Concise Handbook
About Linseed Oil Paint

Paint and protect without solvents
For exterior and interior surfaces
Inspiring references

Allbäck Paint for Chateau de Versailles, France.

Sentry boxes at the Chateau de Versailles, France.

Charlotte Berlins Museum, Ystad, Sweden.

The Pålsson house. First maintenance after 30 years.
# Contents

<table>
<thead>
<tr>
<th>Section</th>
<th>Pages</th>
</tr>
</thead>
<tbody>
<tr>
<td>References</td>
<td>2-3</td>
</tr>
<tr>
<td>Background</td>
<td>4</td>
</tr>
<tr>
<td>About linseed oil products</td>
<td>5-7</td>
</tr>
<tr>
<td>Linseed Oil Paint</td>
<td>8-10</td>
</tr>
<tr>
<td>Emulsion</td>
<td>11</td>
</tr>
<tr>
<td>Linseed Oil</td>
<td>12</td>
</tr>
<tr>
<td>Linus Wallpaint</td>
<td>13-16</td>
</tr>
<tr>
<td>Linseed Putty</td>
<td>17-18</td>
</tr>
<tr>
<td>Surface preparation</td>
<td>19</td>
</tr>
<tr>
<td>Linseed Oil Wax</td>
<td>20-21</td>
</tr>
<tr>
<td>Linseed Soap</td>
<td>22</td>
</tr>
<tr>
<td>Restoring windows</td>
<td>23</td>
</tr>
<tr>
<td>Stove Blacking</td>
<td>23</td>
</tr>
<tr>
<td>Mix your own colours</td>
<td>24</td>
</tr>
<tr>
<td>Mixing examples</td>
<td>25</td>
</tr>
<tr>
<td>Paint chart Linseed Oil Paint</td>
<td>26-27</td>
</tr>
<tr>
<td>Paint chart Linus Wallpaint</td>
<td>28</td>
</tr>
<tr>
<td>Paint chart Linseed Oil Wax</td>
<td>29</td>
</tr>
<tr>
<td>Tools</td>
<td>30</td>
</tr>
<tr>
<td>Useful tips</td>
<td>31</td>
</tr>
</tbody>
</table>

Allbäck Windowcraft, Amalienborg Palace, Copenhagen, Denmark.

Linseed oil wax before and after.
It has been many years of hard work but we are far from disappointed. It all started back in 1982. Environmentally hazardous chemicals in textiles had made me ill. Hans was suffering health problems from the solvents in the modern alkyd paints he had to use.

As sick, unemployed owners of a small business with two children to support, we were forced to find a new way of earning a living. What saved us was a job at a rural life museum with accommodation provided. We gained a chance to work and to meet many old crafts-people who told us their stories and showed us how things used to be done in the past. With knowledge of our history, materials and methods, plus our own hands-on experience, the doors opened to a whole new world of craftsmanship, durability and quality.

We encapsulated it all in our dream of “a good job” – being able to work professionally without being ill and working in harmony with the laws of nature, surrounded by our family. And that’s how the story of windowcraft as a profession and a return to linseed oil paints without solvents began.

David Pearson wrote 1989, “Respect for the lessons of the past and their integration with modern, environmentally sound, and health-conscious technology, and a new understanding of the strengths of vernacular buildings.” And “It is not enough to talk, write or dream about change. Once the idea is there, it is natural to want to go further – in fact to live the dream.”

Ancient European knowledge combined with modern production techniques has made it possible to develop a whole new generation of linseed oil products that meet all our requirements in terms of technical performance, eco-friendliness, beauty and cost-effectiveness.

