

DTF TRANSFER

Application Guide
mycustomlook.com

Thank you for ordering DTF transfers from **My Custom Look**. This guide covers everything you need to apply your transfers at home using a domestic iron or heat press.

What is a DTF Transfer?

DTF stands for **Direct to Film**. Your design is printed onto a special film with a white underbase and heat-activated adhesive powder. When heat and pressure are applied, the design permanently bonds to the fabric. Works on cotton, polyester, blends, denim, nylon and most fabrics — light and dark.

What You Will Need

- ✓ Your DTF transfer (supplied by My Custom Look)
- ✓ A domestic iron OR heat press
- ✓ A clean, flat, hard surface (ironing board with hard backing or table)
- ✓ A thin cotton cloth or Teflon sheet (protects the transfer)
- ✓ The garment you want to apply the transfer to

Temperature & Time Guide

Method	Temperature	Time	Pressure
Domestic Iron	160–170°C (Cotton/Linen setting)	15–20 seconds firm pressure	Firm — lean your weight in
Heat Press	160°C	10–12 seconds	Medium-high 40–60 psi
Steam Iron (no steam)	160°C	18–22 seconds	Firm — no steam holes

Important: Every iron is different. Start at the lower temperature and test on scrap fabric first. Never use steam.



Step-by-Step Application

01

Pre-heat your garment

Lay your garment on a flat, hard surface. Briefly iron the area for 3–5 seconds to remove moisture and wrinkles. This helps the transfer bond better.

02

Position your transfer

Place the transfer FACE DOWN on the garment in the position you want. The printed side goes against the fabric — the plain white backing film faces upward.

03

Cover with a cloth or Teflon sheet

Place a thin cotton cloth or Teflon sheet over the transfer. This protects both the transfer and your iron. Never apply the iron directly to the film.

04

Apply heat and firm pressure

Press your iron firmly and evenly for 15–20 seconds (domestic iron) or 10–12 seconds (heat press). Hold still — do not move the iron around. Lean your weight in.

05

Peel the film

HOT PEEL: Peel immediately while still hot, from one corner. COLD PEEL: Allow to cool completely (1–2 minutes) before peeling slowly. Check your transfer packaging — it will be marked HOT or COLD PEEL.

06

Re-press for best results

After peeling, place the cloth or Teflon sheet back over the transfer and press again for 5–8 seconds. This seals the edges and greatly improves wash durability.

Fabric Compatibility Guide

Fabric	Compatible?	Notes
100% Cotton	✓ Excellent	Best results — ideal surface
Polyester	✓ Excellent	Great for sportswear
Cotton/Poly Blend	✓ Excellent	Most popular garments
Nylon	✓ Good	Lower temp 150°C recommended
Denim	✓ Good	Press firmly, slightly longer time
Fleece / Knit	✓ Good	Use hard surface inside garment
Leather / Faux Leather	✓ Good	Test first, use Teflon sheet
Silk / Satin	■ Test first	Use lowest temp, short press
Waterproof / Coated	✗ Not recommended	Coating prevents adhesion
Heavily textured	✗ Not recommended	Uneven surface — poor bond

Washing & Care Instructions

- ✓ Wash inside out at 30–40°C maximum
- ✓ Machine wash on a gentle or delicate cycle
- ✓ Use a mild detergent
- ✗ **Do NOT use fabric softener — softener breaks down the transfer adhesive over time**
- ✓ Tumble dry on LOW heat only
- ✓ Iron inside out only — never iron directly over the transfer
- ✗ **Do not dry clean**
- ✓ Wait 24 hours after application before first wash

Troubleshooting

■ Transfer not sticking / lifting at edges

Temperature too low or pressure insufficient. Increase temp slightly and press again for 5 extra seconds with firm pressure on a hard surface.

■ Design looks faded or dull

For hot peel — peel immediately while hot. Re-press for 5–8 seconds and try again.

■ Film difficult to peel

Cold peel — ensure fully cooled first. Hot peel — peel immediately while still hot.

■ Bubbles or uneven adhesion

Uneven iron pressure. Press in overlapping sections. A heat press gives more consistent results.

■ Transfer cracking after washing

Washed too hot or too soon. Wait 24 hours before first wash. Wash at 30°C inside out. Avoid fabric softener.

■ Garment scorched or shiny

Temperature too high. Always use a Teflon sheet or cloth. Reduce temperature.

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