

ABOUT THIS COOKBOOK PEEK

In Sublimation Cookbook, you will find **recipes for sublimating everything I could think of**, as well as all the information you need on the equipment, times, temperatures, pressures, and other details to create beautiful sublimation projects. This is essentially your personal pre-filled sublimation notebook with all the information others may spend years or decades to collect – you can even add your own notes and tips as you go along! This is a sneak peek at the cookbook, with sample pages!

Are you new to sublimation? Sublimation is a crafting process that allows you to take a detailed image and apply it to items made of polyester or with sublimation-friendly coatings. The ink from the sublimation print then infuses with the material's surface when high heat is applied. The sublimation process requires you to use specific equipment and supplies, such as special sublimation ink, sublimation paper, and a heat source. You will also need to apply the sublimation transfer to a sublimation-specific item, called a blank, for the best results.

To learn more about the process of sublimation, check out my **beginner-friendly guide** over at jennifermaker.com/sublimation-for-beginners. To learn about the supplies and tools I recommend, visit jennifermaker.com/sublimation-supplies.

If you have any **questions** about this sneak peek of my cookbook, please ask in my Sublimation Made Easy group at jennifermaker.com/sublimationgroup or email us at vip@jennifermaker.com.

Get the full, 121-page Sublimation Cookbook at jennifermaker.com/sublimation-cookbook or at sublimationcookbook.com.

Happy sublimating,

Jennifer

Hello, I'm Jennifer!



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COOKBOOK PAGES

About This Cookbook	2
Sublimation Equipment	4
Sublimation Ingredients.....	7
Sublimation Pressures and Temperatures	10
Sublimation Printing.....	11
Other Forms of Sublimation Ink	12
Sublimation Transfer Sheets.....	13
Chapter 1: Polyester.....	14
T-shirt(s) , Hoodies , Tanks , Polos , Bodysuits , Hat(s) , Tote Bags , Microfiber Towels , Aprons , Fleece Blankets , Plushies , Oven Mitts , Floor Mats , Sequin Pillows , Canvas Pillow , Garden Flags , Socks , Stockings , Face Masks	
Chapter 2: Stainless Steel	30
Straight Side Tumblers , Tapered Tumblers , Camping Mugs , Flasks , Insulated Can Coolers	
Chapter 3: Ceramics.....	36
Mugs with handles , Mugs without handles , Camping Mugs , Tiles , Ornaments , Plates , Bowls	
Chapter 4: MDF & HDF	44
Coasters , Picture Frames , Wall Signs and Other Signs , Clipboards and Dry Erase , Magnets , Puzzles , Tags	
Chapter 5: Glass	52
Cutting Boards , Drinkware with Handle , Drinkware with no Handle , Tiles & Photo Panels , Ornaments	
Chapter 6: Slate.....	58
Photo Slates and Non-Square Slates such as circles, ovals, hearts, and more	
Chapter 7: Aluminum.....	61
Photo Panels , License Plates , License Plate Frames , Business Cards , Stickers , Ornaments , Wind Spinners	
Chapter 8: Acrylic & Plastic (FRP).....	69
Dog Tags , Business Cards , Ornaments , Place Card Signs , Faux Leather Notebooks and Sheets , ID Badges , Luggage Tags , Badge Reels , Frisbees , Magnets , Door Plate , Door Hangers , Hanging Ornaments & Key Rings	
Chapter 9: Wood & Fiberboard	79
Wood and Trophy Plaques , Garden Stakes , Wood Cake Toppers , Wood Signs , Charcuterie Boards	
Chapter 10: Vinyl, Paper, & Cardboard.....	84
Vinyl Stickers , Labels, & Decals , Puzzles , Cardboard-bound and spiral notebooks	
Chapter 11: Neoprene.....	88
Mouse Pads , Drink Sleeves and Can Coolers , Lunch Bags , Chapstick Holders , Car Coasters , Flip Flops	
Chapter 12: Everything Else.....	95
T-Shirts: All or mostly cotton , Clear HTV , Glitter HTV , Holographic HTV , Glow in the Dark HTV , EasySubli , DTV , DTE , Lamination sheets , Sublimation spray	
Worksheets & Notes	106
Index	112
Save on Sublimation Supplies	114
Sublimation Workshops	115
How to Visit Me	118
How to Print This Workbook	119
Print Release Form	120

