












STRETCHY COIL BRACELET



<p>An exclusive design by Sooz, from The Bead Shed www.thebeadshed.co.uk</p>	<p>You will need....</p>	<ul style="list-style-type: none">• Approx 100 beads around 4-6mm• Approx 100 Headpins• ½ meter 1.mm Stretch Elastic
	<p>1. Take a Head pin and thread on a bead, if the bead hole is too large you can add a little seed bead to the bottom to stop the pin pulling right through.</p>	 <p>2. Using some round nose pliers, bend the pin directly above the bead. TIP: <i>It might be helpful to make a little mark on your pliers approx 10mm from the nose, this will ensure your coils are more or less the same size each time.</i></p>
	<p>3. Holding the pin tightly, wrap the wire around the plier. You are aiming to get these coils side-by-side, so the tighter and closer the better.</p>	 <p>4. Move the coil slightly down the pliers so that the next wrap will be the same size as the previous one and again wrap the pin around the pliers.</p>
	<p>5. Remove the coil from the pliers, and with a wire cutter trim off the excess wire as close as possible. Tuck in any sharp ends with flat nose pliers.</p>	 <p>6. Make 100 of these pins in total. I used a 6x8mm bead and a 4mm bead.</p>
	<p>7. Take your elastic and double it in half, thread on your beads, coil first each time.</p>	 <p>8. Pull the elastic slightly and tie in a strong double knot. TIP: <i>Dab a spot of glue or clear nail-polish on the knot to seal it</i></p>
	<p>Wear & Enjoy !</p> <p>S. Simmons © The Bead Shed / 2008</p>	