



EYE MASK PATTERN

THINGS YOU NEED

*2 FAT QUARTERS OR 2 - 10" SQUARES OF COORDINATING FABRICS

*2 FAT QUARTERS OR 10" SQUARE FOR INNER LINING

*1/2 CUP OF EACH RICE AND FLAX OR LAVENDAR

*9" OF TWILL TAPE OR RIBBON

PRINT AND CUT OUT PATTERN

USE 100% COTTON FABRIC AND THREAD

OPTIONAL

ESSENTIAL OILS

30" OF TRIM

THANK YOU SEW4HOME FOR THE PDF EYE PILLOW PATTERN



DIRECTIONS



- LAYERING THE FABRIC- 1ST FABRIC IS LINING, NEXT 2 ARE THE MAIN FABRICS RIGHT SIDES TOGETHER, TOP LAYER WILL BE LINING FABRIC.
- CUT PATTERN PIECES- PIN PATTERN TO FABRIC STACK, AND CUT THROUGH ALL 4 LAYERS. YOU CAN CUT EACH LAYER SEPARATELY AND RE-LAYERED IF YOU FEEL MORE COMFORTABLE DOING THAT.
- MARK TAB PLACEMENT DOTS ON LAYER 2 (MAIN FABRIC).
- FOLD TWILL TAPE OR RIBBON IN HALF AND CUT SO YOU HAVE 2 - 3" PIECES.
- ALIGN TWILL/RIBBON TABS WITH DOTS AND PIN BETWEEN LAYERS 2 AND 3 (MAIN FABRIC THAT ARE RIGHT SIDES TOGETHER). MAKE SURE TABS ARE FACING INWARD.
- OPTIONAL - PIN TRIM AROUND OUTSIDE EDGES ALSO BETWEEN LAYERS 2 AND 3 (MAIN FABRIC THAT IS RIGHT SIDES TOGETHER).
- PIN/CLIP ALL LAYERS TOGETHER. YOU CAN SEW A SCANT 1/4 BASTING STITCH TO HOLD EVERYTHING IN PLACE. MAKING SURE TO LEAVE A 2" OPENING FOR TURNING RIGHT SIDE OUT.

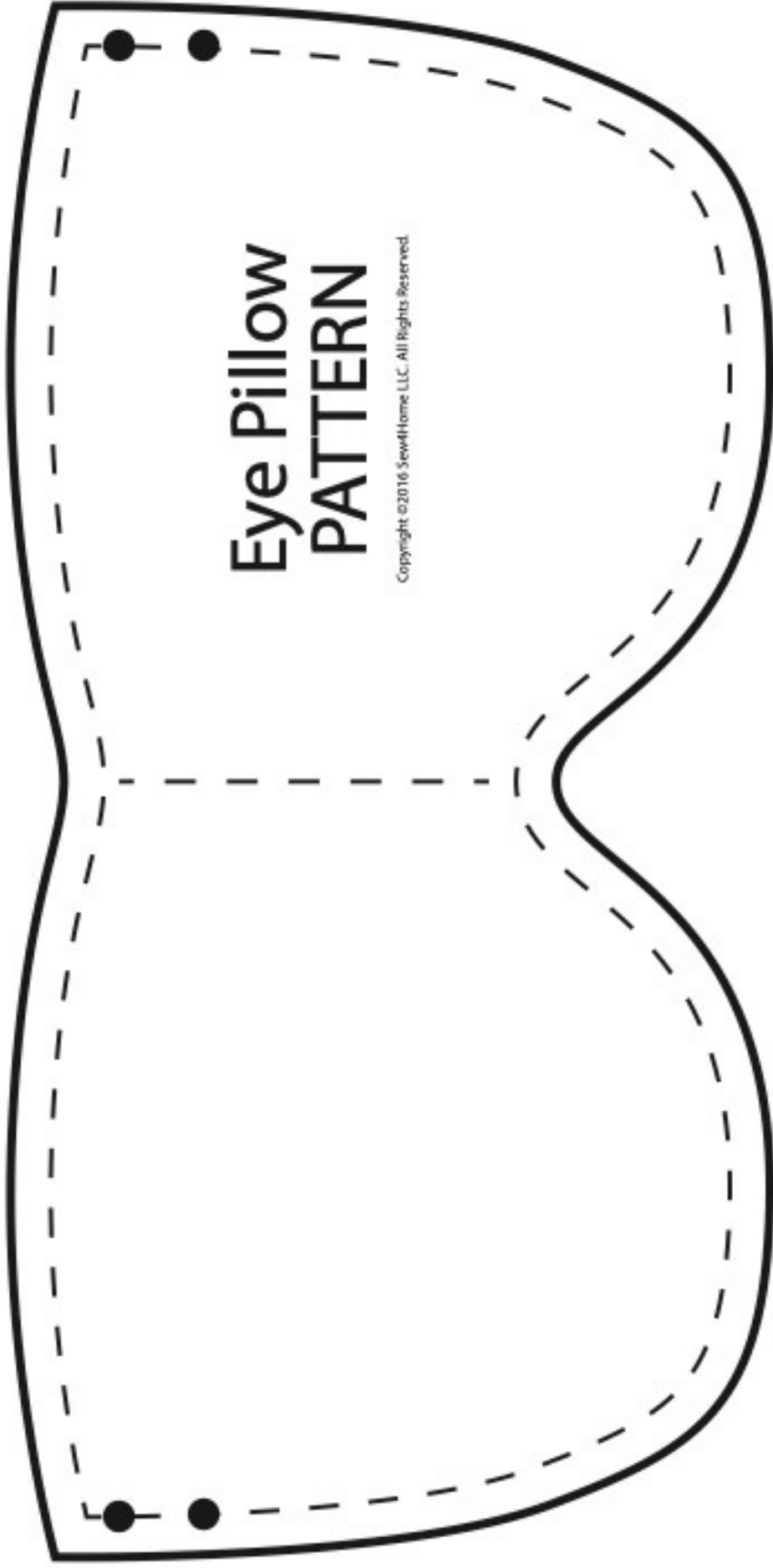
»»» **DIRECTIONS CONTINUED** «««

- SEW A 1/4" SEAM MAKING SURE TO BACKSTITCH OR TIE OFF BOTH ENDS OF THE 2" OPENING.
- CLIP CORNERS AROUND CURVES AND TRIM IF NEEDED. PRESS.
- TURN RIGHT SIDE OUT, AND GENTLY PUSH OUT CORNERS. PRESS FLAT.
- MIX YOUR RICE AND FLAX SEED TOGETHER IN A BOWL. ADD A FEW DROPS OF YOUR FAVORITE ESSENTIAL OIL(S) AND STIR.
- USING A FUNNEL ADD THE MIXTURE TO THE MASK. LET FILLING FALL TO 1 SIDE OF THE MASK.
- HAND STITCH 2" OPENING CLOSED.
- SHIFT FILLING SO THAT 1/2 IS ON EACH SIDE OF THE MASK LEAVING THE CENTER FREE OF THE FILLING.
- MARK AND SEW A STRAIGHT SEAM DOWN THE CENTER MAKING SURE TO BACKSTITCH OR TIE OFF ON BOTH THE BEGINNING AND THE END.

**YOU CAN NOW KICK BACK, RELAX, AND ENJOY YOUR NEW EYE PILLOW.
THIS CAN BE MICROWAVED FOR UP TO 30 SECS.**



Confirm your printer output is accurate. This bar is exactly 6 inches long.



Eye Pillow PATTERN

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