SUBLIMATION EQUIPMENT

Throughout this sublimation cookbook, you will use various equipment to complete the recipes. Below is a list of the equipment, a brief description of each item, and a few of my favorite brands to use. You are welcome to use the equipment that you have on hand. Please note that you will only need some of the equipment listed to complete any single recipe. You can review more information on our recommended supplies at jennifermaker.com/sublimation-supplies.

EQUIPMENT USED

- Heat source
 - Flat heat press
 - Tumbler or mug press
 - Convection oven or air fryer
- Pressing pad
- Pillow or foam
- Heat-resistant gloves
- Microfiber cloth
- Lint roller
- Ruler or fabric measuring tape
- Scissors
- Weeding tool
- Pen or Pencil
- Rubbing alcohol
- Cardboard

OPTIONAL EQUIPMENT USED

- Cutting machine
- Heat gun
- Shrink wrap
- Silicone bands
- Silicone flask wrap
- Silicone wrap

NOTE ON HEAT SOURCES

You will see several heat sources listed throughout this cookbook, including a traditional heat press, Cricut AutoPress, Cricut EasyPress, Cricut MiniPress, Cricut Mug Press, traditional tumbler press, convection oven, and air fryer. Use what is appropriate for the sublimation blank and the recipe.



Flat Heat Press

The flat heat press provides heat to pre-press and sublimate on blanks with flat surfaces. I like to use the Cricut AutoPress and EasyPress.



Mug Press

The mug press is used primarily to heat the sublimation transfer to a mug and other glassware. I like to use the Cricut Mug Press.



Tumbler Heat Press

The tumbler press is used primarily for drinkware. The press should fit snugly against the drinkware to heat evenly during sublimation.

SUBLIMATION COOKBOOK



Convection Oven

A countertop model with removable racks will work best. Convection ovens are used to heat items that will not work with a flat press.



Air Fryer

An 8 qt. or larger air fryer will work best for a variety of blanks. An air fryer can be used as an alternative heat source for sublimating.

IMPORTANT NOTE:

Once you use a convection oven or an air fryer for sublimation, it is unsafe to use for cooking food due to the process that the ink goes through when sublimating.



Pressing Pad

A pressing pad will be used to support even pressure when pressing your blanks.



Pressing Pillow or Foam

The pressing pillow or foam will go inside your blanks. This is used when you have zippers or uneven pressing areas and will help ensure you have an even pressing surface.



Heat-Resistant Gloves

Any gloves designed to protect your hands from heat will be fine. It is important to use heat-resistant gloves when removing items from the pressing area.



Microfiber Cloth

This item can be purchased from any retail store. This will be used to remove dust and debris from your sublimation blanks.



Lint Roller

Use a lint roller with disposable sticky sheets to help remove dirt, dust, and debris from your sublimation blanks.



Ruler or Measuring Tape

Any ruler or measuring tape can be used to measure the blanks and the transfer sheet images.

SUBLIMATION COOKBOOK

T-SHIRTS 65–100% POLYESTER

ALSO: Hoodies, tanks, polos, infant bodysuits, and other garments



This popular recipe calls for T-shirts of any style made of 65-100% polyester knit. Can be blended with cotton, rayon, spandex, and other fibers. White and light colors work best.

INGREDIENTS

- White or light T-shirt of at least 65% polyester knit (brands such as Cricut, Gildan, Hanes)
- Blowout paper (two sheets)
- Heat-resistant tape
- Sublimation transfer

EQUIPMENT

- Lint roller
- Flat heat source such as a heat press
- (Optional) T-shirt ruler for placement help
- (Optional) Pillow or foam for shirts with buttons, seams, zippers, or pockets

PREPARATION

Start with a new shirt for the best results. No need to pre-wash, but if you do, avoid fabric softener.

