



Daily Intentions  
A stretch bracelet project  
by Janice Parsons

Using stones, wood beads and a tassel, come create bracelets you can wear daily and give as gifts. Stones and colors have meanings and intentions that can help motivate, enhance mood and express feelings.

Take a moment to read from our Color Collection\* and then assemble your materials. You can follow along with one of our samples or create your own. As you can see, most of the samples have a unique pattern. And because they are wrist jewelry, what happens on one side of the bracelet isn't seen on the other, (like a necklace) so you can be more adventuresome.

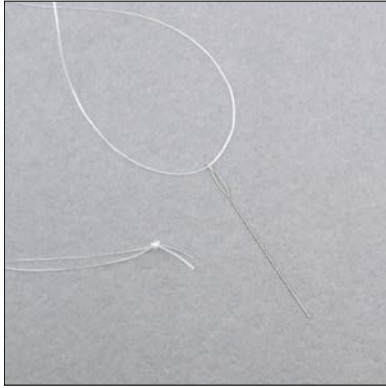
Also included is How To of Make a Stretch Bracelet without a tassel... something we all need to know :) I hope you enjoy!  
xoxo janice



Start with a selection of materials that get you excited and have qualities you are looking for in. We used 8mm semi-precious and wood beads plus a tassel and a 3-hole bead (which also includes the column bead it is normally sold with).

Our Essentials are: 0.7mm Stretch Magic, Beadalon Flexible Eye Needles, GS Hypo-tube Cement and Beadsmith Thread Snips. Not pictured: Chain Nose Pliers and Flush Cutters.

\* Immerse yourself in the Meaning of Stones and Chromatherapy. Go online and Google: "Meaning of \_\_\_\_\_" and just add in your color or stone. The information is amazing. I highly recommend: [Symbolic Meaning of Color](http://Symbolic Meaning of Color by beading-designing-jewelry.com) by [beading-designing-jewelry.com](http://beading-designing-jewelry.com)



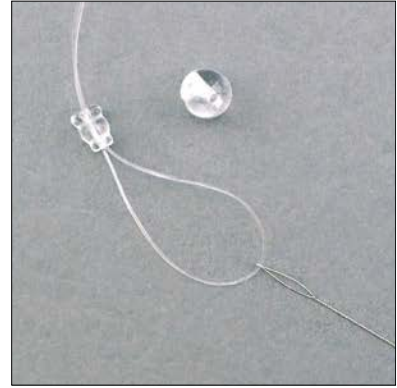
Most bracelets will average 6-1/2 to 8 inches in length. Cut your Stretch Magic (SM) 4x your wrist size, you will have more than enough to complete a bracelet.

Thread on your flexible eye needle to the mid-way point. Take the two tails of Stretch Magic and tie an overhand knot at the very end. This is just a safety knot, so it doesn't need to look pretty.



Before stringing on a tassel, add a drop of GS Hypo Tube Cement (Glue) just on the string that knots around the tassel. We love these tassels, but we have found they are a bit fragile and the glue helps.

Separate one tassel from the others but don't remove it completely from the Mother Cord. Add a drop of glue and set it aside for 10 minutes, allowing it time to dry.



String first the column bead attached to your 3 hole bead. The beads are connected with elastic, so take your snips or flush cutters and separate them.

Set the 3 hole bead aside. Thread your needle through the column bead going from the wide side to the narrow. You might have to force your needle through the hole, but it will go through. Slide it down the SM until it is 2 inches from the knot.



Carefully remove the tassel from the Mother Cord and thread it onto the needle immediately. Get your needle through the loop of the tassel before it begins to collapse. It gets more difficult to thread the longer you wait.



Slide it along the SM until it is near the column bead.

If your tassel is especially wrinkled looking, you can wet it just a little bit of water to make your tassel more manageable.



Thread your needle back up through the column bead. Try to keep your SM from twisting too much.



Position the tassel so it is just above the column bead. It will sort itself out if it seems off-kilter right now. Just do your best to place it comfortably below and get rid of any extra SM between the bead and tassel.



Using your hand or pliers, curl the end of the needle to form a hook.



Find the bottom hole of the 3 hole bead. Thread your curved needle up and out the side hole. Double check the unused hole is the one directly across from the side hole. Sometimes you need the pliers to help you pull the needle up and through.



Using your flush cutters, cut the curled end of the needle off.



String on as many beads as you want to fit your wrist. If you like, when you reach the halfway point of length, you can mirror the pattern you created on the first half, or you can do something completely different.



Bend the tip of your needle again to form a curve and thread it through the last side hole and down through the bottom hole. Bring all the excess SM through until your beads are snug but not overly tight. Check the length by trying it on. Add or remove beads to make it the right length.



Your Stretch Magic is back to where you started. You should be ready to tie a square knot below the 3 hole bead and just above the column bead.

Take the right Stretch Magic cords and loop them over the left Stretch Magic cords. Pull them firmly tight to create half the knot.

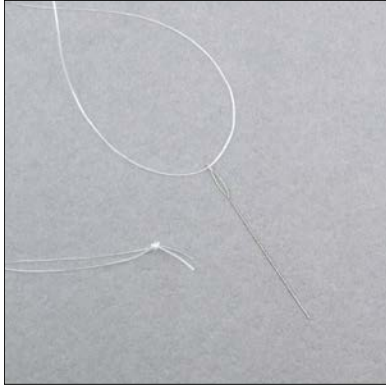
Flip the bracelet over and take the left Stretch Magic cords and loop them over the right Stretch Magic cords. Pull them firmly tight.



Add a drop or two of glue on the final knot and allow 15 minutes to dry. I prefer using the flush cutters to cut off the excess SM, but you can use the snips. That's it! You've completed a bracelet.

For longer wear, always roll your stretch bracelet on your wrist, never treat it like a rubber band. Keep it away from water.

For a How-to on Making a Stretch Bracelet without a 3 hole bead, see below.



Most bracelets will average 6-1/2 to 8 inches in length. Cut your Stretch Magic (SM) 3x your wrist size, you will have more than enough to complete a bracelet.

Thread on your flexible eye needle to the mid-way point. Take the two tails of Stretch Magic and tie an overhand knot at the very end. This is just a safety knot, so it doesn't need to look pretty.



Your first bead you string on should have a generous hole; one large enough to fit your Stretch Magic again when you have added all the beads.



String on your pattern to the desired length. It should not be too snug but also not too loose. Keep in mind you will be stringing back through that first bead you strung on.



Thread your needle back through the first bead.



Gently pull on both ends of Stretch Magic to create a round bracelet. Check the length by trying it on before the next step.



Cut off the safety knot and separate the SM. Make a square knot. (Right over Left and pull it tight. Left over Right and pull it tight.) Add a drop of glue on the knot. Cut the needle off and repeat the knot and glue for the other ends. Allow to dry and then cut away excess SM.



Your Stretch Magic Bracelet should last, with proper care. However, it is a plastic material that will eventually dry out. We don't recommend getting it wet. Always roll it on and off, Don't pull on it to widen it.



Set your intention and use these stone and wood bracelets to help remind you of your goals. Plus, when you stack them high, they look great...an extra plus to the project. We hope you've enjoyed this project. Make them, wear them and give them as gifts!

Enjoy!

xoxo janice