

LIVELY PAPER CREATIONS

THE COMPLETE GUIDE OF USING QUILLING PAPER STRIPS

**Which type of
paper strips to
use, where and
in what type of
projects**

This booklet is distributed for FREE to all quilling enthusiasts.

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Miriam's Quilling
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Simona Zenga
Noehlya**

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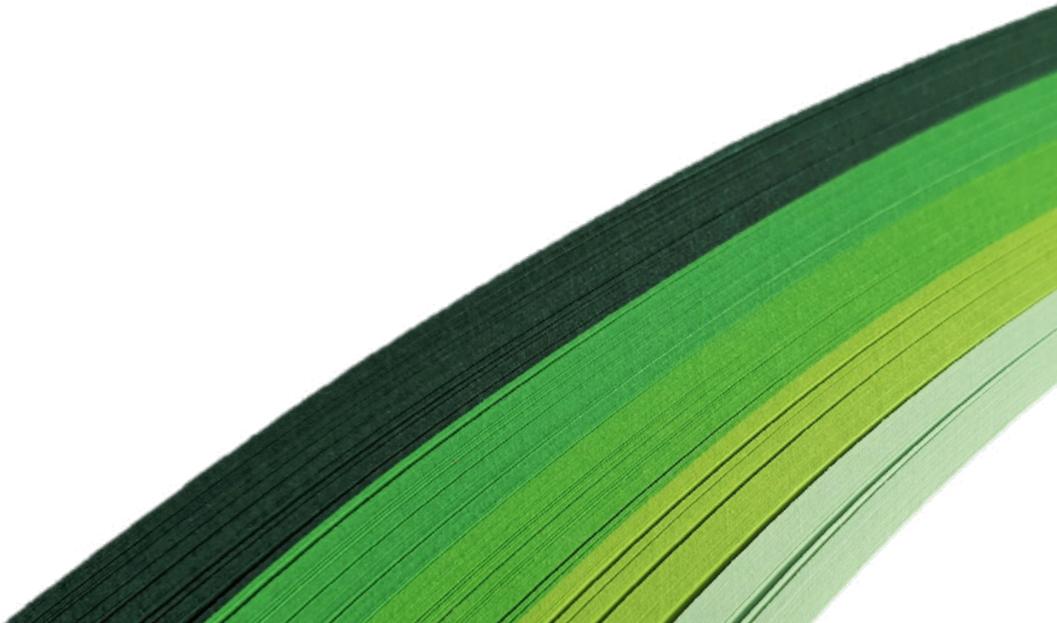
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A GREAT THANK YOU TO OUR CONTRIBUTORS!



HOW TO USE THIS BOOKLET

You will find here advices about different types of paper strips that you could use in your quilling designs and you will read the thoughts of quilling artists that have tried the paper strips and will see a part of their work.

Remember, all the designs in this booklet are copyrighted protected, you can inspire from them but you are not allowed to copy their projects.

Where to find quilling paper strips?

If your local store doesn't have all the paper colours that you need, you can search online or you can use the shop LIVELY PAPER CREATIONS, with a wide colour palette strips of paper with different properties, the use of which is explained in the following chapters.

[etsy.com/shop/LivelyPaperCreations](https://www.etsy.com/shop/LivelyPaperCreations)



CHAPTER 1

Using the paper strips of 1 mm wide

The paper strips 1 mm width are a challenge for most of the quilling enthusiasts but the resulted projects are really amazing. Usually, these strips of paper are used in projects that represent nature, such as: flowers, berries, trees and cute little insects that enjoy their aroma and colours.

Let's see beautiful projects that could be made with 1 mm paper strips.

ECHINACEA QUILLING FLOWER

By Miriam's Quilling



This beautiful paper quilling Echinacea flower, which symbolizes strength and health, was made by using 1 mm paper strips with the thickness of 160 gsm.

The colour of the paper strips used in order to make the petals is Cyclamen Pink and for more details on how it can be made, watch the tutorial on Miriam's YouTube channel.

[YouTube Tutorial](#)

ABOUT THE ARTIST

Miriam's Quilling

Hi, my name is Miriam and I'm the paper quilling artist behind "Miriam's Quilling". My first encounter with quilling was probably about 10 years ago when I received a small gift made in the quilling technique by one of my cousins. I was intrigued and fascinated by this art so it was not long until I started trying it out myself. Fast-forward a few years later, and here I am doing paper quilling as my day to day work. This is my story in a nutshell.

