

# Lincraft

Inspiring Creativity



**#C026**

**Therapeutic Corduroy  
Heat Pack**

INTERMEDIATE



**DIFFICULTY** ●●●

Approximate Time of Project: 1 Hour

**MATERIALS**

Printed Corduroy 45cm x 24cm  
2 cups of Rice  
Lavender  
Dry Lavender  
100% Cotton Thread

**EQUIPMENT**

Sewing Machine  
Iron/Ironing Board  
Fabric Scissors  
Funnel  
Pins  
Dressmaker's Marking Pencil

**STEPS**

1. Mix 2 cups of rice with a few drops of Lavender Oil and a sprinkle of Dry Lavender.
2. Fold Corduroy in half, right sides together. Press with an iron and pin.
3. Sew around the edges and leave a 10cm gap. Trim excess fabric at the corners.
4. Turn right side out and poke out the corners with a pencil.
5. Fold Corduroy in half and press with an iron. Mark the fold with a dressmakers marking pencil. Do the same for both sides so you have 4 equal sections.
6. Use the funnel to pour ½ Cup of rice in the Corduroy bag. Push the rice to the end of the bag and pin it where it's marked. Sew along the marked pins avoiding any rice grains. Repeat this process filling and sewing all the compartments.
7. Turn over the ends on the last compartment, pin it in place and top stitch it close.

**SAFETY NOTE**

Please use 100% Cotton for this project to make it microwave safe.

Be careful not to overheat. Heat Therapeutic Corduroy Heat Pack at 30 sec intervals until you have reached the desired temperature.

