

SCENTED LLAMA HOT OR COLD PACK



SUPPLIES:

- 1 World's Softest Sock
- Templates (last page)
- Needle and thread (sewing machine opt')
- Scissors
- Coordinating felt
- Fabric glue (I used Tacky Glue)
- 1 c rice (or wheat or barley berries)
- Dried herbs, essential oil or fragrance oil

STEPS:

1. Print the templates on the last page.
2. Turn the sock wrong side out, with the heel sticking out to the side, facing you.
3. Lay the body and head/neck templates on the sock and mark the sewing lines (see Pic 1).
 - a. NOTE: do not sew as indicated in Pic 1
4. Sew as marked.
5. Cut around the sewing lines (see Pic 2).
6. Turn the pieces right side out.
7. Ready your rice/filler by adding dried herbs, essential oil or fragrance.
8. Pour about $\frac{2}{3}$ c into the body of the llama and about $\frac{1}{3}$ c into the head/neck.
9. Sew both the body and neck closed.
10. Attach the neck to the body with needle and thread.
11. Cut out felt pieces using the templates on the last page, and additionally a 3x4.5" piece of felt for the blanket.
12. Glue the face together and draw a mouth on using fabric marker or just permanent marker (see Pic 3).
13. Then glue the face, ears and legs onto the body.
 - a. Shorten the legs if needed.
14. Glue the blanket onto the llama and then glue the decorative strip onto it.

TO USE:

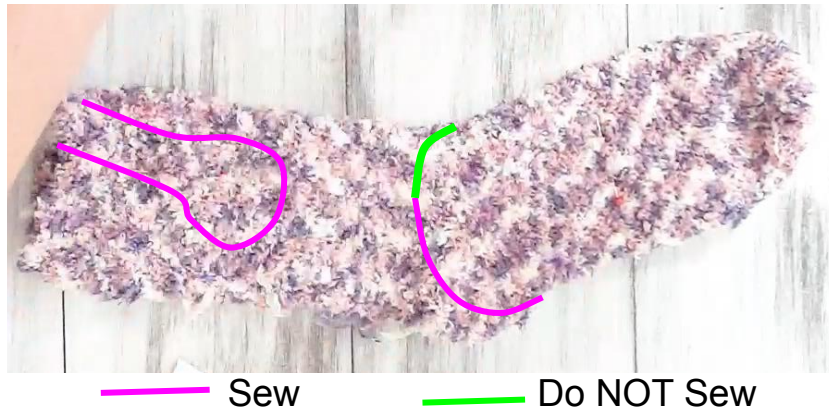
-As a hot pack:

1. Heat for 30 second intervals, moving it around testing at the end of each interval.
2. Place on desired area.

-As a cold pack:

1. Keep in the freezer
2. Place on desired area when needed.

Pic 1



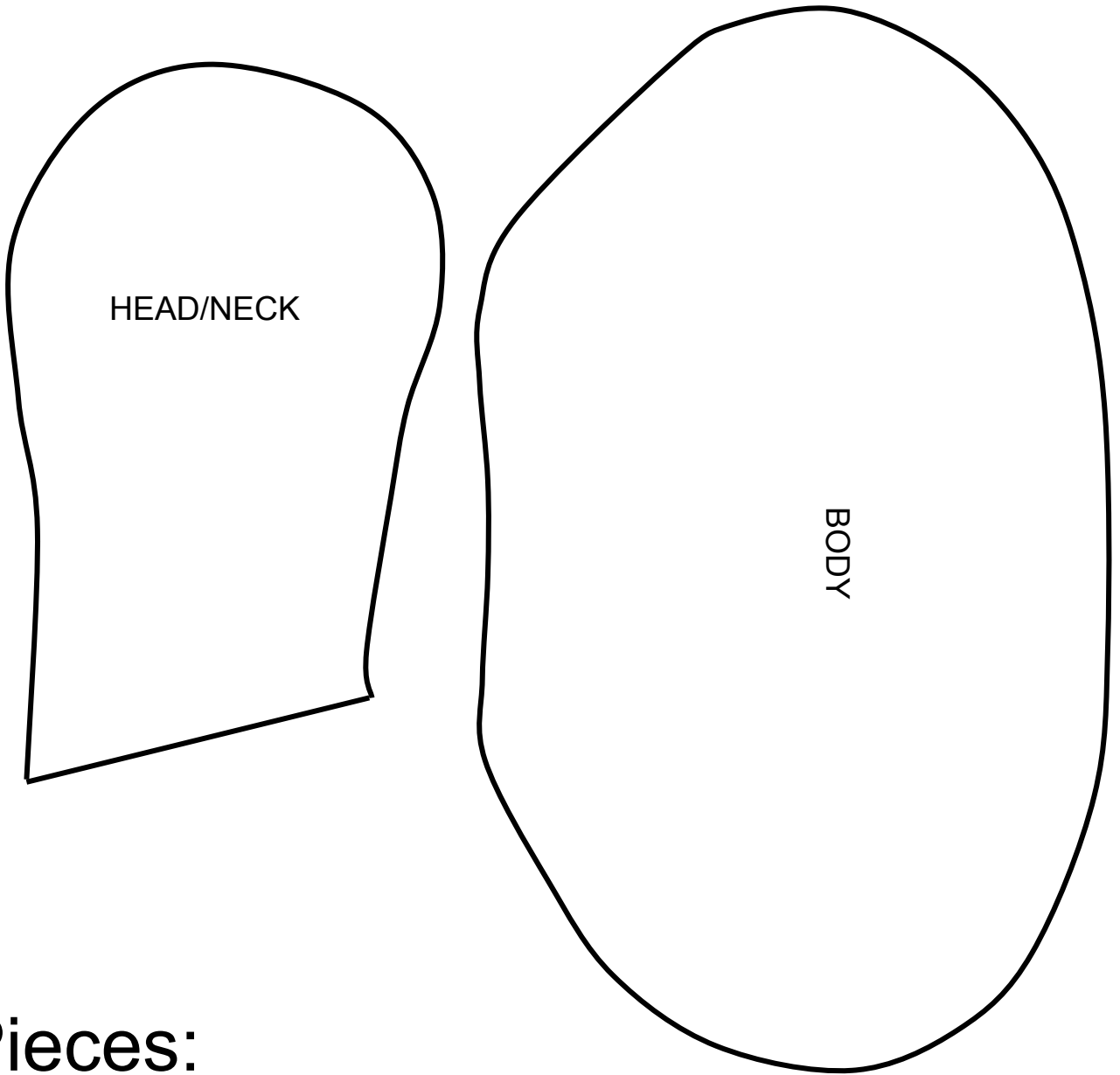
Pic 2



Pic 3



TEMPLATES



Felt Pieces:

