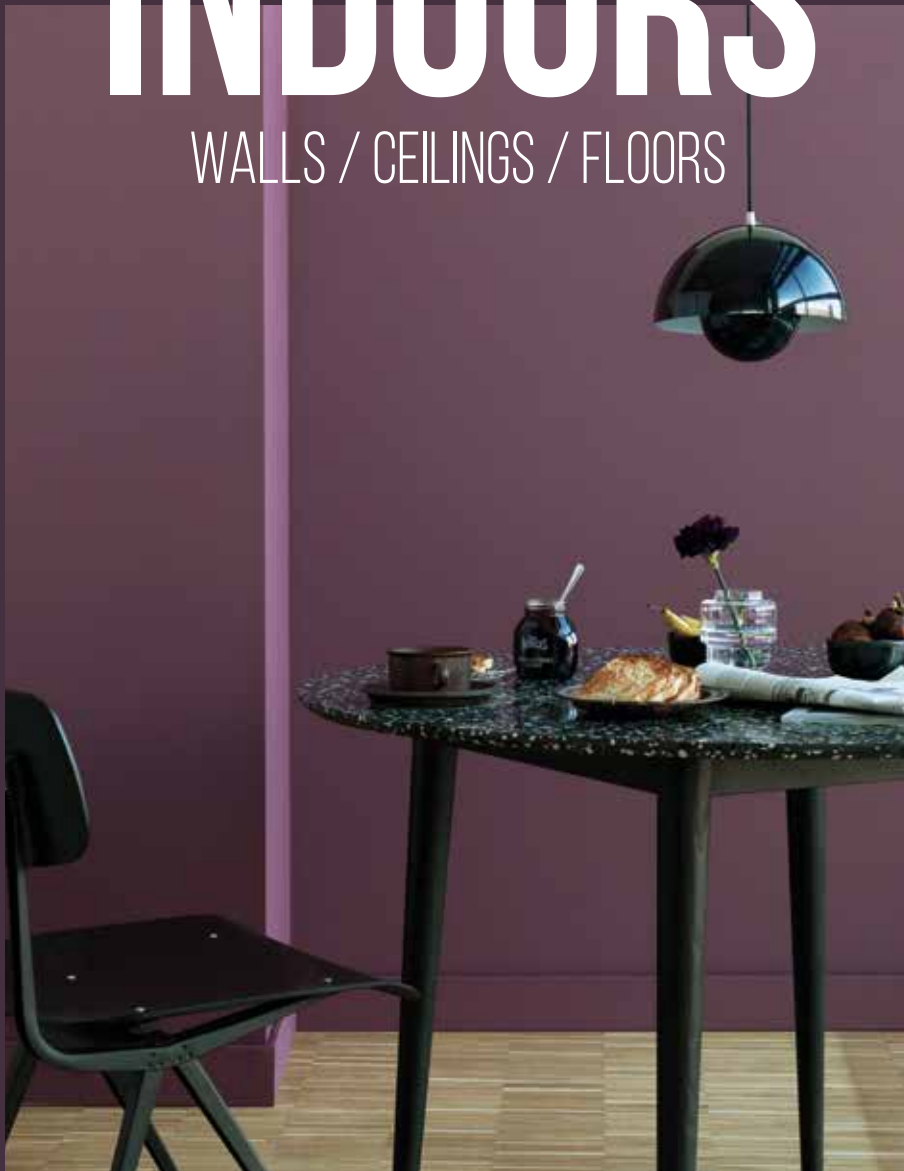


PAINTING INDOORS

WALLS / CEILINGS / FLOORS



GUIDEBOOK **BY TEKNOS**

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LET'S PAINT!

Painting goes beyond the aesthetic by providing protection, durability and cleanability. And new, innovative technologies in paints mean that they can now do even more for you and your home.

LOOK & FEEL Refresh your home with colours that you love. Painting is an easy way to change the look and feel of an interior space. Try an accent wall or go big with a completely new room colour - your imagination is the limit!

PROTECTION Paint protects and prolongs the life a surface by helping keep moisture, dirt and other impurities from reaching the material underneath.

DURABILITY With the right paint you can give a surface added durability. Paint creates a protective film, which will enhance the surface's hardness. That's why it's important to choose the paint based on its intended purpose, e.g. floors, ceiling, furniture.

KEEPING IT CLEAN The protective paint film will also help you keep the surface clean. Consider how much cleaning the surface requires and choose the paint accordingly. For example, glossier paints make surfaces easier to clean than matt finishes.

