

Needlepoint Booklet



Artist-designed
needlepoint kits,
to help you unwind.

unwindstudio

We're Unwind Studio. Home of truly unique, artist-designed crafts that, through the process of mindfully creating them, have the power to bring you back to yourself.



Charles Eames said it best when he said **"take your pleasure seriously"** because the time we give to taking care of ourselves is the best investment we can make.

Allowing time to be creative helps us do everything else better in life – and you'll have a beautiful piece of artwork to show for it at the end, which will last a lifetime.

Feeling inspired?

Let's Unwind together.

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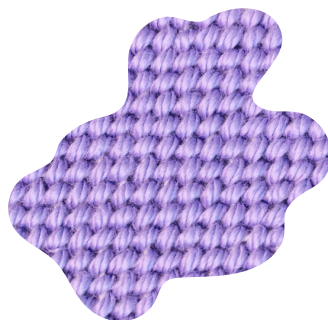


How to get started with needlepoint

Needlepoint is a form of embroidery where you stitch thread or yarn through a stiff open-weave canvas, creating decorative designs and textured patterns.

The simplest and most common stitch in needlepoint is the **tent stitch**.

It is worked across a single intersection of canvas, and can be worked in several different ways, each with its own name: continental, basketweave and half cross.



Some considerations before starting:

Needlepoint with or without a frame

It's recommended to use a stretcher frame for best results, but you can also stitch by holding the canvas.

Scan the QR code to learn the pros and cons:



Best Tips for a Smoother Stitching

Avoiding tangling/twisting: let the needle dangle now and then to untwist.

Keep the **tension consistent** across your stitching, and not too loose neither too tightly.

Check all tips below:



How to Stitch with a Printed Canvas

When working on a printed canvas, you may find some areas where two colors meet at a single hole. Simply choose one color and keep it consistent throughout your project. This helps the design look balanced. More info:





How to Needlepoint: Video Tutorial & Instructions



Our kits are designed to be stitched with the tent stitch, or with any decorative stitch at your choice!

If you are a beginner, we recommend starting your first project with the **continental tent stitch**, which we'll be explaining below. If you are a visual learner, scan the QR code above to access our video tutorial!

PREPARE YOUR SUPPLIES

Cutting some thread

Start by cutting a piece of thread not longer than 50 cm (20"): about the distance between your fingertips and armpit.



Do not split the thread provided into strands.
Our kits come with non-divisible threads.

Always **pull the thread** from the side where the **long label** is, to avoid knots on your skein.

Threading the needle

Fold a bit of one of the ends of the thread over the eye end of your needle and, while holding it tightly between thumb and first finger, extract the needle. Insert the resulting small fold through the needle's eye and pull the thread through the eye.

3 ways to thread
the needle:



START STITCHING

Start your first piece of thread – Waste Knot Method

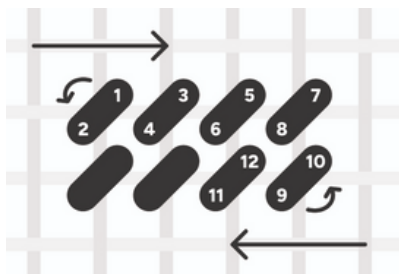
A waste knot sits on top of the canvas and is used to anchor your thread as you begin your first stitches.

Tie a knot in the end of the thread farthest from the eye of the needle. Insert the needle from the front to the back of the canvas, placing the knot a little distance away from where you plan to start your stitch.

As you go, you'll be stitching over the "tail" of the waste knot (the thread on the back of the canvas) to lock the thread into the canvas. Once you have stitched up some intersections, snip the knot off.

Stitch the Continental Tent Stitch

Following the diagram below: bring the needle up from the top of a canvas intersection (point 1), then go down into the bottom of the previous intersection to the left (point 2). This will create a series of diagonal stitches, all leaning the same way.



Mnemonic:

When you are working from left to right along the row, the actual stitch is worked from right to left (or top to bottom, if you prefer), and vice-versa.

Ending a piece of thread

Stop stitching when there's about 8cm (3") of thread left. On the back of the canvas, run your needle under a few previous placed stitches and snip the excess thread with embroidery scissors.

Starting a new piece of thread

Once part of your canvas is filled with stitches, a waste knot isn't necessary. Begin a new thread by sliding it under four or five stitches you've already worked, the same method you use to finish a thread.

