Supplies:

One-Step Tie-Dye Kit (available online or at big box retailers)
Shirt/Item to Tie Dye (cotton works best)

Step by Step Instructions:

1. Before you start tie dyeing, make sure to wash your fabric item. Then grab your damp fabric directly from the washer and prep it for dyeing.

2. Lay your damp fabric out flat on your covered work surface and pinch it at the center of where your tie-dye spiral pattern will start. It doesn’t have to be in the middle of the fabric, it can be anywhere! Twist until all fabric is in a spiral shape.

3. Once your fabric is twisted into a tight spiral, wrap 3 to 4 rubber bands around it to secure. Crisscross the rubber bands to create 6 to 8 wedge shapes for adding tie dye.

4. Mix your desired tie-dye colors according to instructions. With a spiral tie-dye pattern, you can use as many dyes as wedge shapes you have, or you can use as few as one dye color. Have fun and experiment - there's no wrong way to tie dye! Apply tie dyes to wedge shapes, then flip spiraled fabric over and repeat on backside and sides.

5. Let your tie dye set for 6 to 8 hours or longer for the dye to fully set. Tip: place in a sealed zipper bag or cover with plastic to keep damp while the dye processes for best results. After the dye has finished setting, launder according to instructions.