You can find me on social media as "Miriam's Quilling":

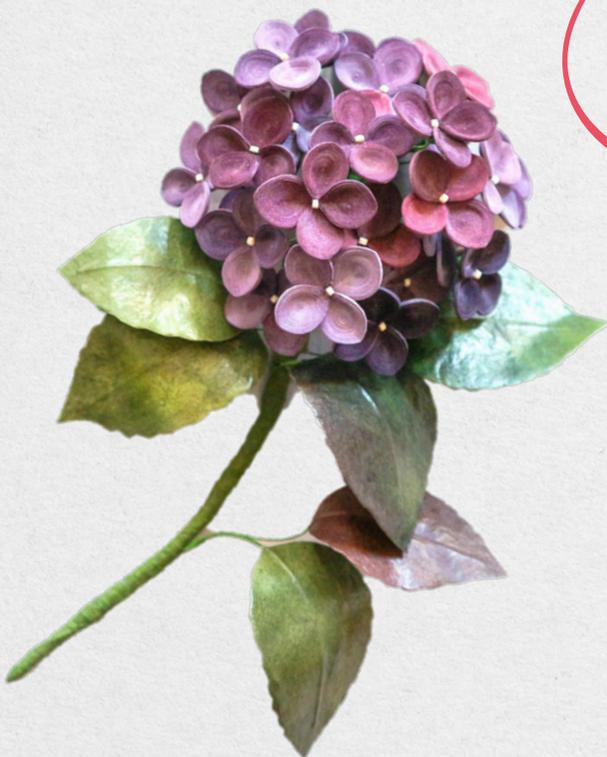
[@miriamsquilling](#)

and YouTube, where I share tutorials of my paper quilling creations:

[YouTube Channel](#)

[etsy.com/shop/MiriamsQuilling](https://www.etsy.com/shop/MiriamsQuilling)

One of my favorite sizes to work with, in paper strips, is 1 mm.



THE FRAGRANCE OF LILAC

By Miriam's Quilling



Here is a paper quilling lilac flower branch made by using 1 mm paper strips, colour Lilac, 80 gsm weight. The leaves are also handmade by Miriam.

[YouTube Tutorial](#)

ECHINACEA QUILLING FLOWER

By Miriam's Quilling



This is a paper quilling hydrangea flower made by using 1 mm paper strips. All the elements of this flower are handmade and you can learn how it was made in video tutorial ([link below](#)).

[YouTube Tutorial](#)

MY HEART AS THE BEAUTY OF FLOWERS

By Miriam's Quilling



Here is a beautiful heart that was made by Miriam, having flowers and ladybugs that are all made from 1 mm paper strips.

[YouTube Tutorial](#)

*A thought
from the artist!*



“As an advice in regards to 1 mm paper strips, I would say that if you want to work with this size, it's good to try out paper weights ranging from 80 gsm to 160 gsm and see which ones you can handle best. My personal favourite weights to work with are between 80-130 gsm because it's easier for me to bend and twist and shape the paper strips, but on occasion, for certain quilling projects, I will work with 160 gsm too, like you will see in some of my videos.”

CHAPTER 2

Using the solid paper strips of 80 – 120 gsm

The 80 - 120 gsm papers strips are very good for making tight coils (tears, petals, etc.), and also in end-to-end technique, toothpick's technique, beehive technique.

Also, if you are using an electric quilling slotted tool, these strips will roll very nice.