RECOMMENDATIONS FOR WHERE TO START:

- Start with lighter colors first (unless your background is light – then save it for last) **to avoid thread shadowing.**
- Stitch small details before larger areas **to keep shapes crisp.**
- Work the background last, if the design allows, **to reduce canvas distortion.**
- Use the thread map in your kit's flyer **to guide color choices.**



Guide to Needlepoint Finishing

Blocking your Project

When complete, your stitched canvas might be a bit distorted. To correct this, you need to block and stretch your canvas back into it's shape. Please follow the instructions in the QR code at right, for this important step.



Finishing your Project into a final Product



The design flyer also includes instructions on how to finish your project into specific products, like bookmarks or cushions.

Access our Guide to Needlepoint Finishing (QR code at left) for more tutorials on how to finish your desired project.



Library of our favorite decorative stitches

No two needlepoint canvases will come to life exactly the same way. There are unlimited possibilities to interpret the design and apply different decorative stitches, and that's what makes every project so unique!

Explore the ways we can assist you in bringing your needlepoint vision to life. Needlepoint is all about helping you have fun and unwind!

Complete Library of Needlepoint Stitches



Access our complete Library of Stitches, where you can filter by stitch structure, or by the type of area you need to stitch.

Free Stitch Guides for Inspiration



We also have available a wide range of free Stitch Guides for our products, so that you get inspired for your own creation!

Tips to Select Decorative Stitches



Scan the QR code to learn the best tips to select decorative stitches for your specific needs.

A good idea is to use the waste canvas around your design to experiment new stitches and find out whether they work or not in your current project.

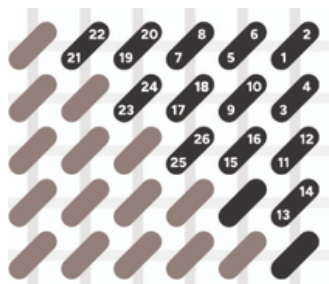
Favorite stitches from our library

Basketweave (Tent Stitch)

Basketweave stitches are worked up and down diagonals. Due to its “basketweave effect” that is visible on the back of the canvas, this stitch causes very little distortion to the work.

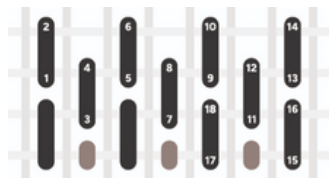


Scan the QR code for tips on how to achieve a perfect basketweave stitch:



Brick

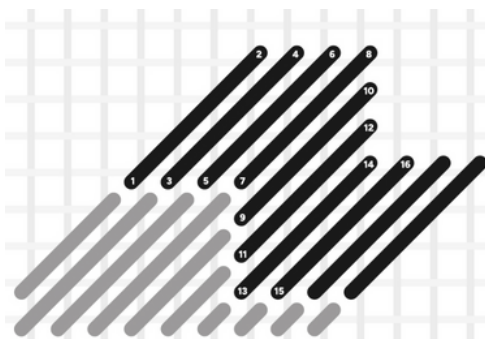
This stitch is very simple and provides a nice texture. It is worked in a zigzag pattern in vertical or horizontal bands.



Byzantine

Corresponds to sequences of parallel diagonal stitches, in a vertical and horizontal direction, usually over four canvas intersections, though this may be varied.

The thread must be pulled firmly but not tightly to make sure the threads lie evenly and flat, otherwise the smooth effect of the Byzantine stitch is lost.



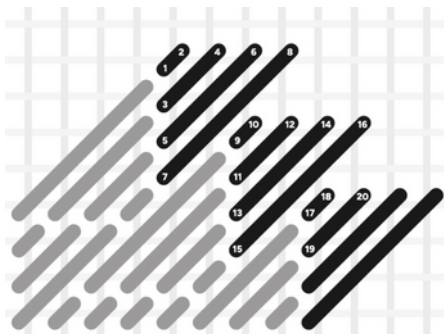
Corduroy

A simple, versatile stitch that creates soft ridges, giving your canvas a texture similar to corduroy fabric. Great for adding subtle depth and pattern.



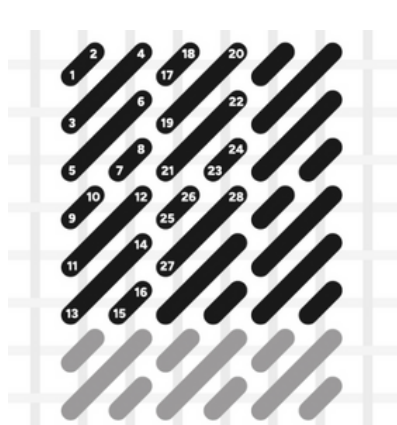
Milanese

A decorative stitch made of triangular patterns that interlock across the canvas. It adds rhythm and elegance, making it perfect for filling larger areas with interest.



