

**Needlepoint  
booklet —  
Artist-designed  
needlepoint kits,  
to help you  
unwind.**

# Supplies included →

Our kits include everything you need to get started with your needlepoint journey.

## **Zweigart Interlock Cotton Canvas**

We provide canvases with mesh size 10, 12, 13 or 14 hpi. The design is printed on the canvas, or you'll have a counted chart to guide you.

## **High Quality Threads**

Beautiful range of colors, soft and high quality from providers you can trust:  
-DMC Soft Cotton  
-Appletons Tapestry Wool  
-Rosários 4 Merino Wool and Tapestry Wool

## **Tapestry Needles No. 18**

We also include two blunt tapestry needles for you to use in your project.

## **Our bespoke portable packaging, to stitch on the go!**

Take your stitching everywhere.

Enjoy every free moment, taking the opportunity to create something beautiful with your own hands.

**If you have any questions or difficulties, we are here to help you! Reach us via email at [hello@unwind.studio](mailto:hello@unwind.studio) or direct message on Instagram or Facebook.**

**Also, share on social media pictures of your progress, tagging [@unwind.studio](https://www.instagram.com/unwind.studio) so that we can also spread the joy of creating beautiful artworks with needlepoint!**

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.

Crafts are the perfect antidote to modern life. They help us switch off from stress, mental noise and distractions, and move into a relaxed state of being 'in the flow'.

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 have a beautiful piece of artwork to show for it at the end, which will last a lifetime. Ready? **Let's unwind together.**

## **Follow us**

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# How to get started with needlepoint

**Making time for creativity keeps our imaginations rich, our spirits light, and it stimulates fresh ideas which invigorates everything we do.**

**No two needlepoint canvases will come to life exactly the same way. There are unlimited possibilities to interpret the design and that's what makes every project so unique – and so empowering.**

**Check out the last page of this booklet to access our video tutorials!**

## Stitching Instructions

**1 Cutting some thread** Cut a piece of thread not longer than 50cm (20"). Due to the continual backwards and forwards movement through the canvas, the thread will wear gradually until it is much thinner than it was originally. If you are working with a small stitch (like tent stitch) it is advisable to use a shorter length.

**2 Threading the needle** Fold a bit of one of the ends of the piece of thread over the eye end of your needle and 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 Starting a piece of thread** If you are starting off a new piece of thread on an empty part of the canvas, a good method is to hold about 2cm (¾") of thread on the back of the canvas and sew over it until it is firmly held down. Do not leave any loose ends which may get pulled through to the front with another stitch.

## 4 Stitching

- Always "under – over, under – over" – i.e., your stitches come from under the canvas and then plunge back in over.
- Your stitches should be worked firmly to produce an even tension, otherwise the finished work won't look good. The needle and the thread should be taken right

through to the back or front of the canvas each stitch before being inserted again for the start of the next stitch. This facilitates an even tension and results in less wear on the thread.

• Share a square! As you add more rows of stitches to your work, new stitches are always worked into the same square as the stitches directly above or below it.

**5 Ending a piece of thread** stop stitching when there's about 8cm (3") of thread left. On the back of the canvas, run the needle under the last stitches you worked for about 5cm (2"), then cut the thread tail.

## → Considerations

It is generally recommended to use an embroidery frame to ensure a good result. But if the canvas is held still by hand while embroidering, it can be rolled up and held tight in the left hand.

For the situations where the design is printed onto the canvas, some decision making will be required on your part as to which color to use on a particular intersection. A hole might contain two different coloured threads, but you can only stitch with one colour. When you have an intersection that has been printed "half and half" just make a call as to which colour to use. Don't be too worried about this, as once the project is completed this won't be noticeable at all.

## Tips on selecting stitches

Our main suggestion is to think and explore possibilities. What is the focal point of the artwork? What can I do to make this project really special? What techniques do I want to use?

Texture and perspective can be created very simply in needlepoint, by selecting specific stitches for a specific purpose. Hence the choice of stitches is important, but this does not mean that you have to choose a lot of stitches or very complicated ones. Often fewer, simpler stitches work the best.

Think about the complete design when choosing stitches and do a bit of planning before you begin. You can always adapt as you stitch, but all areas should work with each other. Some important considerations are described below:

**Size** Your stitch selection will be limited by the area you want to place the stitch in. A good rule of thumb is to see if the pattern of the stitch will be legible in the area you intend to use it. In small areas you'll use a more limited selection of small stitches, such as tent stitch, mosaic, etc; in large printed areas your options are pretty much unlimited, use a small stitch or one of the many larger stitches.