Sonja and Hans Allbäck
Facts about our Linseed Oil Paint

- Long lasting, traditional, and cost effective.
- Contains no solvents and must NOT be diluted with solvents.
- Consists of cleaned, sterilised, protein-free linseed oil and natural pigments.
- Single pot system – the same paint for exterior and interior use and for all coats.
- Has a dry matter content of 100% and covers approximately 15-25 m²/litre.
- Dry in approximately 24 hours at room temperature with good ventilation.
- Well documented in our own projects since 1982.
- Emissions tested and approved by the Swedish Work Environment Authority, the Swedish National Heritage Board and Environmental Evaluation of Building Products. Sunda Hus A.

Paint on absorbent surfaces! One simple test to check the penetration and protective abilities of the paint/oil.

Advantages of protein-free linseed oil

- Shorter paint drying time
- More thorough drying
- Less risk of skin forming
- Less smell
- Better penetration
- Better water and weather resistance

Gutle 1799

...“linseed oil must not be taken for the service of mankind before it has been cleaned from sludge”

Report 24 State Committee for Building Research, Stockholm 1951

...“If the gentlemen do not believe me I can recommend you take the highest-grade linseed oil you can get: Cleaned from sludge, pale, cold-pressed linseed oil, which has undergone a lot of procedures to get rid of all traces of pollutants”.

Report 24 State Committee for Building Research, Stockholm 1951

...“If the gentlemen do not believe me I can recommend you take the highest-grade linseed oil you can get: Cleaned from sludge, pale, cold-pressed linseed oil, which has undergone a lot of procedures to get rid of all traces of pollutants”.

Advantages of protein-free linseed oil

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- Better water and weather resistance
Tested, eco-friendly and well-documented

Linseed Oil Paint is an often used term
Linseed oil paint has been used for hundreds of years, so providing a wealth of experience compared with the brief history of the modern paint industry. In eighteenth- and nineteenth-century Europe, it was possible to give linseed oil paints characteristics that fulfilled all the requirements, be they technical features, drying time, storage, maintenance, beauty and cost, etc.

Many of today’s linseed oil paints require solvents and are classed as dangerous to the environment and to health. They should therefore be avoided. The name “linseed oil paint” has today become an umbrella term for a number of different products which use linseed oil as a binding agent.

Our Linseed Oil Paint is made from Swedish, cold-pressed, cleaned, filtered, sterilised, well-matured, boiled linseed oil. The paint contains no solvents and must not be diluted with solvents. The colours are made from titanium oxide, iron oxides, chromium oxide green and ultramarine blue. Linseed Oil Paint can be painted on most DRY AND CLEAN SURFACES.

The penetrating and expanding properties of linseed oil have been used to protect buildings since time immemorial. Our linseed oil has a GREEN ARROW in the Building Material Assessment by Byggvarubedömningen. It is also classified A by SUNDA HUS “Healthy homes”.

Our Linseed Oil Paint also covers more than twice the surface area covered by alkyd and plastic paints.
Linseed Oil Paint
For wood, steel, iron and plastic – for exterior and interior use

Important questions to ask
What are you going to paint and why? Is the paint to act as protection and a wear layer or as decoration? Outdoors or in? Once you have defined what you need, you can choose your materials.

Today there are no standardised definitions of linseed oil and linseed oil paint, there is a huge amount of confusion.

These instructions are according to our experience since 1982.

Our 35 standard colours can be mixed together See page 24 “Mix your own colours”. 
The surface
Sawn, rough timber needs more paint, takes longer to paint and attracts more dirt than planed timber. The elasticity and friction in the paint means it absorbs more dirt in the initial period after application.

Gradually, as the surface becomes matt, grains of pigment slowly fall out and the surface becomes externally self-cleaning.

No pesticides
When you get dirt and mould on painted surfaces, wash them with Linseed Soap. When painting surfaces that are exposed to various kinds of mould, pure zinc paint can be added to all our paints, to a maximum of 20%. This zinc paint is marked with the “Dangerous for the environment” symbol depicting a dead tree and a dead fish. Take care with it.

Yellowing
Linseed Oil Paint yellows in dark areas or in contact with chemicals such as cleaning products with a high pH, some beauty sprays and chemical paint strippers.