FUNCTIONALITY Paints with different functionalities, like preventing microbial growth or cleaning indoor air from harmful aldehydes, can help you maintain a cleaner home.



BEFORE PAINTING

To get the best result you need to remember to do the prework thoroughly. Yes, it is often the most time consuming part that we all want to skip, but when done properly you will have the best and longest-lasting result possible.

1. COLOURS, PAINTS AND TOOLS

TAKE BEFORE PHOTOS Seeing the change from before to after painting is exciting, so take photos before you start!

MEASURE THE SURFACE To calculate how much paint you need, measure the surface area.

PICK A COLOUR So many colours to choose from! See page 10 for our colour guide.

CHOOSE A GLOSS Some paints have various gloss levels you can choose from. Glossier paints are easier to keep clean.

BUY THE PAINT Select the paint to match the purpose, e.g. floor paint to paint floors.

GET THE RIGHT TOOLS High quality painting tools will help you achieve a high quality finish. For water-based paints use synthetic brushes as water causes natural bristles to splay, making painting harder and the result uneven. The pile height of a roller determines whether the finish will be smooth or coarse. Shorter pile results in a smoother finish.

2. PREPARE THE SURFACE

CLEAN THE SURFACE RENSA® SUPER Paint Cleaner is for easy and efficient cleaning of previously painted surfaces. Paint does not adhere properly on a dirty surface, so make sure you clean the surface properly before painting. For new surfaces cleaning off dust and dirt is enough.

REMOVE LOOSE AND POORLY ADHERED OLD PAINT COATS You can't "glue" loose paint back on by painting over it. Take the time to remove all that easily comes off.

FILL AND SAND FOR A SMOOTH SURFACE Paint does not fix an uneven surface. Make sure you have a smooth and even surface to paint; fill any holes and gaps with a suitable SILORA® filler and let the filler dry properly before sanding them smooth. Sand down all other uneven areas. Remove the dust before painting.

USE PROPER LIGHTING Having the light shine from the side can help you spot any imperfections you might want to fix before painting.

PREPPING A DRYWALL

SET AND SPACKLE all screws with SILORA LF filler. Place a paper tape to the joints using SILORA J Joint compound. Press the paper tape to the wet filler and squeeze it down by using a spackle knife. Leave a good amount of filler and make sure there are no air bubbles behind the tape.

ADD A THIN LAYER of SILORA J on top of the paper tape. After drying, light sanding and dust removal, apply a second, wider coat with SILORA LF filler. Let dry, sand and remove the dust before priming.

PRIME the drywall to create an even surface for the topcoat.

3. ALMOST THERE...

READ the instructions on a paint can before starting the work.

STIR STIR STIR! Stir the paint vigorously to ensure the paint and colour are completely and evenly mixed.



RENSA® SUPER needs to dry for only 15 minutes and the surface is ready to be painted. No rinsing with water required. SUPER EASY!



To avoid serious sanding, press the spackle knife sturdily against the surface and wipe off any excess filler.

Every time you use a filler on a previously painted surface, you need to touch up paint those areas to get the whole area evenly absorbing. Just topcoating on a filler leaves the filled areas more matt.

	SUBSTRATE	FINISH	GLOSS	RECOMMENDED TOP COAT	PAGE
CEILING	CONCRETE, FILLER, DRYWALL - DRY SPACES	Opaque	Full-matt	BIORA® PRIMER Primer and ceiling paint	14
				BIORA® AIR CEILING Air purifying interior paint	15
	CONCRETE, FILLER, DRYWALL - HEAVY STRESS AND HUMID SPACES	Opaque	Semi-matt	TIMANTTI® 20 Special acrylate	19
WOOD PANELS	WOOD PANELS	Opaque	Semi-matt	FUTURA® AQUA 20	22
		Translucent	Matt	HELO® SOLANA WAX	20
WALLS	CONCRETE, FILLER, DRYWALL - DRY SPACES	Opaque	Full-matt	BIORA® BALANCE Interior paint	16
			Matt	BIORA® 7 Interior paint	16
				BIORA® AIR Air purifying interior wall paint	18
				BIORA® CLEAN Protective interior wall paint	19
	Semi-matt	BIORA® 20 Interior paint	16		
CONCRETE, FILLER, DRYWALL - HEAVY STRESS AND HUMID SPACES	Opaque	Semi-matt	TIMANTTI® 20 Special acrylate	19	
WOOD PANELS AND LOG	WOOD PANELS AND LOG	Opaque	Semi-matt	FUTURA® AQUA 20	22
		Translucent	Matt	HELO® SOLANA WAX	20
FLOORS	CONCRETE	Opaque	Semi-matt	TEKNOFLOOR® AQUA Floor paint	24
	WOODEN PLANK FLOORS	Translucent	Opaque	TEKNOFLOOR® AQUA Floor paint	24
			Full-matt	HELO® AQUA 5 Varnish	25
			Semi-matt	HELO® AQUA 20 Varnish	25
			Semi-gloss	HELO® AQUA 40 Varnish	25
Gloss	HELO® AQUA 80 Varnish	25			