Pre-heat your flat heat press to the temperature shown in chart below.

Tear or very closely trim the edges of your printed sublimation transfer to minimize the appearance of paper lines on your finished shirt. (Not necessary when using transfer sheets like Infusible Ink.) Double check your image to make sure it is correctly mirrored if needed.

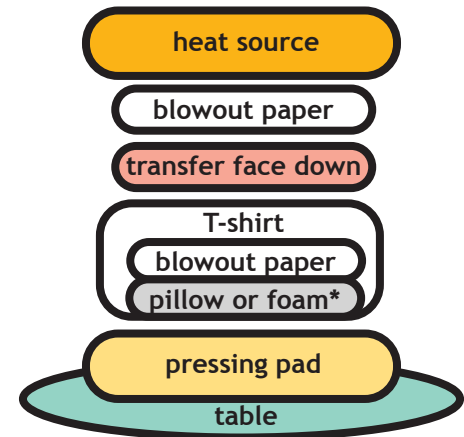
Lint roll your shirt to remove any dust or debris.

Fold shirt in half lengthwise so both sides match up, then press for 10 seconds – this both pre-heats the shirt to remove moisture and gives you a straight vertical crease for alignment.

Unfold shirt and slide a piece of blowout paper inside your shirt (I recommend white cardstock) to keep the sublimation ink from bleeding into the other side of the shirt. Optionally, you can also place a pressing pillow under the paper inside your shirt – this is helpful if you have any raised areas on your shirt (button, seam, zipper, pocket, etc.) which may make it hard to press down evenly.

Crease your sublimation transfer vertically at the top and bottom (but not where there is ink) and align creases with vertical creases in your shirt.

Tape all four edges of your design face down on your shirt about two inches below the collar seam (crew neck) or one inch below the seam (V-neck or children's sizes). A T-shirt ruler can help more with placement. * optional



COOK TIMES

Here are typical times you can use as a starting point. Always check the manufacturer's instructions for time and temperature, when available.

your favorite settings

Traditional Heat Press	AutoPress	Easy Press	Mini Press	
385° F / 196° C	400° F / 204° C	385° F / 196° C	High	
45-60 seconds	45 seconds	40 seconds	70 seconds	
40 psi (light/medium)	Auto pressure	Light pressure	Light pressure	

TIPS & TRICKS

- × Don't remove your sublimation transfer sheet for at least 10 seconds so it can cool down without ghosting.
- ✓ For a tutorial on how to sublimate a T-Shirt check out jennifermaker.com/sublimation-t-shirt/
- ✓ After Care: Wash inside out in cold water with mild detergent, no bleach, no fabric softener, tumble dry low.

SUBLIMATION COOKBOOK

TOTE BAGS POLYESTER

ALSO: Pouches, makeup bags, backpacks



Tote bags at least 65% polyester will make a perfect recipe for carrying your things.

INGREDIENTS

- Tote bag (of at least 65% polyester)
- Blowout paper (two sheets)
- Heat-resistant tape
- Sublimation transfer (print/sheet)

EQUIPMENT

- Lint roller
- Flat heat source such as a heat press
- (Optional) Ruler or fabric tape measure for placement help
- (Optional) Pillow or form for totes with seams, zippers, or pockets

PREPARATION

Start with a new tote bag for the best results. No need to pre-wash, but if you do, avoid fabric softener.

Pre-heat your flat heat press to the temperature shown in the chart below.

Very closely trim the edges of your sublimation transfer to minimize the appearance of paper lines on your finished tote bag.

Use the lint roller to remove any extra pieces of fiber from your tote bag.