Things to think about before getting started
- When painting, the surface must be clean and dry. Prepare the surface.
- Max. moisture content 15%, min 15°C surface temperature.
- Use Allbäck Linseed Soap to clean painted or unpainted surfaces
- Rinse thoroughly.
- Leave to dry.
- Existing, naturally occurring mildew must be removed from the surface before painting. Otherwise it will grow through from underneath all kinds of paint.
Things to think about when painting
• The paint covers approximately 15-25 m² depending on the surface.
• The drying time is approximately 24 hours at room temperature with good ventilation and low humidity (approximately 50% RH).
• Indoors with high humidity, use a dehumidifier.
• When painting on untreated, dried timber outdoors, first impregnate with raw cleaned linseed oil.
• The oil must be well absorbed by the timber.
• Heat with hot air, for example using a heating gun and paint immediately.
• Remove any skin from the surface.
• Stir the paint thoroughly before painting, e.g. with a hand-held blender (see page 31). Where necessary, strain the paint through a nylon stocking to remove any skin residue. The paint must NOT be diluted with solvents. Where necessary, thin with max. 5% boiled linseed oil.

Working with Allbäck Linseed Oil Paint
• Spread the paint well in several directions before the final long brushstroke.
• Use a stiff natural brush or our Micro brush. Apart from shine variations, the paint should provide full coverage with one stroke. Paint at least 2 coats on exterior surfaces - 3 coats on exposed surfaces. Minimum 100 micro thickness per coat.
• The paint can be used in sunshine.
• Use Allbäck Linseed Soap to clean brushes and hands.

Miscellaneous
• Store brushes hanging in a jar of raw linseed oil (see page 30). This oil can be used for impregnation.
• The paint can be sprayed on undiluted using a high pressure – small nozzle.
• Variations in finish can arise with uneven absorption or application. These will even out over time. One way of reducing variation is to impregnate with linseed oil or wipe the finished surface with linseed oil.
• The surface will become matt after a period of time and this is expected.
Emulsion
For rendered and plastered surfaces (external and internal)

A water emulsion linseed oil paint is an ancient classic for plastered surfaces. e.g. kitchens, bathrooms and public spaces that suffer tough wear.

Emulsion with water makes the linseed oil paint tougher
This paint does not seal in moisture and can be used widely, e.g. on dry cellar walls, concrete floors, on plinths and stable walls.

The finish will be semi-matt and washable. Any variations in shine will even out over time.

- Whisk approximately 30% clean water into our Linseed Oil Paint with a high-speed paint whisk in a well-filled container.
- Apply with a roller, brush or spray.
- The mixture is ready when the consistency is that of yogurt.
- If water drops are squeezed out of the paint during painting, the emulsion process is incomplete. If this is the case, whisk in a little more paint.
- Newly plastered surfaces can be painted once the carbonation process is complete. It is best to consult your plasterer.
Linseed Oil

Our raw Linseed Oil comes from Gunnarshögs farm in Skane, Sweden and is processed at our factory in Ystad. Here we extract the protein and clean the oil following a historic eighteenth-century recipe.

The raw linseed oil is ideal for impregnating old and dry timber as well as making putty and soap.

The boiled, i.e. oxidised, linseed oil is processed to create Linseed Oil Paint, Linseed Oil Wax and Linus Wallpaint. It can also be used to thin Linseed Oil Paint.

**Maintenance**
Over time, Linseed Oil Paint ages visibly and gives off clear signals. After a while, depending on the direction it faces and how exposed it is, the paint starts to turn matt. After further time, the colour will “chalk”, i.e. the pigment will fall out. This surface can easily be maintained by cleaning it with Linseed Soap and adding new boiled Linseed oil or Linseed Oil Wax. The surface will regain its former function and shine.

- **Note:** Risk of self-ignition in porous material. Soak cloths in water and dispose of in the general rubbish.