LONDON CALLING T1515

How much paint to get depends on the surface you are planning to work on. Is the surface rough or smooth? Does the paint need multiple layers to cover what's underneath? Here is your quick guide to the coverage of different paints:

Measure the area you wish to paint. Don't deduct windows or doors - this way you will have a little extra paint to finish the project.

$$\frac{\text{AREA TO BE PAINTED m}^2}{\text{Coverage m}^2/\text{l}} = \text{needed liters of paint}$$

Ensure you have enough for two layers of top coat, so remember to multiply your paint requirement by two.

The consumption depends on the surface roughness, colour and the painter's style, these all affect the amount needed.

Check the spreading rates from the product tables, paint cans or website.

COLOUR GUIDE

When planning your colourscape, take into consideration the surrounding areas. Balanced colours will create a space you'll enjoy spending time in.

WHERE TO START Look for inspiration on social media, magazines, your favourite places. How do you want your space to make you feel? Are you most comfortable when surrounded by muted or bright colours? Do you want the space to feel light or dark, cool or warm, calm or energetic?

GLOSS Paint gloss also affects colour perception. Glossier paints make colours brighter, matt paints soften the finish.

LIGHT Choose the colour in the lighting it will be used in as the colour temperature of artificial lighting affects colour perception.

INTERIOR COLOURS Our range includes 382 colours, but to make it easier for you we have selected 105 of the most beautiful and easy-to-combine colours into our COLOUR YOUR STORY collection. These 105 colours are available as painted paper samples, colour cards and sample paints from your local Teknos supplier.

TRANSLUCENT COLOURS keep the beautiful, natural patterns and grains of wood visible. Get your own Translucent colour card from a local Teknos supplier.

TEST BEFORE THE FINAL DECISION Before making a final decision on a colour, it's a good idea to test the colour on a loose cardboard or panel or even directly to a wall.

Find the colours in digital form at teknos.com/colours



CHECK LIST

PROTECTIVE GEAR

- Protective goggles
- Hat or a scarf
- Gloves
- Long-sleeved top and long trousers

PRE WORK PREPARATION

- Paper towels or cloth
- Protective paper or drop cloth
- Masking tape
- Sturdy ladder or step
- RENSA® SUPER paint cleaner (for previously painted surfaces)
- Filler or caulk
- Spackle knife
- Sandpaper
- Sanding pad
- Brush or vacuum cleaner

PAINTING

- Primer and top coat
- Mixing stick
- High quality tools: brushes, rollers, paint edger tool
- Extension pole
- Paint tray
- Plastic bags (for storing tools and to cover the paint tray)

HOW TO PAINT

1. — **WEAR PROTECTIVE GEAR** Shield yourself from paint splatters: safety goggles, long-sleeved top, long trousers, gloves, hat or a scarf.
2. — **PRIME UNPAINTED SURFACES BEFORE TOPCOATING** Primer ensures a good adhesion and makes the surface evenly absorbing resulting in a more even finish.
3. — **FINISH CORNERS** with acrylic sealant before topcoating if necessary. Let dry properly before painting over.
4. — **START BY LINING THE EDGES** Line the edges from a wall and ceiling one side at a time. Use a high quality brush and a mini roller. This is to first paint the areas a bigger roller can't reach. Wood panels are painted two to four panels at a time from start to finish.
5. — **SPREAD THE PAINT** Load the roller with a generous amount of paint and roll it up and down/back and forth to get an even coat of paint on the surface. Also when brushing use a back and forth movement and then finish with a long stroke.

