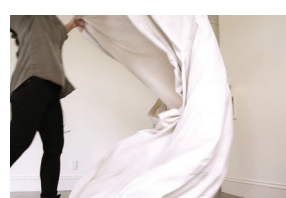
- Fill and sand any cracks or holes with a suitable filler or putty and lightly sand timberwork and brush away any dust.

**TIP: 220 grit works well to remove any flakes or splinters and ensure it is smooth.**

### 3. Protect and mask

- On the day, remove or cover any furniture, floor and other items in the room, to make sure they're protected from paint spatter.
- Apply a good quality, low tack masking tape to the areas you don't want to get paint on, like skirting boards, trims and windows.

Now you're ready to make your Change In A Day!



Valspar  
Cool Midnight^

Valspar  
Dress Rehearsal^



## PAINT GETTING IT DONE

Your walls are clean and smooth, floors and furniture are protected and your masking tape is up. It's time to paint!

### 1. Stir

Before you start painting, it's important to give your paint a good stir to get a nice and even consistency.

### 2. Cutting in

'Cutting in' is the process of applying paint to the corners and detailed edges of your wall, where rollers and wide brushes can't reach.

**TIP: Use a premium quality synthetic brush for a high quality finish!**

- Start by applying paint to the edges of the wall, working your way from one corner around the wall.
- Work quickly to maintain a wet edge and finish with long, gentle brush strokes. Don't apply too much paint and make sure you feather the edges for an even finish.

### 3. First coat - Paint & Primer

- Load paint evenly onto a good quality synthetic roller. Apply paint to the remainder of the wall and spread it out.

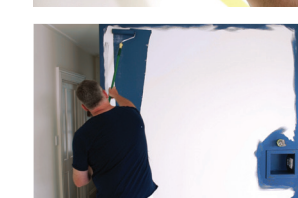
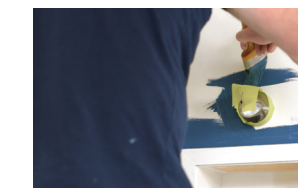
**TIP: Use a 10-12mm NAP synthetic roller to hold paint well.**

- Reload and repeat, painting a half to one metre wide sections at a time, until entire surface is evenly covered. Lay off with long gentle strokes from ceiling to floor. Leave to dry for approximately 2 hours.

### 4. Second coat

- Apply the second coat with the same technique used for first coat to complete your change in a day with a beautiful, rich, uniform finish.

For more tips on how to paint like a pro, check out the planning, preparing and painting videos at [changeinaday.nz](http://changeinaday.nz)



valspar

# CHANGE IN A DAY

## Your 'how to' paint guide

MITRE 10  
EXCLUSIVE







# valspar CHANGE IN A DAY

Valspar's *Change In A Day* shows how easy it can be to give any room in your home a refreshing new look. With our insider tips and tricks, you'll breeze through your DIY projects and paint like a pro!

## Bring your ideas to life

Updating the look and feel of any room can be as simple as adding a fresh coat of paint. With Valspar's *Change In A Day* program, bringing your ideas to life is made easy - from prepping to clean up, we've got you covered!



### PLAN CHOOSING & ORGANISING

Choose the right colour, arm yourself with the right equipment and get the right amount of paint to achieve the look you're after without hassle.



### PREP GETTING READY

Get your room ready for painting, from protecting surfaces and furniture to prepping walls and eliminating imperfections.



### PAINT GETTING IT DONE

Stir, cut-in and roll! Paint like a pro and see your ideas come to life a brushstroke at a time.

\*Estimated guide for painting walls only. Assumes walls in "ready to paint" condition i.e. no filling or sanding required, based on 2 people.\* All printed colours have been matched as close to the actual paint colour as the printing process will allow. Slight variations in shades may occur. Photographic and printed images may not represent the true colour. Collect a colour chip and sample pot to confirm your choice.

#### TIME GUIDE\*:

Clean  
60 MINS

Protect  
and mask  
30 MINS

Cutting in  
60 MINS

First coat  
30 MINS

Painter's  
lunch  
90 MINS

Second  
coat  
90 MINS

Quick  
clean up  
30 MINS



Valspar  
Electric^

Valspar  
White Tiger^

BEFORE

AFTER



## PLAN CHOOSING & ORGANISING

Planning is key to painting like a pro! From choosing a colour to making sure you have the right tools, considering the below will make your DIY project easy and hassle free.

### Consider colours in the room

Keep in mind the colour of floors and furniture in the space, as they will need to work with the colour of the walls.

### Determine the undertone

All whites and neutral colours carry either a cool or warm 'undertone'. Ensure the undertones of your walls and fixtures match. Add contrasting colours in small amounts to create focus areas.

### Consider the mood

Light colours feel airy and slightly feminine, whilst dark colours can feel moody or cozy. Contrasting light and dark colours in a space will make it feel more dynamic.

### Seek inspiration

Look online and in magazines for inspiration - you may find the right colour in a cushion or a piece of art - then create a mood board of colours and styles.

### Use swatches and test pots

Test your paint on a large card and put it next to fixtures and furnishings at different times of the day. If you don't love the Valspar colour you buy, we'll change it for free. Visit [valsparpaint.co.nz](http://valsparpaint.co.nz)

### Determine the amount of paint

Measure surface areas and ask your local Mitre 10 paint staff for advice on how much paint you will need.

**TIP: The average bedroom only needs one tin of 4L Valspar paint.**



## CHECKLIST

Here's a list of essential items you'll need to make your change in a day.

- |  |   |
|--|---|
| <input type="checkbox"/> Sugar soap          | <input type="checkbox"/> Drop cloths                    |
| <input type="checkbox"/> Water               | <input type="checkbox"/> Brushes                        |
| <input type="checkbox"/> Bucket              | <input type="checkbox"/> Paint trays                    |
| <input type="checkbox"/> Cloth/sponge        | <input type="checkbox"/> Rollers                        |
| <input type="checkbox"/> Sandpaper (180-220) | <input type="checkbox"/> Roller sleeves                 |
| <input type="checkbox"/> Sanding block       | <input type="checkbox"/> Extension pole                 |
| <input type="checkbox"/> Dust mask           | <input type="checkbox"/> Ladder                         |
| <input type="checkbox"/> Wall filler         | <input type="checkbox"/> Mini rollers (For small areas) |
| <input type="checkbox"/> Masking tape        |   |

[valsparpaint.nz](http://valsparpaint.nz)

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