*The result after 30 minutes’ work.*
Linus Wallpaint

A completely matt indoor paint

The paint contains linseed oil, water, cellulose glue, shellac and natural pigment. The paint can be used on all interior surfaces; wood, painted surfaces, plaster, wallpaper, whitewash, plasterboard, woven surfaces and papered walls and ceilings. It produces a completely matt surface that is easy to touch up. Our Linus paint has a GREEN ARROW in the Building Material Assessment by Byggvarubedömningen. It is also classified A by SUNDANS Hus “Healthy homes”. Linus withstands heat and is good on open fireplaces and behind stoves.

- You can easily vary the shade of the white colour by adding one of our ready-made pigment mixes.
- The surface is washable
- Linus can be spray painted (sprayed on)
- Keep from freezing

Before painting
- The paint covers approximately 10m² per litre depending on the surface and the desired texture.
- Linus Wallpaint is quite thick in the tin and can be varied in a number of different ways. Therefore, it is important to decide in advance what you want the finished surface to look like and to do a test.
- On highly absorbent surfaces the paint may “chalk” after the first coat. This will disappear once you have finished painting.
### Painting

- Stir in the water on the surface of the can with a whisk or by hand.
- Yarn rollers work well on all surfaces and hold a large amount of paint. Denser rollers don’t release enough paint and will leave stripes at the edges. Test the roller first.
- Test paint to ensure the desired texture. Dilute with water for a smoother surface.
- If there are stripes or more texture than you intended, let the paint dry completely and sand the surface with sandpaper. Paint again with thinner paint.
- Paint the edges of the wall first. Then paint the whole wall with a roller or brush. Paint in sections about 1 m at a time. The paint dries quite quickly so it’s best to keep the room cool while painting. The roller/brush should be overflowing with paint.
- When the paint is dry, it can give off a strong smell of linseed oil. There is a large amount of oil and water that has to oxidise and evaporate. This can be irritating to the eyes. Make sure the room is well ventilated! The smell will go away.
- Let the first coat dry properly before painting a second, after about 24 hours.
- Sometimes the drying time for the first coat can be extended as the linseed oil in the paint reacts with the surface.
- Wash and dry the roller between coats or leave it in the paint for the next day. The water that is pressed out of the roller during painting will leave light marks. This also applies to paint that is not sufficiently stirred when diluting. Paint at least two coats.

### After painting

- Pour new water on top of the paint in the tin and re-fit lid tightly.
- Store in a frost-free place. The paint will keep for many years. However, paint that has been stored for many years may need to be strained before it is as good as new.
- The paint will only be completely cured after a few weeks so be careful with wear and wiping it at the beginning.
- Rinse rollers and brushes in a bucket of soapy water. Do not pour straight down the drain. Then wash rollers and brushes thoroughly with soap in the sink. Leave the bucket containing the washing water to stand so that the paint residue sinks to the bottom. Pour out the water and dispose of the paint residue in the general rubbish.
Linus and Primer
If the surface is very absorbent, such as plaster, woven surfaces, etc., the surface can be pre-treated with Primer. Primer reduces the risk of water damage, soot and nicotine showing through.

Linus as a filler
• Pour off the surface water. Do not stir the paint. It needs to be as thick as possible.
• Add ground pumice. Use the paint to smooth joins in wallpaper and fill uneven areas. It can also be used as an undercoat on whole walls.
• When the surface is half dry it is possible to make it even with a wet sponge or leave to dry and sand.
• Finish painting.

Linus for stencilling
• Linus Wallpaint used without thinning or with the addition of chalk is excellent for stencilling.
Linus and Linseed Oil Wax for furniture

Gives a tough, washable and silky matt surface. Paint using Linus Wall Paint to achieve desired coverage.

- Use a soft brush.
- Leave the paint to dry properly.
- Sand the surface with fine-grained sandpaper 180 – 220.
- Apply coloured or natural Linseed Oil Wax.
- Wipe within an hour.
- Leave to dry.
- White Linus paint should be waxed with white Linseed Oil Wax.
- The natural uncoloured wax comes out slightly yellow.