6. — **THE FINISHING STROKES** To achieve an even texture, make parallel finishing strokes with the roller while the paint is still wet. For walls from bottom to top and ceilings according to the main light. Keep the direction of finishing strokes consistent. This is how you avoid visible lines and ridges.
7. — **ADD A SECOND COAT** Leave the first coat to dry as instructed on your paint can before adding the second coat. For a smoother finish, sand the surface between coats and remember to brush off dust before starting to paint again.

PLAN AHEAD how you are going to proceed with the painting project. If you need to take a break stop at a corner, the end of a panel, window frame or where it is easy to hide a seam.



USE PROPER LIGHTING when prepping and painting. Having the light shine from the side can help you spot any imperfections you might want to fix before painting.



WHEN PAINTING WITH A ROLLER

Keep the roller cage pointing the direction that you are heading. This is because most of the pressure is on that side of the roller. If it is facing the other way, the roller will easily start to draw a line/ridge to the fresh painted area.

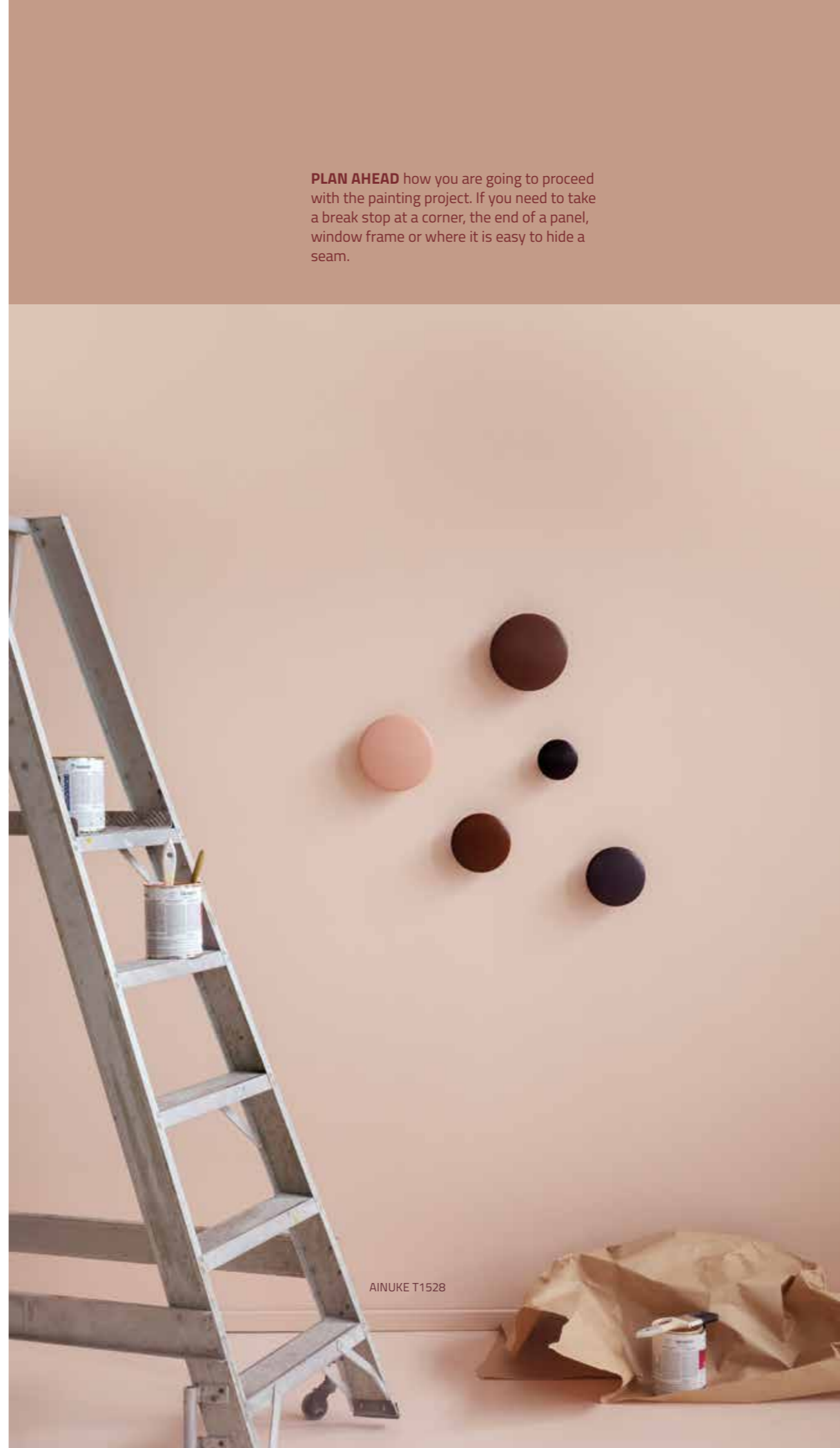
DON'T TRY to make your paint stretch for a bigger area - it will just leave you with an uneven and poor end result. Wet the roller again when it's getting too dry.

