

COLOR & ENERGY with Karen O'Neil

Materials List

The following list is put together for oil painting. If you are painting in acrylics, you should be able to find most of the colors below. I recommend buying the real cadmium colors, NOT the cadmium **hue** colors. The colors below with a * symbol may be considered optional, but if your budget allows, I recommend having these colors.

COLORS

The following color list is based on oil paints—if you work in a different medium please get colors as close as possible to those listed. Obtain the large (150 ml or larger) tube of white. All other colors may be studio size (37 ml) tubes.

White (150-200 ml tube)
Naples Yellow or Naples Yellow Light
Cadmium Yellow Lemon
Cadmium Yellow Light
*Cadmium Yellow Medium
Cadmium Yellow Deep
Yellow Ochre
Cadmium Red Light
*Cadmium Red Medium
Cadmium Red Deep
Permanent Rose, or Magenta, or Quinacridone Magenta
Burnt Sienna
Burnt Umber
Alizarin Crimson
Permanent Green Light (Gamblin makes a wonderful Permanent Green Light)
Cerulean Blue or Cerulean Blue Hue (Utrecht manufactures a great Cerulean Blue Hue)
Ultramarine Blue or French Ultramarine Or Ultramarine Deep
Phthalo Green

Brushes: Good quality synthetic bristle such as the Titanium Series by Robert Simmons—Brights only, one of each #12, #10.

White Palette for paints, a small amount of **refined linseed oil** in a **clip-on cup** for your palette, an old can for cleaning brushes, and cotton rags or paper towels.

A painting knife - a 3" traditional works best. item #32999 at www.utrecht.com

2 or 3 canvas boards or stretched canvases - 11"x14", 9"x12" are good sizes.

Turpenoid Natural in a small container for cleaning brushes.

Please note that in an effort to maintain our non-toxic environment, **the Woodstock School of Art does not permit the use of turpentine or mineral spirits**. Additionally, please refrain from wearing perfume, cologne or scents of any kind.

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The following oil paint **thinners** are recommended for use:

Lavender Spike Oil

Rosemary Oil

Linseed Oil

Walnut Oil

The following oil paint **solvents** are recommended for use:

Citrus Essence Brush Cleaner

Lavender Brush Cleaner