Different shades

All Linus Wallpaint colours can be mixed with each other. Linus cannot be mixed with Linseed Oil Paint.

Linus Wallpaint and yellowing

- Yellow marks will appear behind pictures, furniture, etc. but these will disappear on their own when the surface is once more exposed to light. Of course, marks can be painted over.
- Linus Wallpaint can react chemically with certain plastic surfaces. If this is the case, the first coat will produce a stronger smell. After that the paint will behave as normal.
Linseed Putty is made from our raw linseed oil and different types of chalk. The putty can be used for windows and as a filler for interior and exterior holes and cracks.

**Instructions**

- Empty out the whole pot and knead the lump of putty until soft before use. This will be easier if the putty is warmed up, e.g. in water bath or on a radiator.
- Kneaded putty can stay out on the table for several days. Left-over putty can be kept in the freezer.
- Ideally use at room temperature. If the putty is too sticky, knead it on a piece of card or add chalk. If it is too hard, warm it up or add raw linseed oil.
- The edges of the glass must be free from dirt, paint and putty.
- Brush shellac into the putty rebates before glazing. This prevents the oil from leaching into the wood and considerably extends the lifetime of the putty.
- Make sure that the glass is carefully pinned and supported with wooden blocks to avoid movement in the putty rebates.
- Brush the glass free of oil residue with ground pumice and a soft brush.
- Paint all three coats out approximately 2 cm onto the glass.
- The putty can be painted over immediately.
- Once the paint is dry, damp the surface of the glass with a little slightly soapy water. Cut the edges of the putty rebates to 2 mm over the glass with a steel scraper and a razor blade scraper.
Putty as filler

20 years after a simple “delay aging” measure with Linseed Putty in cracks and overpainting old, blistered linseed oil paint.

Holes and dry cracks can be filled with putty and painted over immediately. Thinned putty consisting of a few drops of Linseed Oil mixed into it can be used to temporarily seal cracked rebates, cracks and unsealed corner joints.

Simple delay aging
- Apply with a brush and wipe off the leftovers with a cloth.
- Paint immediately.

Cut the edges of the putty rebates in slightly soapy water.

Thinned putty, a simple “delay aging” method.
Primer and chalk as a filler

To achieve an easily sanded high finish indoors on a painted surface, mix chalk with Primer to the consistency of a thick, paintable primer.

- Apply with a brush.
- Leave to dry for approximately 30 minutes. Hot air can reduce the drying time to a few minutes.
- The primer can be sanded wet or dry and hardens all the way through without troublesome cracks due to shrinking.
- The primer can be used on indoor timber and walls.
- Wet sanding with Primer if you get “paint skin”. Dry the surface and paint again.

Linseed Oil filler

To obtain a smooth linseed oil filler you can mix Linus Wallpaint with ground pumice to the desired consistency. The drying time is approximately 24 hours and it can be overpainted with Linseed Oil Paint or Linus Wallpaint.

The primer can be sanded wet or dry.
Linseed Oil Wax  
- Natural & Coloured

The Citadel, Landskrona, Sweden. Wooden floor treated with natural Linseed Oil Wax.

Concrete tiles treated with natural Linseed Oil Wax.  
White Linseed Oil Wax on a wooden floor.
Linseed Oil Wax can be used on all absorbent surfaces such as matt painted surfaces, timber, concrete, brick, slate and furniture, etc.

Linseed Oil Wax contains linseed oil, beeswax and colour pigments boiled together so that the beeswax is incorporated as the linseed oil dries.

The wax gives a water-repellent silky matt surface which can be cleaned with a weak mixture of Linseed Soap and water.

Protect the surface from water during the first week.

The drying time may be longer for knots in the timber depending on the resin content in the knot and the thickness of the wax layer. For this reason a thin layer of **wax should be applied and all excess wax wiped off**.