KEEP YOUR leading edge wet with paint to avoid stripes and ridges.



USE AN EXTENSION pole for lighter working and better reachability.

STORE THE PAINTING tools in an airtight plastic bag if taking a longer break.



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CEILINGS

CONCRETE, FILLER, DRYWALL
PREVIOUSLY PAINTED SURFACES

BIORA® PRIMER

Primer and ceiling paint

- Beautiful, even finish
- Safe to use
- Great adhesion and base for top coats
- Use as white, or tint to light shades from Interior colours

Gloss	Full-matt
Spreading rate	7-10 m ² /l
Colour	Base 1 (white), can be tinted to light shades.
Overcoatable	1 hour
Package sizes	0,9 l, 2,7 l, 9 l



HOW TO SUCCEED

USE FULL-MATT paint for a finer finish. It doesn't reflect light and makes the space feel calmer.

USE PROPER AMOUNT of paint. Too little amount of paint leads to a bad result.

PAINT ACCORDING TO THE MAIN LIGHT to avoid visible lines and ridges. Remember finishing strokes.



White ceiling paint makes a room feel lighter and more spacious. However painting the ceiling with the same colour as the walls creates a harmonic atmosphere.

FOR BETTER INDOOR AIR

The innovative Nordic Air Purifier Technology of BIORA® AIR is designed to improve the air quality indoors by binding the harmful aldehydes, such as formaldehyde, and neutralizing them. Use in new construction or when maintenance painting.

BIORA® AIR CEILING

Full-matt air purifying interior ceiling paint

Gloss	Full-matt
Spreading rate	5-8 m ² /l
Colour	White
Overcoatable	1 hour
Package sizes	1 l, 3 l, 10 l



If you are only painting the ceiling, cover the walls using a masking tape with plastic sheeting.

WALLS

CONCRETE, FILLER, DRYWALL
PREVIOUSLY PAINTED SURFACES

BIORA® INTERIOR PAINTS

- Allergy friendly
- Responsible choice
- Great coverage
- Tintable to all Interior colours
- Suitable for building boards, drywalls and concrete
- Primer: BIORA PRIMER

Gloss	BIORA BALANCE Full-matt, BIORA 7 Matt, BIORA 20 Semi-matt
Spreading rate	8-12 m ² /l
Colour	Base paints 1 (white) and 3. Can be tinted to all Interior colours.
Overcoatable	1 hour
Package sizes	0,9 l, 2,7 l, 9 l



WHICH GLOSS TO CHOOSE

Glossier paints are easier to wipe clean but you can also affect the room atmosphere with the paint gloss.

KITCHENS AND HALLWAYS: BIORA® 20

- Withstands regular cleaning
- Shows colours in a beautiful way

LIVING ROOM: BIORA® 7

- Easy to clean
- Shows colours in a calm way

BEDROOM: BIORA® BALANCE

- Creates a calm atmosphere
- Softens the colours

FULL-MATT AND MATT PAINTS do not reflect light and therefore they may hide some surface imperfections and unevenness.

GET QUIRKY EFFECTS using the same colour with different gloss levels.

HOW TO SUCCEED

USE PROPER LIGHTING Shine it from a side to spot imperfections.

USE PROPER AMOUNT of paint. Too little amount of paint leads to a bad result.

MAKE PARALLEL FINISHING STROKES from bottom to top while the paint is still wet. This way you will get a beautiful, even surface. Avoid hitting the ceiling.