THE GREAT WAVE OFF KANAGAWA

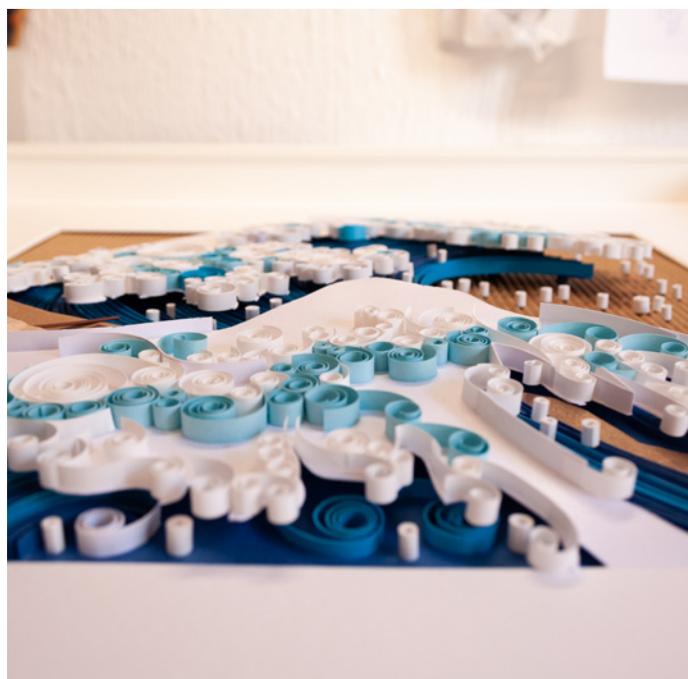
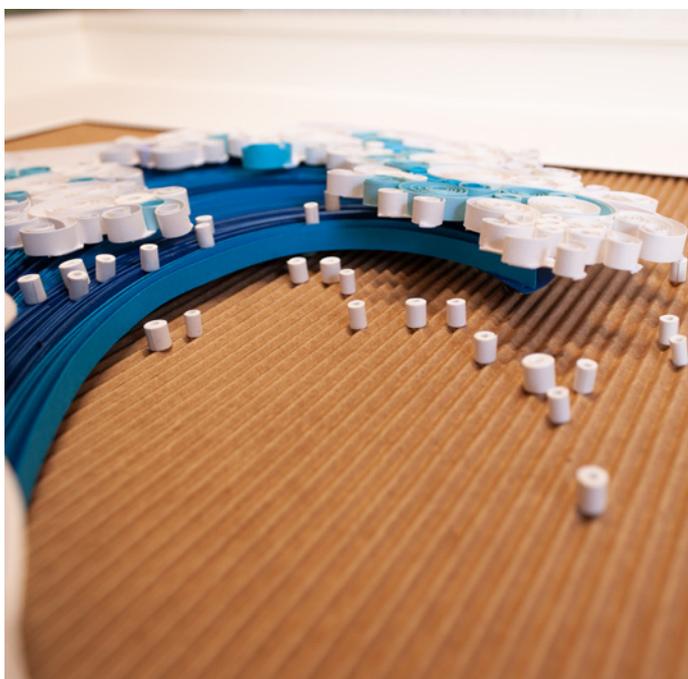
By Noehlya



The Great Wave off Kanagawa, also known as The Great Wave or simply The Wave, is a woodblock print by the Japanese ukiyo-e artist Hokusai. It was published sometime between 1829 and 1833 in the late Edo period as the first print in Hokusai's series Thirty-six Views of Mount Fuji.

And this is my interpretation on paper of the artwork, using the quilling technique.

noehlya.com



*A thought
from the artist!*



“For the upper area I have used 120 gsm white and light blue strips of paper, 5 mm wide. In this case, since the paper was rolled up, I couldn't use very thick paper. With thinner paper strips you can fluidly make smaller spirals. Very thick paper costs more to handle for small details.

For the lower part of the wave, I have used 300 gsm blue cardboard, cut 4-6 mm wide. I used this weight because it was easier to place the thick paper strips next to each other. In this way also the border color would be more powerful.”

ABOUT THE ARTIST

Noehlya

I'm Noelia Barreda, my personal brand is Noehlya. I'm a graphic designer and paper lover and all its handling techniques. I'm passionate about quilling, origami, kusudama, kirigami ... I use paper as a means of expression and interpret images in my own way. I create unique scenes with just paper and my own hands. Design, creativity and craftsmanship go hand in hand to create amazing scenes.

noehlya.com

[etsy.com/es/shop/NoehlyaPaperDesign](https://www.etsy.com/es/shop/NoehlyaPaperDesign)

[@noehlya.paperdesign](https://www.instagram.com/noehlya.paperdesign)