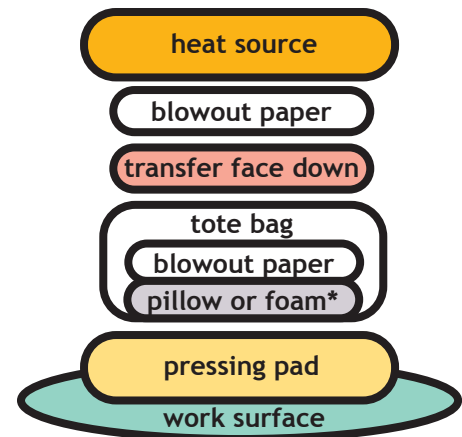
Press the tote bag with your heat press for 5 seconds to pre-heat it and remove any moisture.

Place a piece of blowout paper (I recommend white cardstock or butcher paper) inside the tote bag to keep the sublimation ink from bleeding into the other side of the tote bag. Optionally, you can also place a pressing pillow under the paper inside your tote bag.

Using heat resistant tape, secure all edges of your sublimation transfer face down on your tote bag. A ruler may help with placement.

Place a piece of blowout paper (I recommend white cardstock or butcher paper) on your pressing pad, then lay the tote bag on top of the blowout paper. Cover with another sheet of blowout paper.

Press according to the chart below. Pull the transfer sheet while still warm.



* optional

COOK TIMES

Here are typical times you can use as a starting point. Always check the manufacturer's instructions for time and temperature, when available.

your favorite settings

Traditional Heat Press	AutoPress	EasyPress	Mini Press	
400 °F / 204 °C	385 °F / 195 °C	385 °F / 195 °C	High	
45 seconds	50 seconds	40 seconds	75 seconds	
40 psi (medium pressure)	Auto pressure	Firm pressure	Firm pressure	

TIPS & TRICKS

- ✓ Remember to mirror the design before printing your sublimation transfer.
- * Don't remove your sublimation transfer sheet for at least 10 seconds so it can cool down without ghosting.
- * Don't press over any zippers or snaps.
- * Unless you are specifically sublimating the handles of the tote bag, keep them out of the way of the heat press.
- ✓ If sublimating a backpack, be sure to use a pillow or form inside.

TAPERED TUMBLERS

STAINLESS STEEL

ALSO: Cupholder tumblers



Create a beautiful tapered tumbler by slightly altering the recipe for the straight-sided tumbler.

INGREDIENTS

- Tapered tumbler (stainless steel)
- Butcher paper (one sheet)
- Heat-resistant tape
- Sublimation transfer (print/sheet)

EQUIPMENT

- Lint-free cloth
- Rubbing alcohol
- Heat source appropriate for tumblers
- (Optional) Shrink wrap and heat gun
- (Optional) Silicone bands

PREPARATION

Use a lint-free cloth and rubbing alcohol to clean the tumbler.

Use a tapered template for the sublimation transfer design, which has a wider top, a narrower bottom, and curved edges.

Trim the top, bottom, and right edges of the sublimation transfer at the edge of the ink so no white edges are visible. Trim the left edge to leave a quarter-inch strip of white.

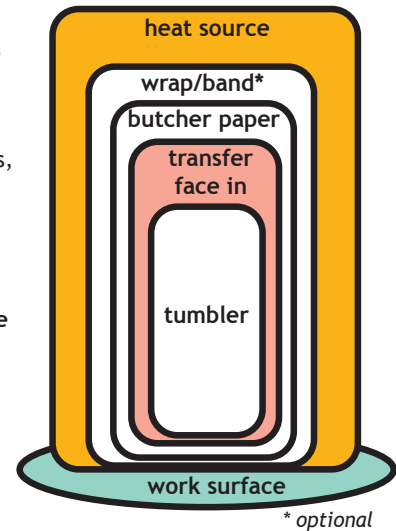
Wrap the sublimation transfer around the tumbler so the ink touches the surface. The transfer should overlap slightly. Firmly tape the transfer to itself, then tape along the seam, leaving an inch or so untaped along the top and bottom.

Press hard and smooth the paper from both sides toward the seam. If anything ripples, remove the tape and try again. Add tape to cover the top and bottom remainders of your seam, allowing some of the tape to fold over the top and bottom edges. Use a scraper to thoroughly work air pockets out.

