**Gel Plate**

4 tablespoons Gelatine (28 gms or 4 satchets)

½ cup glycerine

1 cup hot water

1. Place Glycerine into dish
2. Tip gelatine on top and stir
3. Add hot water and stir
4. Pour into clean bowl
5. Leave to set in fridge for 2-4 hours

or overnight - no need to fridge