Remember that the result of treatments with a glazing effect is affected by the absorbency of the wood and the existing paint. The wax can produce many different appearances depending on the surface. A sanded wooden floor will absorb more wax and take on more colour than a planed floor. **TEST FIRST!**

If less colour is desired, mix natural Linseed Oil Wax with a colour of your choice. All our Linseed Oil Waxes can be mixed with each other.

**Instructions for floors**

- Wash with Linseed Soap and suck up the water with a wet vacuum. This also applies to newly sanded floors.
- Leave to dry. To bring out the grain, sand with fine-grained sandpaper (approximately 180). Vacuum the floor.
- Apply the wax with a rough sponge. Work in the direction of the grain a few boards at a time. Leave the wax to be absorbed for about 15 – 20 minutes. Wipe off the excess with a towel within an hour.
- Waxing is complete.

It is possible to walk/touch the waxed surface immediately. Footprints can be wiped off afterwards on the way out of the room. **Too much wax will produce a sticky surface** with uneven shine and extend the drying time.

**Note:** Risk of self-ignition in porous material. Soak cloths and dispose of in the general rubbish.
Linseed Soap

Allbäck Linseed Soap for all cleaning can be used on all surfaces and for personal hygiene. The pH is approximately 9.5 undiluted.

Allbäck Linseed Soap is made from Swedish cold-pressed raw, cleaned linseed oil, without any additives or chemicals. It has a healing effect on minor wounds or irritated skin. A small amount of linseed oil is left as residue and remains on the surface, this is beneficial.

The soap can also be used in kitchens, bathrooms, for brushes, wood/stone, plastic floors, benches, etc. Please note: it is not suitable for use in dishwashers.

For normal cleaning

Dosage
• Use 100 ml soap to about a bucketful of water. Reduce the amount of water for heavy duty cleaning. In hard water areas, white flecks may appear. This does not affect effectiveness.

Caution!
• A soap scrubbed floor may need special cleaning, e.g. with a larger amount of water and a wet vacuum if you want to paint it with Linseed Oil Paint or treat it with Linseed Oil Wax.

Cleaning fittings
• Boil rusty fittings in 50% soap and 50% water for a few hours.
• Leave to cool overnight.
• Remove the fittings, brush in clean in the water and leave to dry.
• Ready for painting with Linseed Oil Paint.

• A floor treated with lye (Sodium/potassium hydroxide) must be neutralised with acetic acid and water before treatment with Linseed Oil Paint or with Linseed Oil Wax.
• Stains on textiles: Rub the soap in with a little water and leave to stand. Wash in a washing machine.
Stove Blacking with rust protection

Stove Blacking consists of raw linseed oil and graphite powder.

- Brush off loose rust.
- Apply with a brush, cloth or sponge.
- Wipe with a soft cloth.
- And you’re ready to carefully light your first fire!

Restoring windows

1. Label frames, glass and fittings when dismantling
2. Dismantle glass and frames. (putty lamp)
3. Clean window fittings by boiling in linseed soap and water
4. Clean the edges of glass and check the condition of the glass
5. Remove paint (spot heater)
6. Repair damaged wood and sand
7. Exterior: On dry wood impregnate with raw, hot linseed oil or heat with hot air
8. Fill small cracks and corner joints with putty/thinned putty
9. Any window fittings should be attached (corner brackets etc.) filling voids with linseed putty.
10. Barrier layer on knots and rebates (shellac)
11. Glaze with Linseed Putty. Bedding putty and glazing putty
12. Pin glass with a glazing hammer and flat pins
13. Insert wooden blocks with wooden pins
14. Paint UNDERCOAT with Allbäck solvent-free Linseed Oil Paint
15. Inside: Prime with Allbäck Primer/chalk. Sand
16. FINISH PAINTING with AT LEAST TWO coats out onto the glass
17. Cut the edges of the putty and polish the glass
18. Hang the frames inside the casing on greased hinges
Mix your own colours

With our 35 stock colours you can easily mix your own new shades or follow our mixing examples on page 25.