THE OLD WILLOW SONG

By Alberta Neal

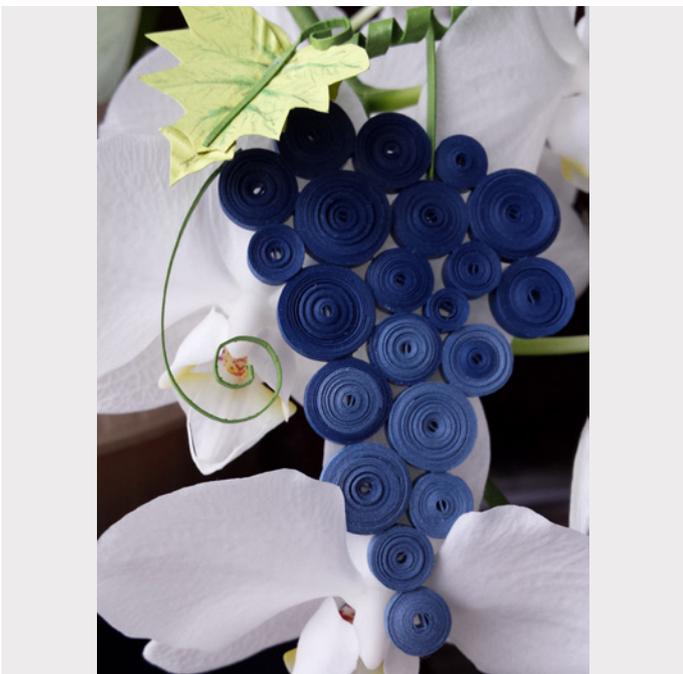


The old willow song is a work inspired by one of my travels through Romania. Even now I seem to hear that enchanting whistle that made me feel in another world. The old willow song is made from paper strips of 80 gsm using the colors Christmas green, intensive green, mid green and black. The work is unique because it doesn't follow a pattern and the shapes that I used are not standard.

For the top I shaped leaves and for the woody part of the willow I used coils and different shapes of ovals.

THE GRAPES FROM THE VINEYARD

By Alberta Neal



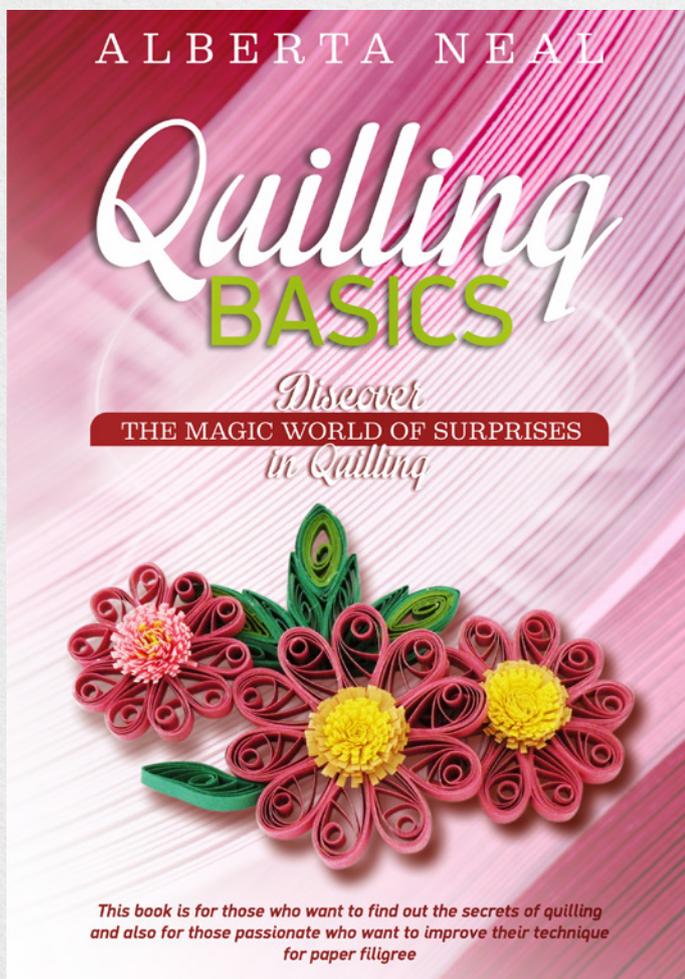
The grapes from the vineyard is inspired by the endless hills full of vines which surround the city of Dragasani. I used royal blue and intensive blue to make them. The paper strips are 5 mm wide and have a thickness of 80 gsm.

