

# Heal Your Heart #1



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## Supply List:

Stamps: [Heal Your Heart Sale-a-Bration 155291](#)

Paper: [Fine Art Floral Designer Series Paper 154558](#), [Poppy Parade Cardstock 119793](#), [Basic White Cardstock 159276](#),

Ink: [Poppy Parade Ink 147050](#)

Embellishments: [Gilded Gems 152478](#), [Fine Art Ribbon 154561](#), [Stampin' Dimensionals 104430](#)

Tools: [Rectangle Stitched Dies 151820](#), [Stampin' Cut & Emboss Machine 149653](#)

## Instructions:

1. Cut Poppy Parade Cardstock to 11 × 4- $\frac{1}{4}$ " and fold in half. Cut off 2- $\frac{3}{4}$ " on one side.
2. Cut Designer Series Paper to 5- $\frac{1}{4}$  × 4" and attach to inside of card.
3. Cut 2 pieces of Designer Series Paper to 4 × 2- $\frac{1}{2}$ ", then attach them to short flap and cut-off piece.
4. Wrap Fine Art Ribbon around panel and tie a bow. Attach to short flap.
5. Die-cut label from Basic White Cardstock with Rectangle Stitched Dies and stamp sentiment in Poppy Parade ink. Attach to card front with Stampin' Dimensionals.

6. Embellish card with Gilded Gems.