Materials:

* Oil paints
* Brushes (various sizes and shapes)
* Palette
* Mineral spirits or odorless paint thinner
* Paper towels
* Canvas (primed is recommended)
* Reference photos (optional)

Steps:

1. Prepare your canvas. If you are using a primed canvas, you may not need to gesso it. However, if you are using an unprimed canvas, you should gesso it first. This will help to prevent the paint from soaking into the canvas and will give your painting a smooth surface to work on.
2. Choose your subject. You can paint anything that you like, but some popular subjects for oil painting include landscapes, portraits, and still lifes.
3. Start by sketching your subject lightly on the canvas. This will help you to get the proportions right.
4. Once you are happy with your sketch, start to add details using the oil paints. You can use different types of brushes to create different textures and effects.
5. If you make a mistake, you can usually erase it with a paper towel. However, be careful not to erase too much, as this can damage the canvas.
6. Let your painting dry completely before displaying it.

Tips:

* Oil paints are slow-drying, so you have time to work with them. However, this also means that you need to be patient and take your time.
* Don't be afraid to experiment with different techniques. There are no rules when it comes to oil painting, so have fun and see what you can create.
* Let your creativity flow! Oil painting is a great way to express yourself and your unique artistic vision.
* Use high-quality oil paints. This will help to create smooth, even washes of color.
* Use a good quality canvas. This will help to prevent the paint from cracking or flaking.

Here are some additional tips for oil painting on canvas:

* Use a high-quality canvas that will not warp or crack.
* Choose oil paints that are the right consistency for your project. Thicker oils are better for creating bold strokes, while thinner oils are better for creating smooth blends.
* Experiment with different brushes to create different textures and effects. A round brush is good for creating smooth, rounded shapes, while a flat brush is good for creating flat, even strokes. A filbert brush is a good all-purpose brush that can be used for both smooth and textured strokes.
* Don't be afraid to use white space. White space can be just as important as the oils themselves.
* Take your time and enjoy the process! Oil painting is a great way to relax and de-stress.