

# Half Torso Casting Kit

## Procedural Instruction Guide

**Accu-Cast**  
High Quality Molding and Casting  
Kits & Supplies for LifeCasting



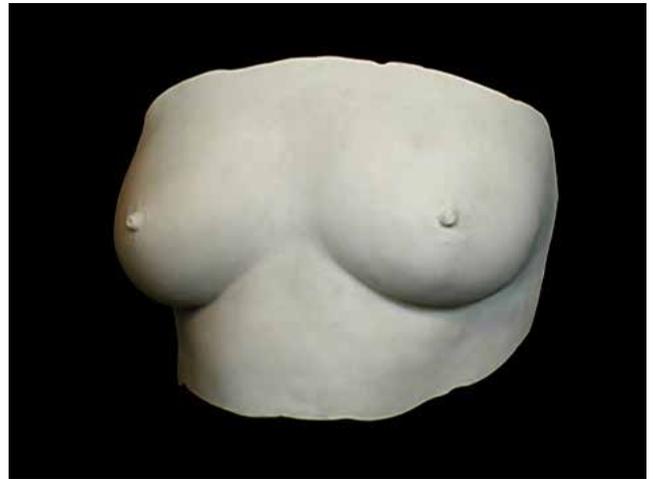
## Female Chest

This kit is the easiest way to use “LifeCasting” to produce an excellent reproduction of the upper torso. This kit can be used equally well on male or female torsos. It can also be used to make a casting of just the pregnant belly.

LifeCasting involves both Molding **and** Casting. The Mold is the part that is applied to the body and forms a “negative” of the body. The Casting is the “positive” or duplicate of the original bodypart that was molded.

In a nutshell, this procedure involves the following steps:

1. Preparation
2. Applying the Vaseline
3. Applying the Plaster Bandage Frame
4. Mixing the Alginate
5. Applying the Alginate
6. Applying the Plaster Bandage Shell
7. Removing the Mold
8. Mixing the Casting Material
9. Pouring the Casting
10. Unmolding the Casting



Here’s what you get in the kit:

- One bag of Accu-Cast 880 alginate molding material (bag marked A)
- One bag of LiquiStone gypsum cement casting material (bag marked S)
- Three rolls of plaster bandages (1-3” roll, 2-4” rolls)
- One hanging hook
- One procedural DVD (optional) and these instructions

Here’s some other things you’ll need to get together:

- Two plastic Tupperware-type containers, including one wide, shallow one
- One measuring cup that goes up to at least 5 cups
- Pair of scissors
- A ruler or yardstick
- Two large plastic trash can liners
- Some old newspaper
- A jar of Vaseline-type petroleum jelly**





## Getting Ready

Cut the plaster bandages into 20-inch lengths. Keep the 3-inch (narrower) bandages separate from the 4-inch ones. Don't let the bandages get wet until it's time to use them.



You'll need two armrests at about elbow heights. Two high backed stools with small towels rolled and taped onto the backs of the chairs works well.

To protect the models clothes, tuck a large plastic trash bag into the waistline of their pants or skirt.



Make sure the petroleum jelly area is 3 to 4 inches wide. Go all the way around and smooth it out so there aren't any lumps. Don't do an area larger than shown. Any bigger and you won't have materials with this kit. Smaller would be fine.



Put the first strip directly on the petroleum jelly line across the top of the chest.

Wet another bandage and apply it to on the side, overlapping the first bandage strip by at least an inch. Also make sure it is far enough back to reveal the side of the breast.



Fill a large trash bag 1/3 full of crumpled newspaper and tie off the bag. Punch a small hole in the bag to let the extra air



## Applying the Petroleum Jelly

The Petroleum Jelly is applied wherever the plaster bandages will touch the skin.

Think of this line as the area *immediately surrounding* the area you want a casting of. Like a picture frame, this area will be **outside** the final cast.



## Applying the Frame

Wet one of the 3-inch bandage strips for about 5 seconds. Gently squeeze out the extra water.



**TIP:** Don't put these bandages too far around the back. If you put them too far past the mid-line of the body, you won't be able to get the mold off the model at the end. Remember, these bandages will be very stiff when we're done.

Do the other side in the same way overlapping as much as necessary at the middle.

Clean any extra plaster and petroleum jelly from the skin inside the frame. A wet paper or terrycloth towel works well.



<<< The frame should look about like this when done.



### Mixing the Alginate

Take off any rings that might puncture the bag. Measure out 5 cups of slightly warm water (80°F). Open the alginate bag (marked with an A) Pour the water into the bag.



Cut off the bottom corner of the bag and squeeze the alginate mixture into a bowl.



The underside of the breasts and the nipples tend to trap air bubbles so be careful. Make sure you cover the plaster bandage frame about "half way" with alginate.



### Cleaning the Plaster Bandage Frame

Clean the alginate from the outside 1-inch of the plaster bandage frame. Do this carefully.



Add more plaster bandages and try to add them evenly. Stop when you have 3 or 4 strips left.



Squeeze out all the extra air as shown. Grip the bag tightly up near the top of the bag. Mash, roll, smash and squeeze the bag against a flat tabletop for approximately 1 minute.



### Applying the Alginate

Start applying at the top and work our way down. Put about ¼ inch of alginate on the entire area.



Make sure the alginate hasn't thinned out too much on the top sides of the breasts. The alginate should cover all the exposed skin and at least half the plaster bandage frame.



### Applying the Plaster Bandage Shell

Wet a plaster bandage strip and apply it to the top of the mold. Cover the exposed portion of the plaster bandage frame and some of the alginate.



With your fingertips, explore the shell and look for weak or soft spots. Add a plaster bandage to those area. Waitout 6 minutes before moving to the next step.



## Removing the Mold

The plaster bandage shell should be stiff and hard to the touch. Work your fingertips up under the edge and gently pry upward to separate it from the skin.

Do this all the way around. Have the model lean forward to help release the mold.

Put the mold alginate side up on the **NewsPaper Pillow** you made earlier.

### *Proceed immediately to the next step.*

If you need to wait 10 minutes or so to clean up, please cover the surface of the alginate with wet paper towels to prevent it drying out. In any case, do not wait more than 20 minutes before pouring your cast.



## Pouring the Casting

Cover the exposed plaster bandages with a Vaseline-type petroleum jelly. The casting material does NOT stick to the alginate so NO Vaseline is required there.

## Mixing the Stone

Measure out 2 1/2 cups of tap water. Open the Stone casting material bag (**marked with an S**) and pour in the water. Squish out the extra air and mix the stone like you did the alginate.



The stone mixture will be thicker than the alginate was. You can mix the stone for up to 3 minutes. Cut the bottom corner of the bag and squeeze the stone into the mold.

## Pouring the Casting

Squeeze the stone mixture into the mold. Keep pushing the stone around until you've covered the entire surface of the mold.



Concentrate on making the edges thicker. Put a little extra stone in the center top. Gently push the hanger into the stone as shown.

## Unmolding the Cast

Unmold in 2 hours. Please don't rush this because you increase the chances the casting will break.



Pull outward and downward on the mold to release the cast around the edges.



*Make sure to wipe the Vaseline off your hands before touching the surface of the cast itself.*