Firmly tape the transfer along all the top and bottom edges of the tumbler. Tape the top, bottom, left, and right edges as though following directions on a compass. Rotate the tumbler slightly and repeat until the design transfer is completely covered. The edges of the tape should fold over into the tumbler at the top and onto the bottom of the tumbler.

Wrap the tumbler in a piece of butcher paper, securing with tape. If using shrink wrap (not to be used in a tumbler press), do this after the butcher paper layer.

Press according to the chart below. Pull the transfer sheet while still warm.



COOK TIMES

Here are typical times you can use as a starting point. Always check the manufacturer's instructions for time and temperature, when available.

your favorite settings

Tumbler Press	Convection Oven	Air Fryer	
360 °F / 182 °C	375 °F / 190 °C	385 °F / 196 °C	
100 seconds	6 minutes	6 minutes	
40 psi (medium pressure)			

TIPS & TRICKS

- * Don't pull shrink wrap overly tight. This risks it pulling apart in the oven.
- ✓ If using a tumbler press or air fryer, turn the tumbler 180 degrees halfway through the cooking time.
- * If your transfer edges do not line up around the tumbler, you likely did not use a tapered template.

SUBLIMATION COOKBOOK

NOTEBOOKS CARDBOARD

ALSO: Spiral notebooks

This recipe is for a sublimation notebook cover. These come in both hardbound and spiralbound notebooks.



INGREDIENTS

- Sublimation notebook blanks
- Blowout paper (two sheets)
- Heat-resistant tape
- Sublimation transfer (print/sheet)

EQUIPMENT

- Lint roller
- Flat heat source such as a heat press

PREPARATION

Start with a blank sublimatable cardboard notebook.

Pre-heat your flat heat press to the temperature shown in the chart below.

You must prepare the notebook to allow the sublimation surface to lay flat. Remove the spiral and papers from a spiral notebook. Remove the paper and inserts from a cardboard-covered notebook.

Closely trim the edges of your sublimation print to go just to the outside of the sublimation area of the notebook.

Place a piece of blowout paper (I recommend white cardstock or butcher paper) on the pressing pad.

Remove any protective layer, from the notebook. If there is not a protective layer use a lint roller to remove any dust or debris from the sublimation surface.

Place the sublimation notebook with the sublimation (shiny) side facing up.

Align the sublimation print on top of the sublimation blank. Using heat-resistant tape, secure the transfer sheet to the blank.

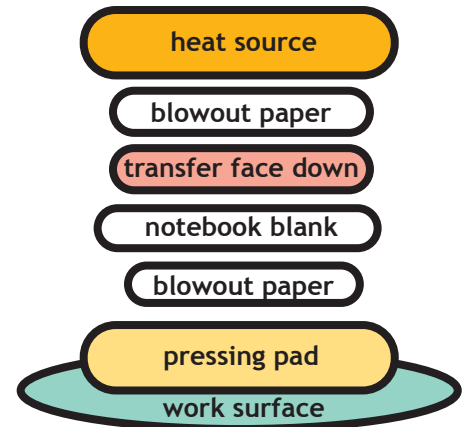
Place a piece of blowout paper on top of the transfer sheet.

Press according to the chart below.

Using heat-resistant gloves, remove the sublimation blank from the press.

Carefully remove the sublimation transfer sheet.

Allow item to cool before reassembling the notebook.



COOK TIMES

Here are typical times you can use as a starting point. Always check the manufacturer's instructions for time and temperature, when available.

your favorite settings

Traditional Heat Press	AutoPress	EasyPress	Mini Press	
360 °F / 182 °C	360 °F / 182 °C	355 °F / 179 °C	High	
30 seconds	30 seconds	25 seconds	70 seconds	
40 psi (medium pressure)	Auto pressure	Light pressure	Light pressure	

TIPS & TRICKS

✓ If your sublimation comes out light or a little blurry you may need to add a few more seconds or increase pressure.