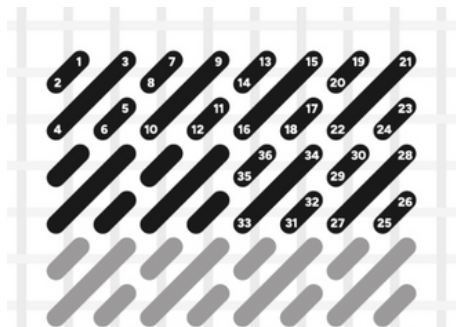
Cashmere

This stitch creates small, raised blocks that give your canvas a subtle, textured look. It's versatile and works well for adding dimension or highlighting certain areas of a design.



Mosaic

A flat, tidy stitch made of tiny diagonal blocks. Great for filling patterned spaces or backgrounds with a smooth finish.



Long Stitch or Satin Stitch

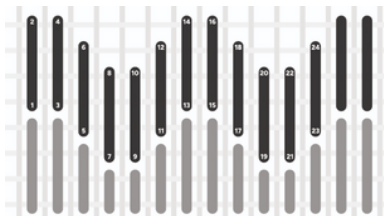
The definition of a long stitch is one straight stitch worked to any length in one direction (whether horizontally, vertically or diagonally). These stitches can be easily adjusted to fit any space, no matter the shape. They are commonly used for filling large areas, creating smoothness or unique patterns in a needlepoint design.

Scan the QR code below to access our video tutorial for this Long Stitch, and guides on how to obtain incredible textures and patterns with it.



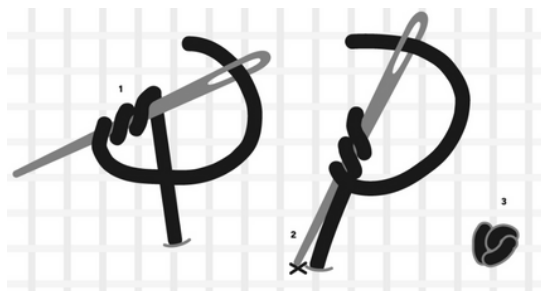
Bargello Wave

Formed with repeating vertical stitches in varying lengths, this stitch creates flowing wave-like patterns. Ideal for bold, decorative backgrounds with lots of movement.



French Knots

Although a bit intimidating at first, French knots are easy to work once you know exactly how to hold the thread. This stitch is one of the most useful and beautiful stitches in needlepoint – they can be used single as flowers or bunched tightly together to form any shape.

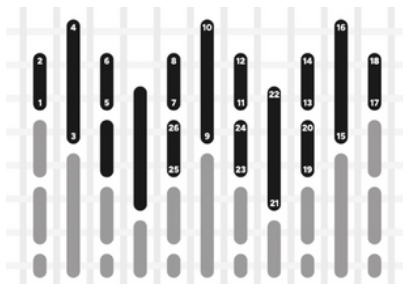


Follow the QR code to watch our video tutorial.



Hungarian

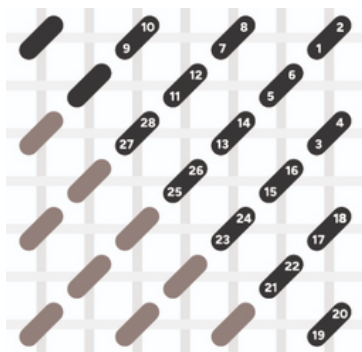
A geometric stitch made of repeating diagonal blocks that form a woven effect. It adds texture and interest, making it great for borders or patterned areas.



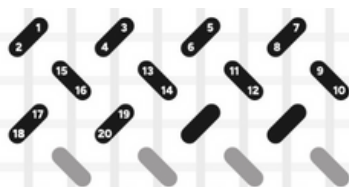
Skipped Tent and T-Stitch

These stitches are a variation of the tent stitch, and are perfect for a situation where a light stitch is preferable for the background, especially if it is a big area to cover.

Skipped Tent:



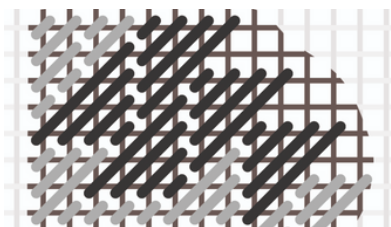
T-Stitch:



The Skipped Tent stitch needs to be worked on the diagonal.

How to Compensate your Stitches

When there aren't enough canvas holes left in the row for you to complete a specific (non-tent) stitch, you need to use compensation stitches. Usually it is possible to work part of the main stitch and then fill the rest of the space with smaller stitches running in the same direction.



Scan the QR code to learn more about compensation:





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