ABOUT THE ARTIST

Alberta Neal

I am a quilling enthusiast who takes inspiration from all my surroundings: flowers, people, living styles and behaviors, architectural buildings from Bucharest. You will always find subjects when living in a big city and will always find the beauty of each little thing. Having a vast experience in paper quilling and a strong desire to share with others my love for quilling, I have prepared for you numerous surprises, on my personal website.

albertaneal.com



THE SILENCE OF THE NIGHT

By **Simona Zenga**



This project is a necklace with quilling pendant made with paper pressed for the base and pencil drawing. All of it was made with colourful paper strips from Lively Paper Creations. Excellent paper. Creation of quilling pendants: It was made entirely by hand with pressed paper for the base of the design and I applied paper strips on top of the patterned paper in order to create the rose.

ABOUT THE ARTIST

Simona Zenga



I'm Simona and I love to work quilling, I find it a very original technique. These are some of my works that I made in the quilling technique, with colored paper strips. I modeled and applied them on pressed paper. They are many and different, they create harmony and shades, from simple palettes to metallic ones, for example.

misshobby.com

[@mode_monadesign](https://www.instagram.com/mode_monadesign)

CHAPTER 3

Using the solid paper strips of 160 gsm

The 160 gsm paper strips are mostly used to make scrolls, making projects with husking technique, lettering or quillography, fringing, combing technique, paper crimping, framed shapes technique or contour quilling. You can use it with success for 3D quilling as you will see below.

The electric needle and tight rolls are not recommended in this case because the rolls will not be perfect.

THE 3D QUILLING CHAIR

By Alberta Neal



This work was made using paper strips with the thickness of 160 gsm for the white edges and the beehive was made with intensive orange paper strips, of 80 gsm. Step-by-step directions may be found in the eBook “Quilling Techniques: Secret Quilling Styles used by Cosmina”.

SALON DES CENT IN PARIS

By Noehlya

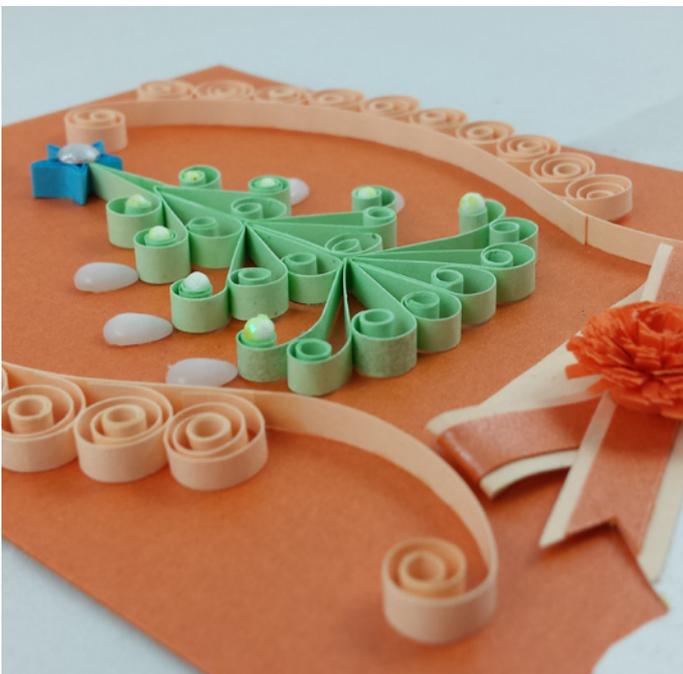


Salon des Cent is my version of the famous Alphonse Mucha poster. I also combined cardboard and. For the headscarf I used stapler although, in this case, I used the quilling technique only for some details.

To give the hair a heavier look I used strips of **cardboard**. As they are curved but not spiral lines, it is easier to hook them and maintain the shape without problem rips of **paper** because it can be handled better when making small coils.

CHRISTMAS INVITATION

By Alberta Neal



This Christmas invitation is an example on how to successfully work with paper strips of 160 gsm.

Lot of scrolls are used for the Christmas tree and for quilling border.

The orange fringed paper could be made from any type of paper that you have, with the thickness between 60 gsm and 200 gsm.

CHAPTER 4

Using the solid paper strips of 300 gsm

Paper strips of 300 gsm can be used for letters and the supplier packs them straight.

