



# Heated Eye Mask

## with Lavender Scent

### Supplies Included:

1. Cotton fabric
2. Elastic
3. Rice
4. Dried lavender
5. Needle
6. Thread
7. Mask template

### Supplies Needed:

1. Scissors
2. Funnel or rolled paper



# Instructions

1. Cut out the paper template. Then use that template to cut out two mask shapes out of your fabric. (Fig. 1)
2. Place those two pieces of fabric back to back, as in Fig. 2.
3. Thread the needle and sew small stitches around the mask, leaving a roughly 2-inch gap open. (Fig. 2)
4. Pull the fabric through that 2-inch opening so that the patterned side is now facing out. (Fig 3)



# Instructions

5. Cut the piece of elastic in half. Sew the ends to opposite sides of the mask, securing them well with several stitches. (Fig. 4)
6. Mix together your rice with as much of the lavender as you prefer. Using a funnel or just a rolled up paper, pour the mixture into your mask until it's as full as you'd like. You may not need all the rice. (Fig. 5)
7. Sew the gap closed. (Fig. 6)

Your eye mask is complete! To heat, place in microwave for 30 second intervals until it reaches your preferred temperature, not more than 1.5 minutes total.