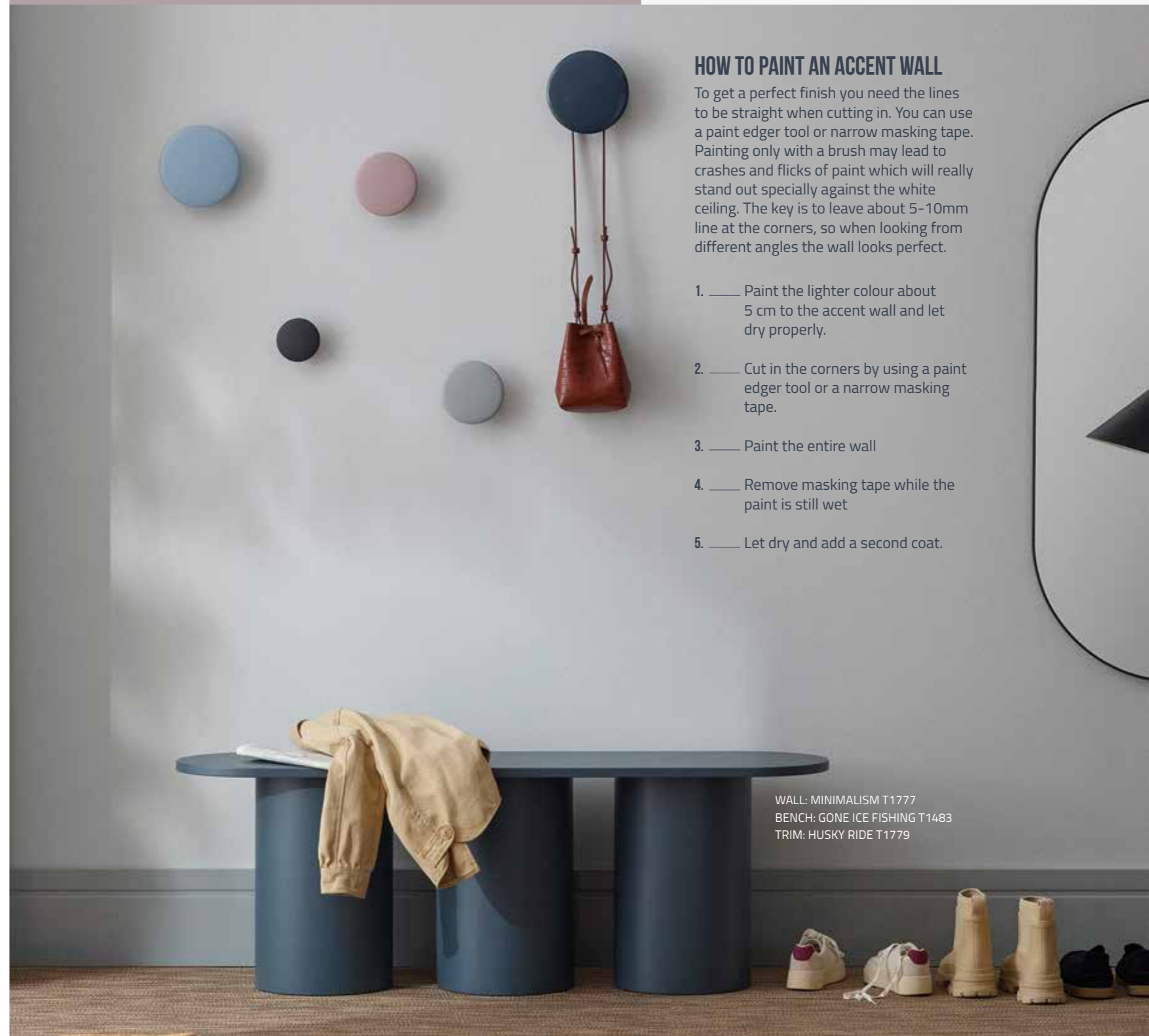
HOW TO GET A PERFECT LINE BY USING MASKING TAPE

Place the masking tape firmly on the surface. Paint a little bit over the masking tape with the base colour and let it dry to touch-up-dry. Topcoat the whole area with your desired colour and remove the tape while the paint is still wet. Perfect!

HOW TO PAINT AN ACCENT WALL

To get a perfect finish you need the lines to be straight when cutting in. You can use a paint edger tool or narrow masking tape. Painting only with a brush may lead to crashes and flicks of paint which will really stand out specially against the white ceiling. The key is to leave about 5-10mm line at the corners, so when looking from different angles the wall looks perfect.

1. ____ Paint the lighter colour about 5 cm to the accent wall and let dry properly.
2. ____ Cut in the corners by using a paint edger tool or a narrow masking tape.
3. ____ Paint the entire wall
4. ____ Remove masking tape while the paint is still wet
5. ____ Let dry and add a second coat.