FLIP FLOPS NEOPRENE



This recipe is for the sublimation blank flip flop surface. This product will require some assembly of the sandal straps.

INGREDIENTS

- Flip flop sublimation blank
- Blowout paper (two sheets)
- Heat-resistant tape
- Sublimation transfer (print/sheet)

EQUIPMENT

- Lint roller
- Flat heat source such as a heat press
- Needlenose pliers to secure strap to sandal bottom

PREPARATION

Start with the flip flop sublimation blank with the straps removed.

Pre-heat your flat heat press to the temperature shown in the chart below.

Trim your sublimation print to extend just beyond the edge of the blank.

Do not pre-press the flip flop blank. Hover over the heat press surface for 10 seconds to warm the flip flop and help remove any unwanted moisture.

Place a piece of blowout paper (I recommend white cardstock or butcher paper) on your pressing pad.

Place the sublimation blank with the sublimation side facing up on top of the blowout paper.

Align your sublimation transfer sheet onto the blank, and secure it with heat-resistant tape.

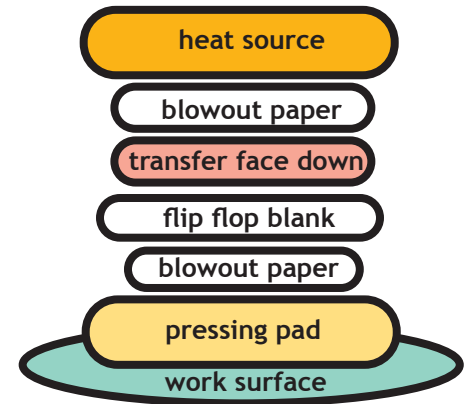
Place another piece of blowout paper on top.

Press according to the chart below.

Allow to cool or use heat-resistant gloves to remove from the press.

Repeat the steps above for the 2nd flip-flop sublimation blank.

Use needlenose pliers to push the sandal straps into the sublimated flip-flop bottoms.



COOK TIMES

Here are typical times you can use as a starting point. Always check the manufacturer's instructions for time and temperature, when available.

your favorite settings

Traditional Heat Press	AutoPress	EasyPress	Mini Press	
400 °F / 204 °C	400 °F / 204 °C	385 °F / 196 °C	High	
30 seconds	30 seconds	40 seconds	55 seconds	
50 psi (Firm pressure)	Auto pressure	Firm pressure	Med pressure	

TIPS & TRICKS

- × Don't remove your sublimation transfer sheet for at least 10 seconds so it can cool down without ghosting.
- ✓ Assembling the flip-flop straps will be easier if you lubricate the tool. You can use a non-staining lubrication spray.
- ✓ After Care: Wash in a cold water cycle with mild detergent, low heat tumble dry.

INDEX

A

acrylic 69, 70, 71, 72, 73
 air fryer 5
 aluminum 61, 62, 63, 64, 65, 66, 67, 68
 aprons (polyester) 19
 award plaques (acrylic) 73

B

baby bibs (polyester fleece) 20
 backpacks (polyester) 17
 badge reels (plastic) 75
 bag tag (plastic) 78
 ballcaps 16
 beer mugs (glass) 54
 blankets (polyester) 20
 blanks 7, 8, 9
 blank sheets (faux leather) 74
 blank sheets (plastic) 77
 blowout paper 7
 blurring 10
 bottles (glass) 55
 bowls (ceramic) 43
 bucket hats 16
 burp cloths (polyester fleece) 20
 business cards (acrylic) 71
 business cards (aluminum) 65

