

Lifecasting information sheet

This information sheet is to give you an idea of what to expect and also what is expected from a Lifecast model. By informing you as much as we can, it is hoped that the experience will be both a pleasant one and mutually rewarding.

Before arriving to the session:

- Avoid eating a big meal, but eat something. Something that will keep your blood sugar levels up.
- You are welcome to bring a friend you feel comfortable with.
- Due to the detail that the cast picks up, don't wear and clothing, underwear or jewellery that marks the skin.
- Come to the session in loose clothing.
- The mould making materials will bond to clothing. If clothing is to be worn on part of the body being moulded, a mould release agent will be applied, but the clothing may be damaged. For clothing worn on part of the body not being moulded, we will provide plastic covers to protect your clothing. Some material may still make its way onto your clothing, thus it is best to bring something you are happy to throw away if necessary.
- Bring a spare set of clothes for after the session. A shower is available for you to use.
- Avoid putting oils on your skin before the session.
- It is preferable that you remove any body hair on the parts to be moulded prior to the session.

At the studio:

- We will go through the pose to be cast. We will explain the importance of certain aspects to ensure a successful mould.
- We will discuss how you would like the cast to be finished and presented. We are very open to your ideas.
- You will be covered in a release agent (moisturiser or alike) so as to aid easy removal of the materials.
- A test of materials will be done to ensure no reaction. Alginate is non-toxic and very safe.
- The whole process will be explained so you know what will happen next as it all happens very fast!
- The materials used are expensive. For this reason discipline is required to maintain the pose as movement other than breathing can cause the casting to fail or reduce the quality of the final product.
- Any health concerns must be mentioned to us prior to proceeding. Such as low blood pressure, prone to fainting, allergies or claustrophobia.

After removal of the mould:

- You may take a shower if you wish.
- We would appreciate your honest feed back about your experience and thoughts on the session.
- Due to the nature of alginate it is necessary to start making the positive cast soon after removal of the mould.
- Depending on the complexity and finish required, time for completion will be 2-3 weeks.

We look forward to your lifecasting experience and hope this has helped to ensure it is enjoyable.