It's a good idea to use kitchen equipment such as a hand-held blender and measuring cups/jugs.
Mixing examples

**NCS 3000-N**
- White 50003
- Black 50006
- Antique Gold 50007

**NCS 8505-B80G**
- Holkham Green 50011
- Midnight Blue 50104
- Black 50006

**NCS 1502-B**
- Silver Grey 50216
- Midnight Blue 50104

**NCS 2002-B**
- White 50003
- Graphite Grey 50220

**NCS 0804-Y10R**
- Vintage White 50241
- Old Gold 50236

**NCS 2040-Y30R**
- Antique Gold 50007
- White 50003
- Brick Red 50014

**NCS 4502-G**
- White 50003
- Black 50006
- Antique Gold 50007
- Chrome Oxide Green 50603

**NCS 8005-G50Y**
- Holkham Green 50011
- Spruce Green 50012

**NCS 5010-G30Y**
- Wild Sage 50095
- Black 50006
- White 50003

**NCS 0510-Y30R**
- Barley White 50094
- White 50003
- Buttermilk 50152

**NCS 2010-R80B**
- White 50003
- Black 50006
- Midnight Blue 50104
- Chrome Oxide Green 50603

**NCS 0510-G30Y**
- Wild Sage 50095
- Black 50006
- White 50003

**NCS 2010-R80B**
- White 50003
- Black 50006
- Midnight Blue 50104
- Chrome Oxide Green 50603

**NCS 4502-G**
- White 50003
- Black 50006
- Antique Gold 50007
- Chrome Oxide Green 50603

**NCS 5010-G30Y**
- Wild Sage 50095
- Black 50006
- White 50003

**NCS 0510-G30Y**
- Wild Sage 50095
- Black 50006
- White 50003
Allbäck Linseed Oil Paint

For interior and exterior wood, metal, iron, plastic and old painted surfaces. Solvent-free. Can be painted over within approx. 24 hours.

Note: Risk of self-ignition in porous material: Burn rags, etc., or soak in water. The colours printed on this chart may be subject to small variations due to the limitations of the printing process.
Linus Wall Paint

On all interior surfaces. The colours printed on this chart may be subject to small variations due to the limitations of the printing process.

To achieve the desired colour, add the pigments diluted in water to the white Linus, except Russet Red and Black.
Linseed Oil Wax - Natural & Coloured
For floors, furniture and wood panelling.
The surface and quality of wood **WILL** affect your result.

Linseed Oil Wax for Holkham Estate, Norfolk, England.
Tools

The PUTTYLAMP works with short-wave infra-red light and the SPOTHEATER works with long-wave infra-red light. If you rub the old painted surface with Linseed Oil Wax prior to heating, you can speed up the stripping process and encapsulate hazardous substances. For best results and high finish, use our new micro brushes. Select your size and model for the surface.

**Spoteater for paint removal.**

**Puttlamp for putty stripping and paint removal in small scale.**

**Little scraper is easy to sand and shape into profiles.**

**When painting with Linus Wallpaint a yarn roller is recommended.**

**Micro Brushes - a new generation of all-around brushes.**
Useful tips

Yarn wound brushes improve if you replace the brush yarn with electrical tape. When washing with Linseed Oil Soap, remove the tape and wind again. The tape can be stored in Linseed Oil. 

Clean hardware from paint and rust in boiling soap and water.

Keep brushes hanging in a jar of raw linseed oil. This oil can be reused for impregnation.

Mix up paint carefully with a hand blender.

Linseed Oil Wax applied easily with rough scouring pad type Scotch Brite.
Bjäresjö Skola. Paint factory, warehouse and shop.

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On our website you will find: Publications, research results, safety data sheets, emissions tests, Building Material Assessment, quality control, instructional videos, Sunda Hus Classification and training material.

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