C

cake toppers (acrylic) 73
 cake toppers (wood) 81
 camping mugs (ceramic) 39
 camping mugs (stainless steel) 33
 can coolers (neoprene) 90
 can coolers (stainless steel) 35
 cans (glass) 55
 Canva 11
 canvas pillows (polyester) 25
 canvas (polyester) 25
 car coasters (ceramic) 41
 car coasters (neoprene) 93
 cardboard 84, 86, 87
 car flags (polyester) 26
 car mats (polyester) 23
 ceramic 36, 37, 38, 39, 40, 41, 42, 43
 chapstick holders (neoprene) 92
 charcuterie boards (glass) 53
 charcuterie boards (wood) 83
 charger plates (ceramic) 42
 cheese boards (glass) 53
 circle pendants (aluminum) 66
 clear HTV 97
 clipboards (MDF/HDF) 48
 coasters (ceramic) 41
 coasters (MDF/HDF) 45
 coffee cup sleeves (neoprene) 90

coffee mugs (glass) 54
 coin purses (neoprene) 92
 color T-shirt 96, 101, 102
 convection oven 5
 cork coasters (MDF/HDF) 45
 cotton 15
 cotton T-shirt 96, 101, 102
 Cricut AutoPress 4
 Cricut Design Space 11
 cupholder tumblers (stainless steel) 32
 cups (glass) 55
 cutting boards (glass) 53
 cutting boards (wood) 83
 cutting machine 6

D

decals (paper) 85
 decorative display plates (ceramic) 42
 designs, sublimation 11
 dish towels 18
 dog tags (acrylic) 70
 dog tags (aluminum) 67
 door hangers (FRP) 78
 door mats (polyester) 23
 door plates (plastic) 77
 drink sleeves (neoprene) 90
 drinkware, with handles (glass) 54
 drinkware, without handles (glass) 55
 dry erase boards (MDF/HDF) 48
 DTF 103
 DTV 102

E

EasyColor DTV 102
 EasyPress 4
 EasySubli 101
 Ecotank 11
 Epson 11
 equipment, sublimation 4

F

face masks (polyester) 29
 fans (plastic) 76
 faux leather 74
 favorite brands 110
 favorite web sites 109
 feathering 13
 fiberboard (see MDF & HDF) 44
 fiberboard signs (MDF/HDF) 47
 file organization 111
 flags (polyester) 26
 flasks (stainless steel) 34

fleece, polyester 20
 flip flops (neoprene) 94
 floor mats (polyester) 23
 foam, pressing 5
 frames (MDF/HDF) 46
 frisbees (plastic) 76
 FRP (fiberglass reinforced plastic) 77, 78

G

garden flags (polyester) 26
 garden stakes (wood) 81
 garments (polyester) 15
 ghosting 10, 13
 gift cards (acrylic) 71
 gift tags (acrylic) 72
 glass 52, 53, 54, 55, 56, 57
 glitter HTV 98
 gloves 5
 glow in the dark HTV 100
 Google Docs 11

H

hand sanitizer holders (neoprene) 92
 hanging ornament (plastic) 78
 hardbound notebooks 87
 hats 16
 HDF (high density fiberboard) 44, 45, 46, 47, 48, 49, 50, 51
 heat gun 6
 heat presses 4
 heat-resistant tape 7, 10
 heat transfer vinyl 97, 98, 99, 100
 holographic HTV 99
 hoodies (polyester) 15
 HTV 97, 98, 99, 100

I

ICC profile 11
 id badges (acrylic) 71
 id badges (aluminum) 66
 id badges (plastic) 75
 Infusible Ink transfer sheets 12
 Inkscape 11
 ink, sublimation 11
 insulated can coolers (stainless steel) 35
 iron on vinyl 97, 98, 99, 100

J

jackets (polyester fleece) 20
 jigs for socks 27
 journals (faux leather/polyurethane) 74

SUBLIMATION COOKBOOK

K

keychains (acrylic) 70
key hangers (MDF/HDF) 47
keyring (plastic) 78

L

label signs (wood) 81
labels (paper) 85
lamination sheets 104
laptop cases (neoprene) 91
leather, faux 74
license plate frames (aluminum) 64
license plates (aluminum) 63
lint roller 5
luggage tags (acrylic) 70
luggage tags (plastic) 75
lunchbags (neoprene) 91

