

Moulage Recipes

"Schkin" – simulated skin:

In a large bowl, mix together (2) 13 oz. petroleum jelly, (3) 16 oz. solid cornstarch, 2-5 TBS cocoa powder (depending on color). You don't want it too sticky or too dry. You can start out mixing it with a spatula, but eventually will need to put on rubber gloves and get your hands in it to get it mixed all the way through. It is easier to clean up with paper towels, first, then try and wash your hands with soap and water.

*We experimented with some of the moulage recipes during our recent exercise (South High) and found that schkin works extremely well if you heat it in a saucepan to about 200 degrees while mixing occasionally....then let it cool and it is similar to playdoh and will stay pliable for days. Cool stuff.

Thin Blood:

Mix together 16 oz of liquid starch with 3 oz. of RED food coloring and 1 oz. of YELLOW food coloring.

Medium Blood:

Mix 2-5 oz. of Karo Syrup with 10-20 drops of red food coloring, 3-5 drops of blue food coloring and 5 drops of yellow food coloring.

Thick Blood:

The best coagulated blood is to order powder blood and methyl cellulose from Simulaids (271 Tinker Street, Woodstock, NY 12498, phone: 800-431-4310, www.simulaids.com). Each pouch will make one gallon of liquid blood. It is recommended that you use only small amounts of the powder in squeeze bottles rather than make the entire packet at one time. Small pumps can be purchased or you can make your own with a baggie with a release clip. Small flow, large flow, or gushers – your imagination is your only restriction.

Sweat:

People in shock break into cold sweats, which should be simulated. To do this, combine three parts glycerin (available at drug stores) with one part water in a dropper or spray bottle. You can enhance the effect if you apply a thin layer of cold cream before you spray your mixture on the patient. You can also just use a cotton ball dipped into the mixture if you don't have a spray bottle.

Saliva & Sucking Chest Wounds:

Mix Alka-Seltzer in your mouth or crush it in a wound on the chest.

Vomit:

As unpleasant as it sounds, vomitus can easily be simulated with the use of instant flavored oatmeal, such as raisin and cinnamon oatmeal, or any flavored oatmeal with a small amount of water added. The substance of vomitus largely depends on the stomach content, but simulation can produce the general character.

Bile:

To simulate bile from an empty stomach, use a fine grain wheat cereal with a drop of yellow food coloring.

Red makeup:

Gently heat old red/red-like lipsticks and mix all together. Put in a container with cover.

Bruise:

Crumble old eye shadows together until like a fine powder. Use rouge brush to apply.