

## Stretch Therapy...Easy Stretch Magic Bracelets

By Grace Noland and Janice Parsons



Sometimes all we want to do is make some quick and easy jewelry that we can wear and go. Stretch bracelets and anklets are a simple style that can be made by beaders of all levels. They also make great gifts and a fun theme party for budding jewelry makers of all ages. They look great stacked high and you can mix and match them for whatever your mood or fancy. A single stretch bracelet of one color of 8mm beads with a few metal beads is trending now in mens' jewelry. So, you see, it's the project suited for everyone! Plus, it's relaxing and ready for beading with friends around the bead table.



1. Begin by choosing beads for 3-5 bracelets or 1-3 anklets. You don't have to make yourself crazy designing. Each stretchie can be primarily one kind of bead. It's in the stacking that you get the flair and style.



2. This project doesn't need a lot of extras. Get a spool of [.7mm Stretch Magic](#), [GS Hypo-tube Cement Glue](#), [Needles](#), [Tape Measure](#) and [Flush Cutters](#). Stretch Magic comes in several weights but we like .7mm for this project.



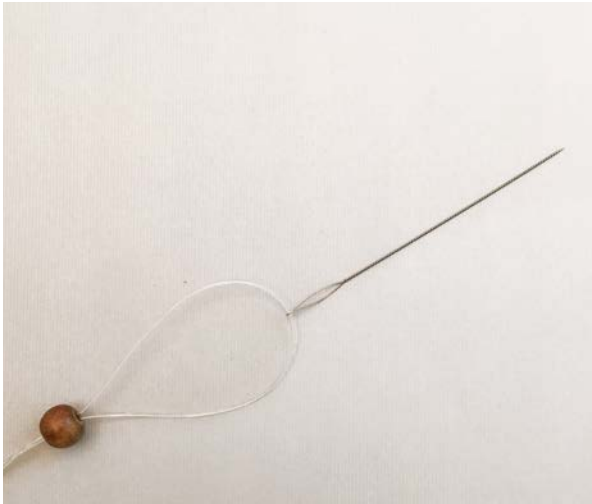
3. Cut a piece of Stretch Magic (SM) 20 inches in length. Take a moment and gently pre-stretch a few inches at a time along its length. Add your needle to one end and leave a tail about 3 inches. We like to add a scotch tape flag at the tail just for security while we're stringing.



4. Depending on the hole sizes of your beads, we recommend having a [Collapsible Eye Needle](#) (left) for most beads but a smaller, [Flexible Eye Needle](#) (right) works best for small-holed [chips](#), like turquoise, moonstone, etc.



5. The first bead to go on must have a generous hole. This is the bead which will house the finished knots. It's essential to test that you can string 4+ strands of your SM through this bead easily.



6. String on the large hole bead first and bring it down to the tail. For most stretch bracelets, the finished length will be between 6-3/4 inches and 7-1/2 inches. Be sure to measure your wrist or ankle. An ankle size is very personal, so be sure to measure and make it looser than that size, so it will drape nicely when worn.



7. String on beads. If you want to add a charm, do that anywhere. We placed ours at the halfway point of the finished length. Continue stringing to your desired finished length. Try it on before going to Step 8. Add or subtract beads as required.



8. The finishing knot is 3 overhand knots tied one on top of the other. See the back of the SM package for very clear illustration of the knots.



9. Pull it gently but firmly tight.



10. Tie a second overhand knot on top of the first. Pull it tight. Repeat a third time. Notice that the Stretch Magic will want to loosen immediately. Work quickly!



11. Firmly tighten all the knots.



12. Don't wait to add a generous drop of glue on the knots. The SM package says glue is "optional." We don't agree! Go to Step 13 before the glue is dry. Don't wait!



13. Feed the needle back through the large-hole bead.



14. When the knots are in the middle of the bead, stop pulling. Allow the glue to dry.



15. Use flush cutters to cut the excess tails off.



16. When you're done, you should have a secure, fun bracelet. Always remember to roll Stretch Magic Jewelry on...it's not made of a rubber band!



The sky's the limit in terms of what you can do to create unique bracelets and anklets. Now we are going to show you some tips for adding tassels and small pendants with holes.

The samples in our photograph include 8mm Round Stone, 6mm Stone Cubes, Chips, 6mm Fire Polish, Carved Pendant, Tassel, 10-12mm Metal Charms and Large-hole beads: 8mm wood, metal or mirage.



Just FYI... Not every Stretch Bracelet/ Anklet needs a large hole bead. When making a bracelet with chips, the beads are so irregular, the knots hardly show. Be sure to tie the Stretch Magic off with 3 knots and add glue.



Adding a simple strand of all one bead, like Padres, is really stunning and refreshing, especially when the other beads have flecks of white.



17. For a design that will have a tassel, everything begins the same as Steps 3-7. But instead of adding a charm, you will be stringing on a tassel. We chose to string the tassel on the chips strand.



18. Carefully string your tassel onto your Stretch Magic. Place a plastic bag beneath it to protect it from any glue that might drip from Step 19.



19. Before you slide the tassel into place by the chips, it is essential to add a drop of your glue to both sides of the tassel at the top. There is a thin thread holding it together that will unravel if you don't add glue.



20. Flip it over and glue the other side. Allow the glue to dry before you continue.



21. Continue your stringing until you come to the desired finished length. Secure the same way as you did in Steps 8-14.



22. To add a dangle or small pendant to your next bracelet, requires a different beginning and ending.



23. Cut and pre-stretch your Stretch Magic. Add a 6mm Fire Polish Bead.



24. Loop through your dangle or small pendant. String back through your 6mm Fire Polish bead.



25. Tie 3 overhand knots, just as you did with previous bracelets in Steps 8-11.



26. Add a generous dab of glue onto the knots. Go to Step 26 before the glue is dry.



27. Add a bead with a hole large enough to absorb the knot. In this sample, it's an 8mm stone bead.



28. Feed the second tail of Stretch Magic up through the large hole bead. Slide it down next to the first bead and over the knots.



29. Add a flavor of different beads, as desired. You don't need a large hole bead at the back as you are tying off again at the pendant. In this sample we added some 6mm stone cubes to the pattern to bring more interest.

We notice it would also make a nice necklace design!



30. After the last bead, string your SM through the same top hole of your pendant or charm. Bring the needle end under the SM.



31. Make a loop of the Stretch Magic and feed the needle end through the loop. Tighten it down. Repeat this loop and tighten 2 more times.



32. As done with earlier knots, add your glue immediately.



32. Feed your needle back through the first bead. Do this while the glue is still wet.



33. Pull through all the excess Stretch Magic. Allow the glue to dry completely and then cut off the excess Stretch Magic. You're done!



34. Add your creations to an organza bag and they will look like they belong in a museum! Really great for gift giving and at theme parties or showers.

The permutations are endless and, best of all, they mix and match! Have some fun and please share with us your finished inspirations. You can email us at [info@beadshop.com](mailto:info@beadshop.com)  
Thanks and happy beading!  
~janice and grace





**Chakras**  
By: Janice Parsons



**Bonsai**  
By: Grace Noland



**Washed Ashore**  
By: Karen Marshall



**Tea Light**  
By: Mayra Rosales



**Clear Mind**  
By: Janice Parsons



**Kundalini**  
By: Cara Scopazzi



**Rock Garden**  
By: Jennifer Tello