**Texture** Analyze the texture of what you are trying to represent on the canvas. Is it smooth, rough, even, uneven? Also, does it correspond to an organic area in the design?

Any stitches that lay flat on the canvas such as Byzantine or Longstitch stitch will give a smooth texture, while any stitches that cross over, such as Upright Cross stitch will give a more raised appearance. Avoid also using strong geometric patterns in non organic areas, like trees or leaves.

**Background and Foreground** If your design has a central object and a lot of space around it, you need to take important considerations for the background. The stitch will be an important choice if you want the background to stand out or fade away. Also, selecting small stitches will require a longer time to finish the piece, which can take some of the enjoyment, if you feel that you are taking too long to complete.

↓

A good idea is to use the waste canvas around your design to experiment with the stitches and find out whether they work or not. In the end, what really matters is that you love how the stitch looks! Nevertheless, if you don't like it, you can always experiment and try new stitches in future projects. Needlepoint is all about helping you have fun and unwind!

# Library of our favorite stitches

**Our go to, most used stitches are diagrammed in this Stitch Library. Some stitches are easier than others, which impacts the overall difficulty of the project.**

**To help you understand which stitches are simpler to familiarize with initially, we have included the following legend associated with each stitch: Beginner, Intermediate and Advanced.**

- beginner
- intermediate
- advanced

**Check out the last page of this booklet to access more information about needlepoint stitches.**

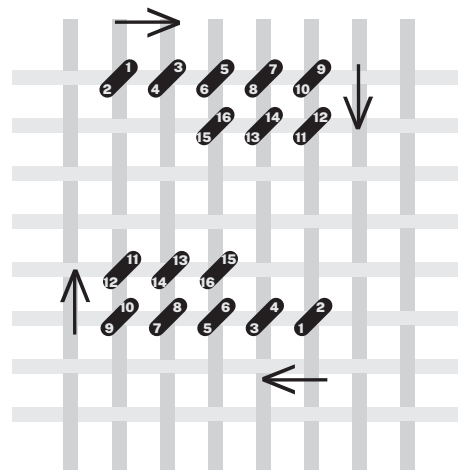
## Tent Stitch

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This is the simplest and most common stitch in needlepoint and the foundation for many other stitches. Tent stitch is usually 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.

### Continental

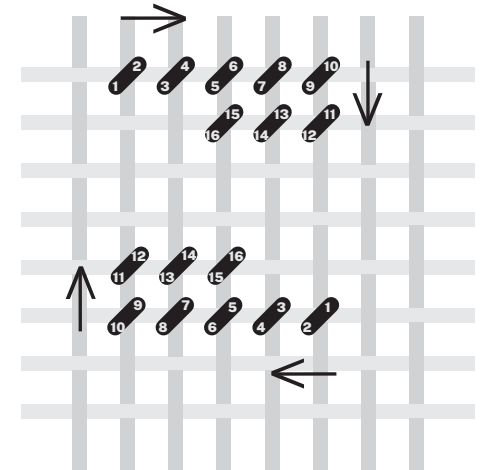
A good mnemonic for continental tent stitch is that when you are working from left to right along the row, the actual stitch is worked from right to left and vice versa. See the diagram to understand how it works. To check whether you are doing the correct stitch, look at the back of the canvas, which should be covered all over with rows of diagonal stitchery.



### Half Cross

Half cross looks almost identical to continental tent stitch on the front of the canvas, but on the back is very different, with only small upright threads instead of a dense covering of diagonal stitchery. It is thus not such a strong stitch and is not recommended for any project which will need to wear well, such as a purse or stool top.

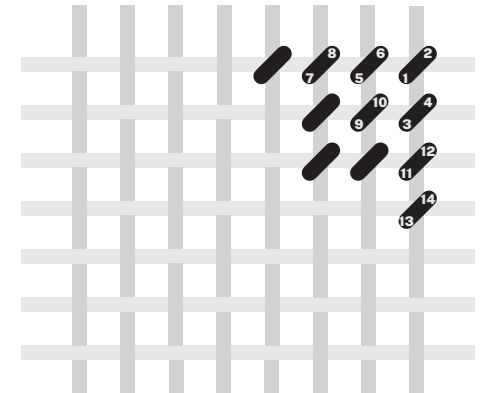
The great advantages of half cross stitch are that it does not distort the canvas as continental tent stitch does, and uses less thread, which can turn the project a bit more economical.