M

magnets (MDF/HDF) 49
magnets (plastic) 77
makeup bags (polyester) 17
markers, sublimation (Infusible Ink) 12
Mason jars (glass) 54, 55
mats (polyester) 23
MDF (medium density fiberboard) 44, 45, 46, 47, 48, 49, 50, 51
microfiber cloth 5
microfiber towels 18
Microsoft Word 11
mini-lunch totes (neoprene) 91
mitts (polyester) 22
mousepads (neoprene) 89
mousepads (polyester) 89
mug press 4
mugs (glass) 54
mugs, no handles (ceramic) 38
mugs, with handles (ceramic) 37

N

name badges (aluminum) 65
name badges (plastic) 77
neoprene 88, 89, 90, 91, 92, 93, 94
nightlights (acrylic) 73
non-square slate 60
notebooks (cardboard) 87
notes for projects 108

O

ornaments (acrylic) 72
ornaments (aluminum) 67
ornaments (ceramic) 41
ornaments (glass) 57
ornaments (MDF/HDF) 51
oven 5
oven mitts (polyester) 22

P

pad, pressing 5
paint, sublimation 12
paper 84
paper, blowout 7
paper, sublimation 11
paper type 11
party flags (polyester) 26
pencil cups (ceramic) 38
pencil pouch (polyester) 17
pendants (aluminum) 67
pens, sublimation (Infusible Ink) 12
phone grip decals 66
photo panels (aluminum) 62
photo panels (glass) 56
photo panels (slate) 59
Photoshop 11
picture frames (MDF/HDF) 46
pillowcases (microfiber) 18
pillowcases (polyester) 25
place card signs (acrylic) 73
planners (faux leather/polyurethane) 74
plaques (acrylic) 73
plaques (wood) 80
plastic 75, 76, 77, 78
plastic cards 75
plates (aluminum) 63
plates (ceramic) 42
plushies 21
plywood 81
polo shirts (polyester) 15
polyester 14, 15, 16, 17, 18, 19, 20, 21, 22, 23, 24, 25, 26, 27, 28, 29, 89
polyester count 15
polyester fleece 20
polyurethane 74
pot holders (polyester) 22
pouch (polyester) 17
pressing pillow 5
pressures 10
printers, sublimation 11
project ideas 107
project notes 108
psi 10
puzzles (cardboard) 86
puzzles (MDF/HDF) 50
PVC 75, 76

R

rayon 15
ruler 5

S

Sawgrass 11
scissors 6
sequin pillows (polyester) 24
sequin shirts (polyester) 24
sequin stockings (polyester) 24

shrink wrap 6

signs (aluminum) 63
signs (MDF/HDF) 47
signs (wood) 82
silicone bands 6
Siser EasyColor DTV 102
Siser EasySubli 101
slate 58, 59, 60
sleepmasks (polyester) 29
sock jig 27
socks (polyester) 27
spandex 15
spinners (aluminum) 68
spiral notebooks (cardboard) 87
spray, sublimation 105
stainless steel 30, 31, 32, 33, 34, 35
stamp pads, sublimation 12
steins (glass) 54
stickers (aluminum) 66
stickers (sublimation paper) 85
stockings (polyester) 28
street signs (aluminum) 63
stuffed animals 21
sublimation paper 85
sublimation spray 105

T

tags (MDF/HDF) 51
tank shirts (polyester) 15
tape 7, 10
tapered tumblers (stainless steel) 32
temperatures 10
tiles (ceramic) 40
tiles (glass) 56
tote bags (polyester) 17, 25
towels 18
transfer powder 103
transfer sheets, Infusible Ink 12
transfer, sublimation 7
travel bag (polyester) 17
travel bag tag (plastic) 78
trays (glass) 53
trophy plaques 80
T-shirts (polyester) 15
tumbler press 4
tumblers (stainless steel) 32
tumblers, straight-sided (stainless steel) 31
V
vinyl 84
visors (polyester) 16
W
wall signs (MDF/HDF) 47
water bottles (glass) 55
weeding tool 6
wind spinners (aluminum) 68
wood 79, 80, 81, 82, 83

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