REGAL WEDDING

By Alberta Neal



Beautiful pieces made in moments of great inspiration. I used white paper strips of 300 gsm for the scrolls and for the fringed flowers.

CHAPTER 5

Using the golden edges paper strips

The golden edges paper strips are great for special occasions and often used for Christmas projects. They are coloured paper strips with golden glows on the edges.

CHRISTMAS QUILLING STARS

By Maria Tsvetanova



Regarding the metallic edged paper strips I am very pleased with the finding.

Their golden edges look delicate, soft and pearl shimmering. They are perfect for festive designs, Christmas and Easter projects and the fact that both edges are coated with golden paint makes them very suitable for hanging ornaments.

On the photo with the Christmas stars the strips are cut in half - i.e. 25 cm, so they could be used this way too if one decides to glue the bottom on some other surfaces.

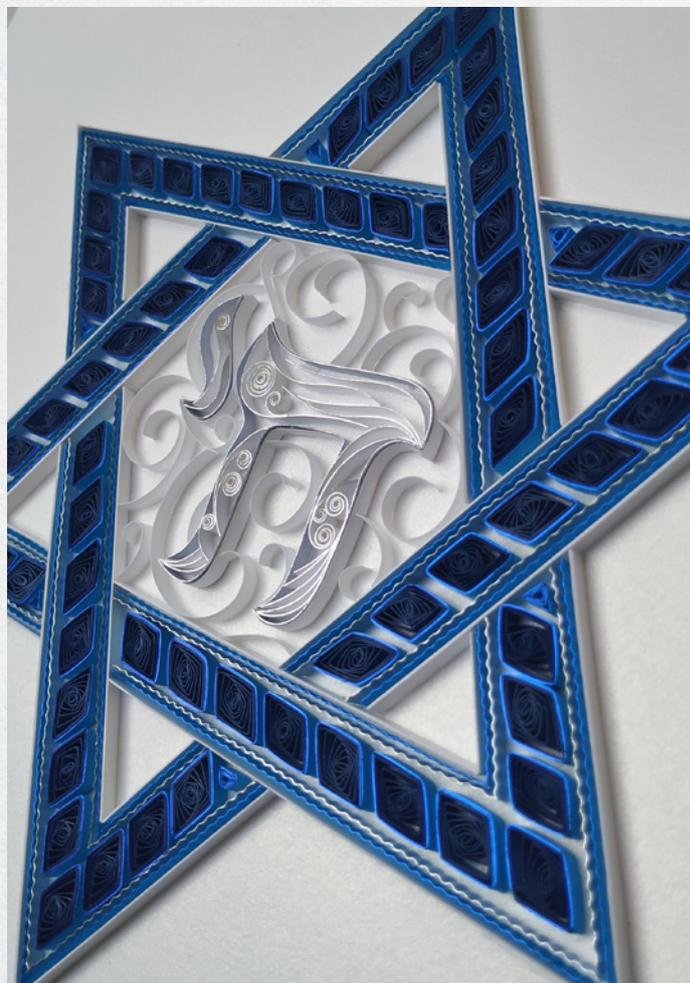
ABOUT THE ARTIST

Maria Tsvetanova

My name is Maria Tsvetanova. I live in Sofia, Bulgaria. This year I will celebrate 10 years in quilling - it's something unusual for me. I always jump from one thing to another. Oh yes, forgot to mention - I am Gemini. You'll find me on Facebook, Instagram and Etsy:

[etsy.com/shop/KiQuillingArt](https://www.etsy.com/shop/KiQuillingArt)

Facebook

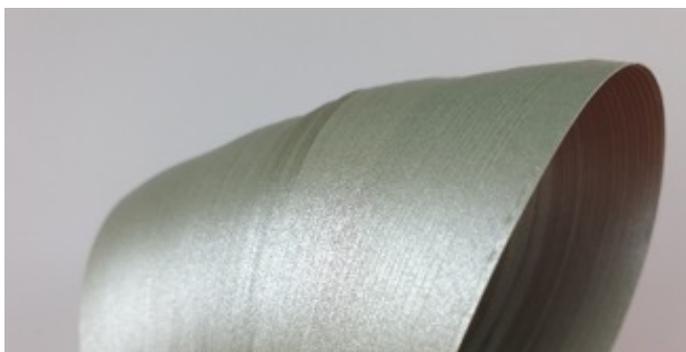


CHAPTER 6

Using the metallic paper strips

There are two types of metallic paper strips: pearlized paper and true metallic paper.