### Basketweave

Basketweave tent stitches are worked up and down diagonals. Due to its "basketweave effect" that is visible on the back of the canvas, this stitch causes no distortion to the work.

When using basketweave, stop for rests in the middle of a row rather than at an end, so that you know which way along the diagonal you are working. The stitching may look uneven if you work two consecutive rows in the same direction.



## Skipped Tent and T Stitch

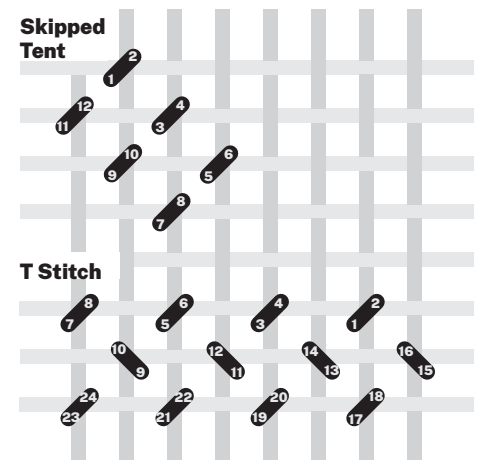
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These stitches are a variation of the tent stitch, and are perfect for a situation where a light stitch is preferable for the background, especially if it is a big area to cover.

Please note that the Skipped Tent stitch always has to be worked on the diagonal.

### Skipped Tent

### T Stitch

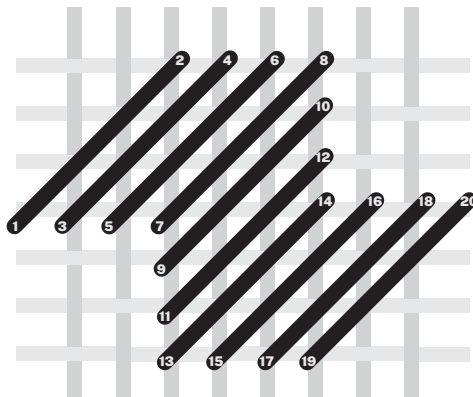


## Byzantine

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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.



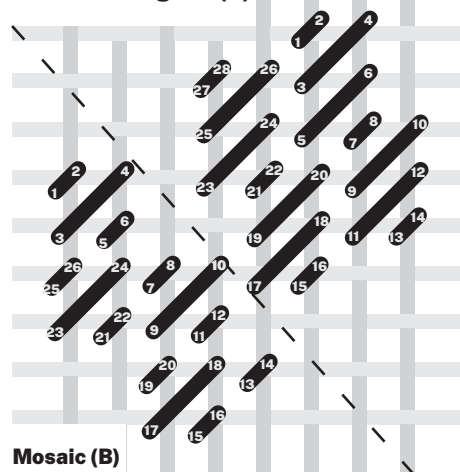
## Cashmere Diagonal (A) and Mosaic (B)

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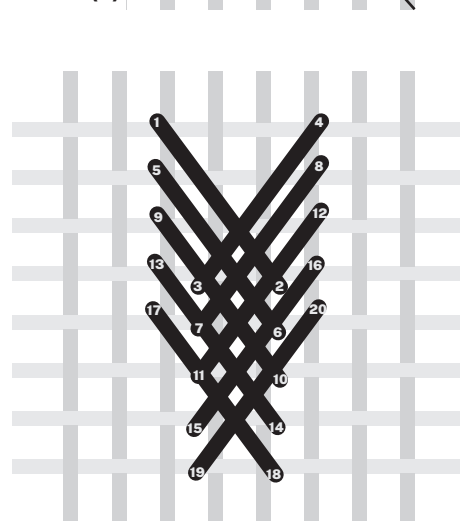
For the Cashmere Diagonal stitch, three diagonal stitches are placed under one another, the first being worked over one intersection of the canvas, while the other two are each worked over two intersections. The short stitch of the next group is placed to the right of the second long stitch and the pattern continues as before. The second row is worked from the bottom upwards, as shown in the diagram.

Similar to the Cashmere, the Mosaic is a neat, flat stitch, useful for patterned areas of the design. Being small, it can be used in the background, with larger, bolder stitches making up the foreground.

