

Sprucing up kitchens & bathrooms in a single weekend

Why suffer through a long and expensive kitchen or bathroom remodeling project when you can give these rooms a quick facelift over a weekend? Dingy cabinets and dull appliances can be spruced up without being replaced or refinished professionally. All it takes is some spray paint and DIY pointers.

"With fewer tools and less clean-up than traditional painting, you can easily give your home a professional looking upgrade using spray paint," said Jane Ryder, Category Manager at Valspar. "Spray paint is not just for wicker furniture anymore. It has incredible versatility -- you can create an antique crackle vase, suede DVD rack or chalkboard all with spray paint."

Jazz up your kitchen or bath with these projects:

Refresh Kitchen Cupboards

If your existing kitchen cupboards need upgrading, simply spray paint them to get the appearance of new units. This works best on cupboards and drawers made of MDF, pressboard or melamine.

- All you need is coarse sandpaper,

newspaper, a screwdriver, masking tape and the right spray paint, such as Valspar's Cupboard Colors.

- Remove drawers and doors and strip off hardware including handles. If handles are glued on, wrap them with masking tape. Sand units with rough or damaged surfaces.
- Clean surfaces with a damp, soapy cloth to remove grease. Rinse and let dry.
- Lay down newspaper and make sure workspace is well-ventilated.
- Spray unit fronts with several thin coats of paint in a color of your choice, leaving five minutes between coats. Follow instructions on the can for the perfect finish
- Once fully dry, reassemble units.

Silver Appliances

White appliances can look stark in a kitchen full of warm colors. Give that refrigerator an upgrade by "silvering" it yourself.

- You need newspaper, masking tape, and special spray paint, such as Valspar's Stainless Steel Appliance paint, which can be used on most metal surfaces except sinks, ovens, stovetops or any surface that reaches

over 200 degrees Fahrenheit.

- Empty and unplug the fridge. Remove it from the kitchen to a well-ventilated space with room for you to reach the sides. Mask the surrounding area with newspaper.
- Wash the outside of the refrigerator with hot, soapy water to remove grease or grime, then rinse.
- Once dry, use masking tape to shield handles, gadgets or other areas from the paint.
- Spray the front, sides and top. Several thin coats will give the best result.

Frost Glass Doors

An old, glass cabinet can easily be turned into a bathroom centerpiece by frosting its windows with Valspar Glass Frosting, available at your local hardware store.

- You'll need sandpaper, masking tape, newspaper, colored spray paint and Glass Frosting spray paint.
- Make sure the glass is clean, dry and free from grease.



- Lightly sand the cabinet to remove flaking paint, then remove dust with a damp cloth.
- Once dry, use a paper cut out or masking tape on the glass doors to create a design. Wherever there is tape or paper, the glass will remain clear.
- Spray very thin coats of Valspar Glass Frosting paint and allow to fully dry.
- Cover the glass with newspaper

- and masking tape, masking off handles or key mountings.
- Spray the cabinet with colored spray paint using thin coats. You could also spray the inside for a neat effect through the frosted glass!
- Remove the tape and newspaper when dry.

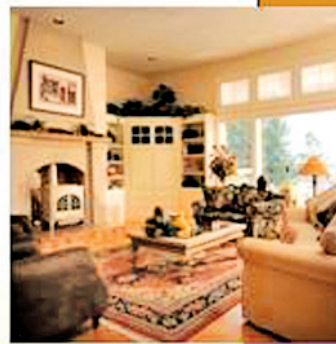
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