WALL: MINIMALISM T1777
BENCH: GONE ICE FISHING T1483
TRIM: HUSKY RIDE T1779

WALLS

CONCRETE, FILLER, DRYWALL
PREVIOUSLY PAINTED SURFACES

FOR BETTER INDOOR AIR

We spend around 90% of our time indoors, so the quality of the air we breathe significantly impacts our wellbeing. The innovative Nordic Air Purifier Technology of BIORA® AIR is designed to improve the air quality indoors by binding harmful aldehydes, such as formaldehyde, and neutralizing them. Use in new construction or when maintenance painting.

BIORA® AIR

Matt air purifying interior wall paint

Gloss	Matt
Spreading rate	8-10 m ² /l
Colour	Base paints 1 (white) and 3. Can be tinted to all Interior colours.
Overcoatable	1 hour
Package sizes	0,9 l, 2,7 l, 9 l



FOR BETTER HYGIENE

BIORA CLEAN contains antimicrobial Biocote® technology which protects your home by creating a surface upon which microbes cannot survive. It is a durable paint that withstands frequent cleaning keeping the sheen and the colour beautiful. It is the easy and safe choice to keep your home cleaner.

BIORA® CLEAN

Matt protective interior wall paint

Gloss	Matt
Spreading rate	6-8 m ² /l
Colour	Base paints 1 (white) and 3. Can be tinted to all Interior colours.
Overcoatable	1 hour
Package sizes	0,9 l, 2,7 l, 9 l



HUMID SPACES

In spaces with high humidity levels, the durability of paint requires special properties. TIMANTTI® 20 is mildew resistant so it can be used in spaces with high humidity such as laundry rooms and bathrooms. It can also be used in dry spaces which require high durability.

TIMANTTI® 20

Durable interior paint

Gloss	Semi-matt
Spreading rate	8-10 m ² /l
Colour	Base paints 1 (white) and 3. Can be tinted to all Interior colours.
Overcoatable	2 hours
Package sizes	0,9 l, 2,7 l, 9 l, 18 l



TRANSLUCENT FINISH

Waxes and varnishes leave a translucent, natural-looking finish that allows the beautiful woodgrain to still be seen. You can also choose a suitable colour from the Translucent colours card. To achieve a professional-quality translucent finish, you need the right tools and technique.

HELO® SOLANA WAX

Matt log wax

HELO SOLANA WAX has a strong UV-protection keeping the wood light and fresh for years. Use untinted or choose a colour from Translucent colours card.

Gloss	Matt
Spreading rate	10-14 m ² /l
Colour	Clear, can be tinted to translucent colours.
Overcoatable	1 hour
Package sizes	0,9 l, 2,7 l, 9 l



THE BEST TIME TO PAINT WOOD

Wood is known to swell and shrink depending on air humidity and temperature.

The best time to paint wood is when the humidity is low and the wood is in its shrunken state. This way you ensure all parts are painted even when the wood continues to do its thing. If you paint when the wood is swelled up, the unpainted strips come visible when the wood shrinks. It's a good idea to paint any new panelling before installation.

HOW TO SUCCEED – TRANSLUCENT FINISH

FOLLOW THE GRAIN Paint in the same direction as the grain for a natural and even finish.

BRUSH AND FINISH Brush the wax into the wood with a consistent back and forth movement coating 2-4 panels at a time. Always make a finishing stroke by lightly moving the brush over the freshly painted area and lifting it up like an airplane so there will not be a visible brush mark. Don't let the lead end dry as otherwise there will be a double application which will make the surface looking uneven.

STIR the wax once in a while during working as the tinting pastes may fall to the bottom of the paint which can making the colour uneven.

PRACTICE the application on a loose panel or on a spot that won't be visible, like the back of a cabinet.



OLD, YELLOWED WOOD will not turn light and fresh by coating it with white-tinted wax. Instead consider painting it completely opaque.

WOOD

WOOD PANELS AND LOG

OPAQUE FINISH

FUTURA® AQUA 20

Top coat for wood

- Highly durable
- Easy application
- Smooth finish
- Both for dry and humid spaces

Gloss	Semi-matt
Spreading rate	8-10 m ² /l
Colour	Base paints 1 (white) and 3. Can be tinted to Interior colours.
Overcoatable	8 hours
Package sizes	0,45 l, 0,9 l, 2,7 l, 9 l



CHOOSE A BRUSH according to the width of the panel.

AGED WOOD?