### Cashmere Diagonal (A)



### Mosaic (B)

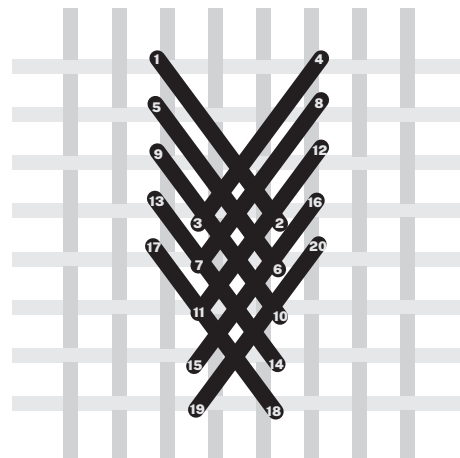


## Fern

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Fern is a very easy stitch which is worked in rows down the area to be covered. It is worked into every other hole, or every hole for a really close, thick cover (represented in the diagram). Each part of the stitch is worked over four horizontal and five vertical canvas threads, always in the same direction.

Fern stitch makes a good figured background or shaded sky on a picture where the color may be graduated through the different rows.

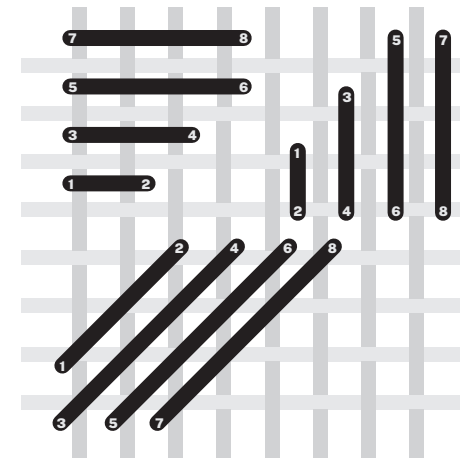


## Long Stitch or Satin Stitch

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Longstitch, or Satin stitch, became very popular in the 1970's and is very fast and easy to stitch.

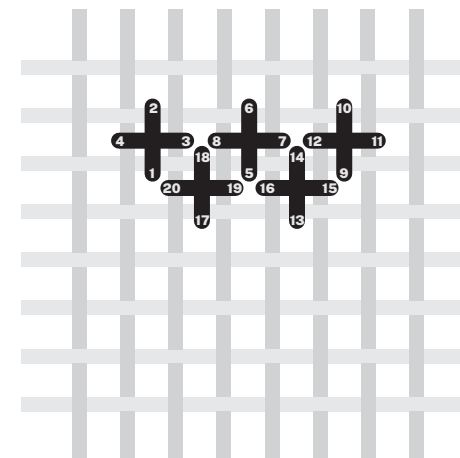
The definition of a long stitch is one straight stitch worked to any length in one direction (whether horizontally, vertically or diagonally), though most long stitch kits use a vertical stitch. These stitches can be easily adjusted to fit any space, no matter the shape. However, for large open areas, where the stitch length will be greater than 20 threads (in a 14 count mesh), it is usually better to work several groups of stitches in height (if you're working vertically). This is not a strict rule, and you should use your sensibility to understand what is the maximum height you should use. A good rule of thumb is that you should ensure that the stitches lie flat and evenly on top of the canvas.



## Upright Cross

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This is a small cross stitch worked upright. First make a vertical stitch across two canvas threads, then cross it with a horizontal stitch across two canvas threads. Make sure the top stitch is always the horizontal stitch. This stitch should be worked horizontally, and the second row should fit into the spaces of the first, as shown in the diagram.

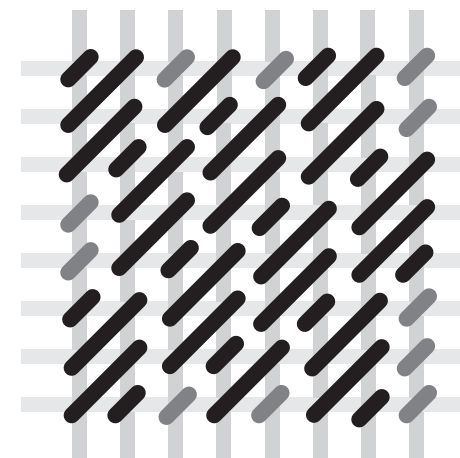


## Compensation Stitches

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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. See the diagram for an example on how to compensate for the Cashmere Diagonal stitch.