Pearlized quilling paper has a shiny side all over the width of each strip. They tend to have a thicker weight than other quilling strips and a glossy surface, it takes longer for the glue to hold and are great for 3D quilling, especially for jewellery. Not to forget about using it on scrolls, husking technique, lettering or quillography, fringing, combing technique, paper crimping, framed shapes technique or contour quilling. They are not recommended for coils and all shaped coils, or tight rolling.



Silver pearlized quilling paper



Gold pearlized quilling paper

True metallic paper has a shiny edge, is lighter weight paper and could be used with success for coils and shapes. Those types of paper strips have been explained on the previous chapter.



*A thought
from the artist!*



“When it comes to metallic paper strips, my only experience with them has been on a few Christmas quilling projects that I’ve made. They are suitable for the winter season as they give a glow which is specific for this time of year.”

Miriam’s Quilling

CHAPTER 7

Does the length of the strips matter?

The length of paper strips does matter and it is different, from case to case, depending what quilling project you're working on. In my opinion, if you're a beginner, you should go with the standard sizes found in shops. You can also cut the paper strips yourself to what length and width you need, if you cannot afford buying or you don't find the colours you want in shops. It's all about practising and seeing what is most suitable for you. The more you create quilling pieces, the more you will realize what paper strip sizes are best for you.

A great thank you for quilling artists!

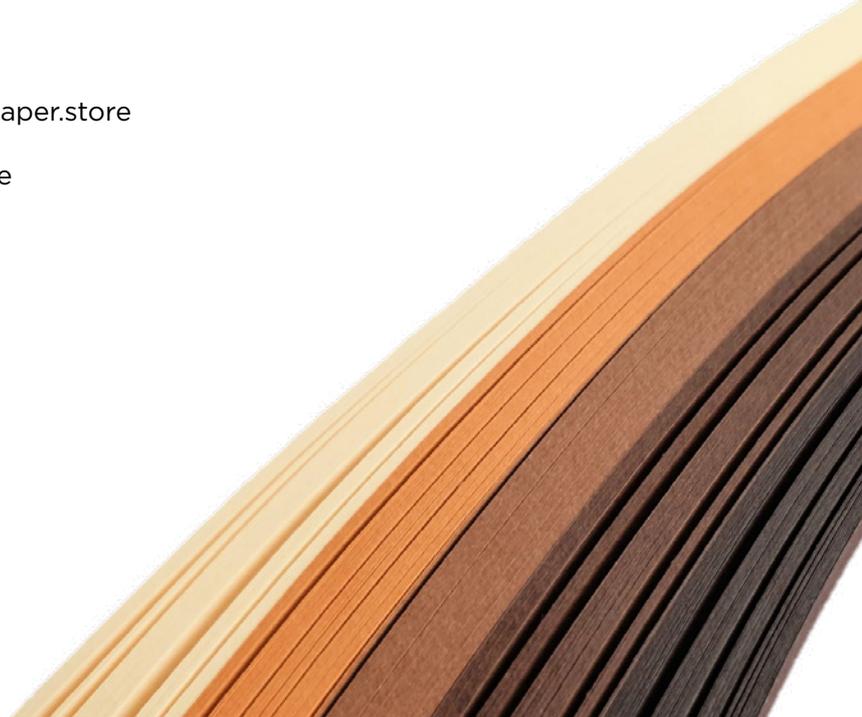
Dear artists,

Thank you for sharing your work with not only us but the world! And thank you for reminding us of what's possible: making such a beautiful crafts from paper. Through your craft, you help others to evoke and validate their emotions, providing comfort that we are not the only ones feeling a certain way. And you, dear reader, if our artist's work has impressed you, you can support them with one share. If you would like to share with us your projects,

you will find us on:

Instagram: @quilling.paper.store

Twitter: @QuillingStore



The background features a series of curved, overlapping lines in various colors including blue, green, red, and yellow, set against a dark background. The lines create a sense of motion and depth, curving from the bottom right towards the top left.

A great thank you to our contributors!

**Alberta Neal
Miriam's Quilling
Maria Tsvetanova
Simona Zenga
Noehlya**