FOIL

Use steel foil if you can find it.

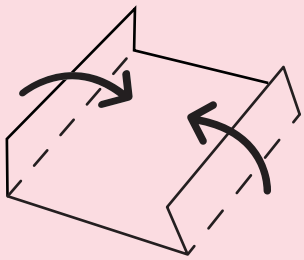
Avoid thin foil with plastic coating—it's too weak for chasing and the plastic coating can be harmful.

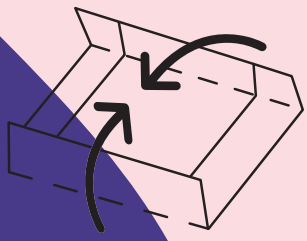
1. Prepare two foil rectangles that are about 6" x 5" (the length and width of your hand).
2. Run both sheets over a flame to burn off harmful chemicals.
3. Use one to piece to chase and one for a straw.

FOIL

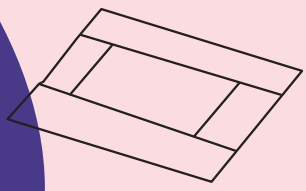
Make a straw out of foil to create a reservoir and catch the resin.

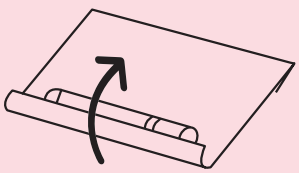
1. Smooth out sheet of foil. Fold the long sides inward about ½ inch from the edge.
2. Do the same with the short sides and fold them inward ½ inch.
3. Turn the foil over (smooth side up) and roll it around a pen to make a straw.
4. Use the straw to chase.

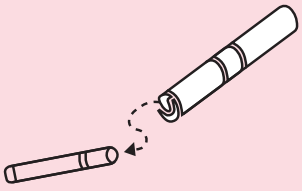




When you are done, unfold your foil to smoke the residue. Residue can be strong so go slow because you can still OD.







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