The most important thing to consider when compensating is that you want to retain the overall look of the stitch.



## French knot

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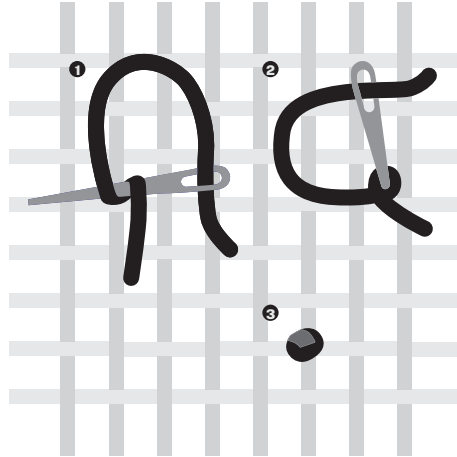
Although a bit complicated initially, french knots are easy to work once you know exactly how to hold the thread, and are among the most useful and beautiful stitches in needlepoint. They can be used single as flowers, bunched tightly together to form any shape, from trees to cats, for instance. The knot is worked as shown in the diagram.

**1** Secure the thread firmly on the back of the canvas and bring the needle and all the thread through to the front where the knot is required.

Hold the thread fairly taut with your left hand about 2cm (1") away from the canvas, using your index and middle finger (or thumb and index), to create some tension. Twist the needle round the taut thread once (small knot), or twice (large knot).

**2** Insert the needle with the thread down towards the canvas and insert into any of the adjacent holes. Make sure the knot is resting on the canvas and pull the needle through to the back.

**3** The aspect of the knot should be similar to what you see on the diagram.



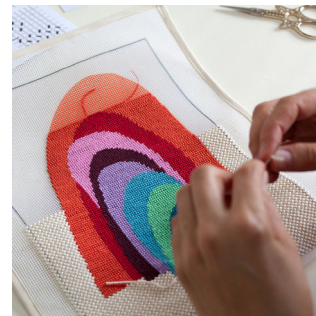
# Learn with Video Tutorials

Scan the QR code on the right, to access our video tutorial on how to do some of the stitches on this booklet, and much more!



# Make the most of your creative time

Access our **Get Inspired** page through the QR code below to explore needlepoint video tutorials, stitch guides of our beautiful designs and inspiration on how to finish your projects with lots of tips!



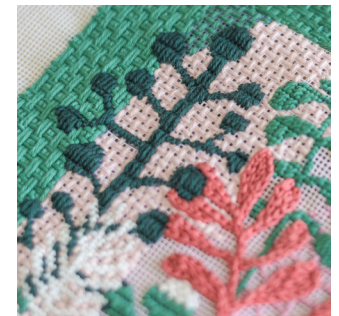
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Watch our videos on how to get started with Needlepoint.



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All the details of amazing projects created by you!



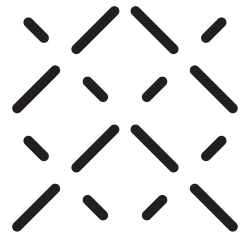
### DIY Needlepoint Finishing

All about finishing techniques, with video tutorials.

## **“Take Your Pleasure Seriously”**

Charles Eames

The time we give to taking care of ourselves is the best investment we can make.



**unwind**studio

### **Our collection**

Visit our collection at [www.unwind.studio](http://www.unwind.studio) and see what else we have for your next project. Below are some examples of what you can find!



Souvenir d'une Plage — Sara Bagot  
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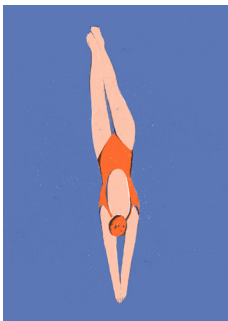
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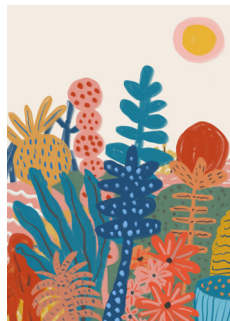
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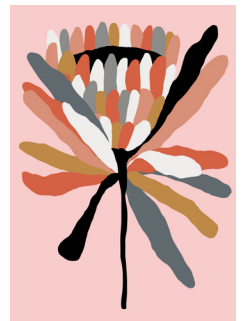
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