Thread your garment onto the heat press.
Align your image on the garment and fix it in place using heat resistant tape.

Use a scissors or rotary cutter to cut around the A sheet, removing any residue left during the marrying process.

Cover with a sheet of parchment or kraft paper and press at 340°F / 171°C for 135 seconds with medium pressure.

Preheat the closed press to 340°F / 171°C. Wait for the heat press to reach the desired temperature before moving forward.

Center the A - sheet on the lower platen, and ensure that the print side is face up.

Place the B - sheet adhesive side DOWN on top of the A - sheet. Fold a corner of the B sheet for an easy peel.

HOT PEEL: hold the A - sheet flat on the press and peel the B - sheet away in a smooth, low, and slow continuous motion.
Cover with a sheet of parchment or kraft paper and press at 300°F / 149°C for 10 seconds. Press with medium-high pressure.

Allow garment to cool completely. With the garment on a flat surface, peel away the A-sheet in a smooth, gentle, slow motion.

Fixing (optional):
Place garment back on heat press. Cover image with parchment or kraft paper. Press for 10 seconds at 300°F / 149°C.

**REFERENCE TABLE**

**TABLE 1: B-PAPER TO A - SHEET**

| CMYW | 340°F - 171°C | 135 sec | 5 Bar |

**TABLE 2: TRANSFER TO TEXTILE**

<table>
<thead>
<tr>
<th></th>
<th>°F</th>
<th>°C</th>
<th>L</th>
<th>Bar</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>COTTON</strong></td>
<td>300°F</td>
<td>149°C</td>
<td>10 sec</td>
<td>8 Bar</td>
</tr>
<tr>
<td><strong>POLYESTER</strong></td>
<td>250°F</td>
<td>121°C</td>
<td>10 sec</td>
<td>8 Bar</td>
</tr>
<tr>
<td><strong>BLEND FABRIC</strong></td>
<td>250°F</td>
<td>121°C</td>
<td>10 sec</td>
<td>8 Bar</td>
</tr>
</tbody>
</table>

**IMPORTANT:**
All values are for reference. Toner types vary. Optimal temperature and time should be found through experimentation.