

How to paint your kitchen cabinets.

No Sanding!

**PRODUCT LIST AND
PRINTABLE DIRECTIONS**

The Homebody Life

THEHOMEBODYLIFE.COM

HOW TO PAINT CABINETS

Without Sanding

Product list - Most purchased at Lowe's

- Valspar Bonding Primer
- Valspar Cabinet & Furniture Enamel (I used Semi-gloss)
- Wood Filler - DAP Plastic Wood or Minwax (Home Depot)
- Painter's Tripods
- Painter's Tape
- Trim Paint Brush (2")
- Foam Brushes (for touch ups)
- Foam Roller (4")
- Painting trays
- plastic grocery bags
- Painting Tarp (or old blankets)
- Screw driver or drill
- Good music or podcast!

The amount of paint and primer depends on the size of your kitchen and how many coats you apply. My local Lowe's only carried the pint size of the enamel paint and I ended up purchasing 3 pints of white for the uppers and three pints of grey for the bottom cabinets and island. I would have bought a gallon of each to save some money if they carried them.

I did have some paint left over, which is great for any future touch ups, and or other cabinets (I used on some bathroom cabinets too!) We also plan to add cabinets in the future.

Step 1: Prep Work

I am not going to lie...this is my LEAST favorite part. The same with any painting project, the prep to get ready can sometimes take longer than the actual painting.

- Remove all of the cabinet/drawer fronts and hardware. Put them in a tupperware container or storage bag so you do not lose any pieces.
- Label all of the cabinet doors so you know where to hang them when you are finished. Number them starting from the left and write the # in the hole for the hinges, you will not be painting this area.
- Place a piece of tape on the back of the drawer front and write the number, this will be covered when you reattach.
- CLEAN, CLEAN, CLEAN. I use TSP cleaner for all of my furniture and cabinet painting projects. It gets off all of the grime and grease, which builds up over the years, especially in a kitchen.
- Mix the TSP with water (follow ratio directions) in a spray bottle and use this with a textured rag to deep clean all the cabinet doors and base cabinet frames.
- Use painters tape to tape off any areas you will not be painting. I chose not to paint the inside of my cabinets or the shelves so I used the tape to create the barrier between the frame of the base cabinet and the inside shelving.

- Other areas to tape or cover:
 - Refrigerator
 - Range hood or Microwave
 - Floor - if you are painting your toe kicks
 - Wall next to the end cabinets
- If your new pulls are a different measurement you will need to use the wood filler and then sand the old holes before priming.

Step 2: Prime Time!

Yes! You made it past the dreaded prep work. Now the fun begins where you start to actually see the transformation!

The priming step is important to ensure the paint sticks to your cabinets and to avoid chipping or scratching. Kitchen cabinets take a lot of wear and tear, so creating this bonding primer layer will ensure your paint remains intact for years of use.

I always start on the backs of the cabinets (2 coats) before flipping over to the front. This endures any dents or imperfections which may occur from the painting pyramids will be on the inside face.

- use a paint brush to go around the border, this helps push the paint into any cracks or indentions.
- Then take the foam roller and roll the primer on the flat middle panel and the outside frame. I also roll over the side edges of the cabinet face, making sure to smooth out any drips or excess.

Priming Continued:

- After the first coat, wait the recommended time before repeating a second coat. I only needed two coats. If you have a darker wood that still shows through after two coats, repeat another coat until the cabinet is a solid white.
- For the cabinet frames, use the paint brush for all of the inside frame detail, you can use the roller for the ends of the cabinets and the outfacing frames.

Tip: I purchased the foam brushes to help smooth out any brush or roller marks after each coat.

- Once the second coat is dry, flip the cabinet doors over and repeat on the other side. Be mindful of the cabinet edges, so the paint is not too heavy. You may want to do one pass while on the backs of the cabinets, and the other coat while painting the face of the cabinets.

Tip: Take this time to inspect all of the cabinets and make sure there are not any drips or dust anywhere. This is the time to make corrections, before painting. If you find a drip mark or blemish, smooth out with fine sandpaper. You may have to touch up the primer in this area if disturbed.

Congratulations!

You are now ready to move on to painting!

Step 3: Home Stretch!

This is the exciting part where you really see your cabinets transform! Unlike the primer, the paint has a glossy and more finished look.

IMPORTANT: *Wait until the primer is completely dry before painting.*

- *Follow the same steps as the priming, start on the backs of the cabinets and complete two coats. Flip doors/drawers over and do the same on the front.*
- *Use the paintbrush around the framing of the doors/drawers and the roller on the flat surfaces.*
- *Avoid globs and drips by using thinner coats. This paint is self leveling, so brush marks are not as noticeable. (use foam brush as needed).*
- *Wait to dry and repeat for 2 - 3 coats depending on your coverage.*
- *Paint the cabinet frames using a brush and foam roller.*
- *Once all coats are complete, carefully remove the tape from frames. You do not have to wait until dry, the tape is easier to remove when still wet.*

Tip: *You may want to use a razor to cut along the tape before removing. Sometimes the tape can pull away any paint/primer that has dried which will result in touch ups.*

IMPORTANT: Wait for the paint to COMPLETELY dry before attempting to hang or add hardware.

Finishing Up:

When you are ready to hang your doors back up, follow your numbering system. Attach the hinges first to the cabinet doors and then to the frame. If you have three hinges per door, it is easier to attach the middle hinge first, especially if you don't have someone to hold them.

New hardware holes?

Get a cabinet hardware template (Amazon or any hardware store). This template will map out where you need to drill based on the measurement of your pulls. Drill the new holes and then attach your new beautiful hardware.

Toe Kicks

If you have wood toe kicks, I would recommend painting these to match the bottom cabinets, otherwise they stand out against the new clean look. Ours were already removed from replacing the floors, so we ended up installing matching trim from the rest of the house and painting it to match the lower cabinets.

Upgrades:

These are items we hope to update in the future:

- Soft-close hinges
- Soft-close drawer tracks
- Upper cabinets (extend to ceiling)
- New range hood encasement
- Under cabinet lighting