Walls
Put a two inch width of masking tape along the ceiling where it meets the wall, and also on the top of the skirting. Remove any light switches and socket covers, as you can just roller on over the holes as you pass down the wallBefore you start on your wall I really recommend you practice the technique on a bit of hardboard, large pieces of paper, or on the walls you are intending on rollering before they are painted with the base colour. This is especially important if you are planning on doing a repeat pattern.

ONLY USE WITH DEAD FLAT MATT PAINT, WITH NOT EVEN A HINT OF VINYL SHEEN

Wood
For wood and furniture I only really recommend using the Annie Sloan paints (anniesloan.com). If you are using other paints it must be absolutely matt, not eggshell. If the surface is very smooth, you might need to give the surface a slight key with sandpaper to stop the roller slipping. Apply the paint in different directions so that the surface is not too smooth. Remember the surface being rollered needs to be in the upright position. I recommend choosing pieces of furniture without panelling, as its difficult for the roller to get tight into corners. Finish the paint with a bees' wax.

Paper
Tape the paper on to a wall or an absolutely upright piece of hardboard and roller in the same way as described for walls.

THE SYSTEM
Before you start, put the design roller into the elongated slots in the handle bracket. It should spin freely, however if the bracket seems a bit too tight, gently pull the arms of the bracket apart to loosen it. Each of the design rollers varies slightly in length. Put the foam roller into the middle of the three holes in the handle bracket. Make sure it is fully dry from previous use. As it is made from a high density foam it can carry a lot of paint. Rather than using a paint tray, pour some paint on to a flat piece of board. Roll the roller back and forth until it has taken up all the paint, and continue to add more paint until you can see the colour has moved deep into the foam. Roll it on a piece of newspaper to remove excess surface paint. Now put the design roller into the elongated slots. Turn it so the pattern is covered with a thin layer of paint. Roll off the excess paint on a piece of paper and you are ready to go!

All patterns can be applied in either a repeating pattern, resembling wallpaper, or a non-repeating fashion. To achieve a repeating pattern (which particularly suits designs nos. 1, 3 & 6) mark the roller with a minus near its end at one point, then halfway around in the same position on the roller mark it with a plus. Start the first pass with the plus mark pointing upward, and the next pass with the minus pointing up, and so on alternating as you move across the wall.

How to video: http://www.youtube.com/watch?v=CF2U1qUX05w
Always start working from the upper left corner, passing from the top to the bottom in vertical columns, and moving across the wall towards the right side. Use the left side of the wall as a vertical guide. Hold the applicator with the handle at 45 degrees to the wall and maintain that angle, keeping an even pressure, as you run the roller down the wall. Remember to alternate if doing repeat pattern. Allow the next pass to touch and slightly overlap the previous pass, so as to avoid gaps in the pattern.

There should be sufficient paint for 2-3 passes of the more detailed designs, and 4-5 of the simpler designs. To maintain an even density to the pattern, recharge accordingly, and do not try and make the paint go further as the pattern will get paler. On the first pass after recharging, use slightly less pressure when applying the roller, observing how it compares to the previous pass so that they blend seamlessly. If the paint starts to run out mid pass, mark the point of the roller in contact with the wall, recharge, and return with the roller starting where it left off.

If you struggle with lining up by eye you can use a lazer guide, I recommend the Strait-Line Lazer Level 30, available on Amazon. Don’t worry if it’s not exactly straight, as the eye will not notice small differences once the entire wall is painted.

How to video: http://www.youtube.com/watch?v=CF2U1qUX05w

When a small strip of unpatterned wall remains at the right hand end, leave that and carry on with the rest of the room. When you come back to these unpainted sections, cover the patterned area with pieces of old newspaper, leaving about quarter of an inch still showing, so that when it comes to rollering it you can overlap the design slightly. If you get funny little spaces around windows and doors, they can be filled by simply turning the applicator sideways.

Cleaning

Wash the design rollers in warm soapy water as soon as you have finished with them, taking care when removing the central dowels. Do not leave them immersed in water, and let them air dry on a cloth not touching anything else. Store them wrapped in an old tea-towel, ensuring they are not squashed. To clean the foam roller, slip the foam off the dowel, then you can squeeze but not wring it out under water until the water runs clear. Only reuse when the rollers are fully dry.