Wood tends to darken and turn yellow over time. Attempting to make darkened wood look lighter by using wax or a light-tinted varnish may not give the desired result. It will likely look worn or tired. If you are aiming to lighten the space, consider painting the wooden ceiling and window frames with opaque white and further darken the walls with wax or varnish with a warm brown shade. Or choose the desired colour from our Interior colour card and use FUTURA AQUA 20 for an opaque finish.

HOW TO SUCCEED — OPAQUE FINISH

PRIME once with FUTURA® AQUA PRIMER.

PANEL JOINTS may become visible after the first coat of paint when painting dark panels with a lighter shade. Use acrylic sealant to cover these gaps. Let the sealant dry properly before applying the top coat.

THE NUMBER OF COATS depends on the darkness of the wood and desired colour. Let the paint dry properly between coats.

USE A MINIMAL AMOUNT of paint to prevent dripping.

FLOORS

CONCRETE AND WOODEN PLANK FLOORS

OPAQUE FINISH FOR CONCRETE AND WOODEN PLANK FLOORS

TEKNOFLOOR® AQUA

Floor paint

- Semi-gloss finish, opaque finish
- Both for concrete and wooden plank flooring
- Tintable to interior colours

Gloss	Semi-gloss
Spreading rate	10-14 m ² /l
Colour	Base 1 and base 3, can be tinted to Interior colours.
Overcoatable	1 hour
Package sizes	0,9 l, 2,7 l, 9 l



HOW TO SUCCEED WITH TEKNOFLOOR AQUA

REMOVE LAITANCE from new concrete floors with RENSA® ETCHING to improve adhesion.

PRIME UNPAINTED concrete/wooden surfaces with 5-10% diluted TEKNOFLOOR® AQUA.

TOPCOAT 1-2 times.

LET DRY PROPERLY The paint is fully cured in 7 days. Avoid heavy traffic during that period.



GIGGLE T1576



WATER-BASED paints and varnishes can make the wood fibers stand up. To achieve a smoother finish, sand the floor between the first and second coat. Let the first coat dry before sanding, then clean the dust before applying the second coat.

TRANSLUCENT FINISH FOR WOODEN PLANK FLOORS

HELO® AQUA varnishes can also be tinted to the desired colour found in our Translucent colour card. To get an even finish use a brush and paint according to the direction of the woodgrain one or two planks at a time.

HELO® AQUA

Varnishes

- Highly durable
- Dries quickly
- Low emissions
- Tintable to Translucent colours
- Both for interior and exterior use
- Multiple uses for wooden surfaces: furniture, window frames, mouldings, doors, wooden plank floors, stairs, walls and ceilings.

Gloss	HELO® AQUA 5:full-matt, HELO® AQUA 20: semi-matt, HELO® AQUA 40: semi-gloss, HELO® AQUA 80: gloss
Spreading rate	7-12 m ² /l
Colour	Clear, can be tinted to translucent colours.
Overcoatable	1 hour
Package sizes	0,9 l, 2,7 l, 9 l



HOW TO SUCCEED WITH HELO® AQUA

APPLY varnish according to the direction of the woodgrain.

PRIME untreated wooden plank floors with 15% diluted HELO® AQUA 80. Sand lightly before next treatment.

MAKE THE COLOURED TREATMENT by brushing a few planks at a time from start to finish without letting the lead end dry. Remember finishing strokes.

FINISH with 2-3 coats of 10% diluted clear HELO® AQUA with the desired gloss. Sand lightly between coats if necessary.

AVOID HARD abrasion two weeks after treatment.

AFTER PAINTING

WASH YOUR TOOLS If using a roller, scrape off any extra paint back into the paint tin using a mixing stick.

Wash your tools in a separate container. The washing water should be recycled as hazardous waste. For an even cleaner result, use the biodegradable RENSA® BRUSH cleaning agent.

RECYCLE Recycle the leftover paint as hazardous waste or give the rest to a neighbour or friend. Recycle empty and dry cans according to their material.

TAKE AFTER PICTURES Take photos of your newly-painted project and share with us on social media @teknospaints

BE PATIENT It takes up to four weeks for the paint to really cure and reach its optimum durability. Always use a neutral detergent when cleaning painted surfaces and test the detergent on a small area first.



DIMMA PÅ HAVET T1772, HELLO DARKNESS T1756

CONTACT US

Interested in learning more?
Go to www.teknos.com

**WE MAKE
THE WORLD
LAST
LONGER**