

## Tutorial: Lavender Scented Eye Mask and Removable Cover



A tutorial and pattern by Jenny Citino  
of <http://ThePhantomMoon.typepad.com>

### MATERIALS:

- × 2 pieces of muslin - 5"x11"
- × 3 pieces of printed cotton fabric - 3"x11", 4"x11" and 5"x11"
- × Eye Mask Filling - I used [buckwheat hulls](#) and [dried lavender buds](#)
- × Eye Mask template
- × Removable Cover Template
- × Extras: Pen, thread, pins and scissors

### INSTRUCTIONS:

#### Muslin Eye Mask

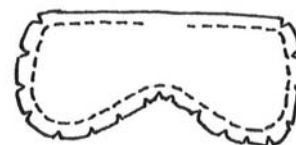
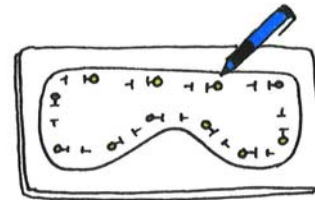
With both pieces of muslin together, trace your Eye Mask template directly on the fabric.

Pin your fabric together on the inside of your markings.

With your sewing machine set to it's smallest stitch, sew along the lines you marked, making sure to leave an opening at the top of the mask about 1-1 ½" wide (this is where you will turn and stuff the mask).  
Cut out your mask and clip notches around the edges.

Turn your mask inside out and fill with your buckwheat and lavender bud combination. For mine I used about 2 cups or so of [buckwheat hulls](#) and about 2 pinches of [dried lavender buds](#) since they are so fragrant. (If you're short on time you could also use rice and perhaps a few drops of some scented oils instead, but I really suggest using the lavender since it smells so good.)

When filled, hand sew the opening closed.

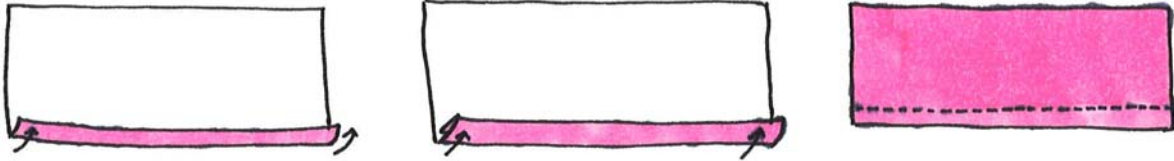


### Removable Cover:

Lay your 3"x11" piece of fabric and lay it with the printed side facing down. Working on the longer side, fold the fabric over about a 1/4" and iron flat or use a bone folder.

Fold it again over on itself this time 1/2".

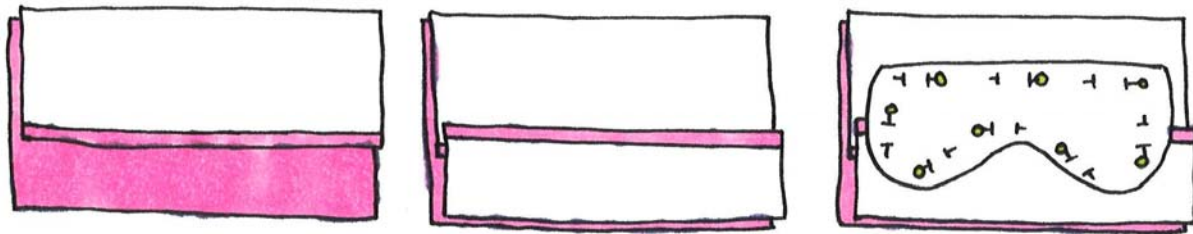
Flip over and with the printed side up, stitch the hem flat. Repeat with the second piece (4"x11").



To assemble, lay the 5"x11" piece of fabric face up on your working surface. On top of this, lay the 4"x11" printed side down, with the hemmed side towards the middle. Repeat with the 3"x11" piece, again face down with the hemmed side towards the middle.

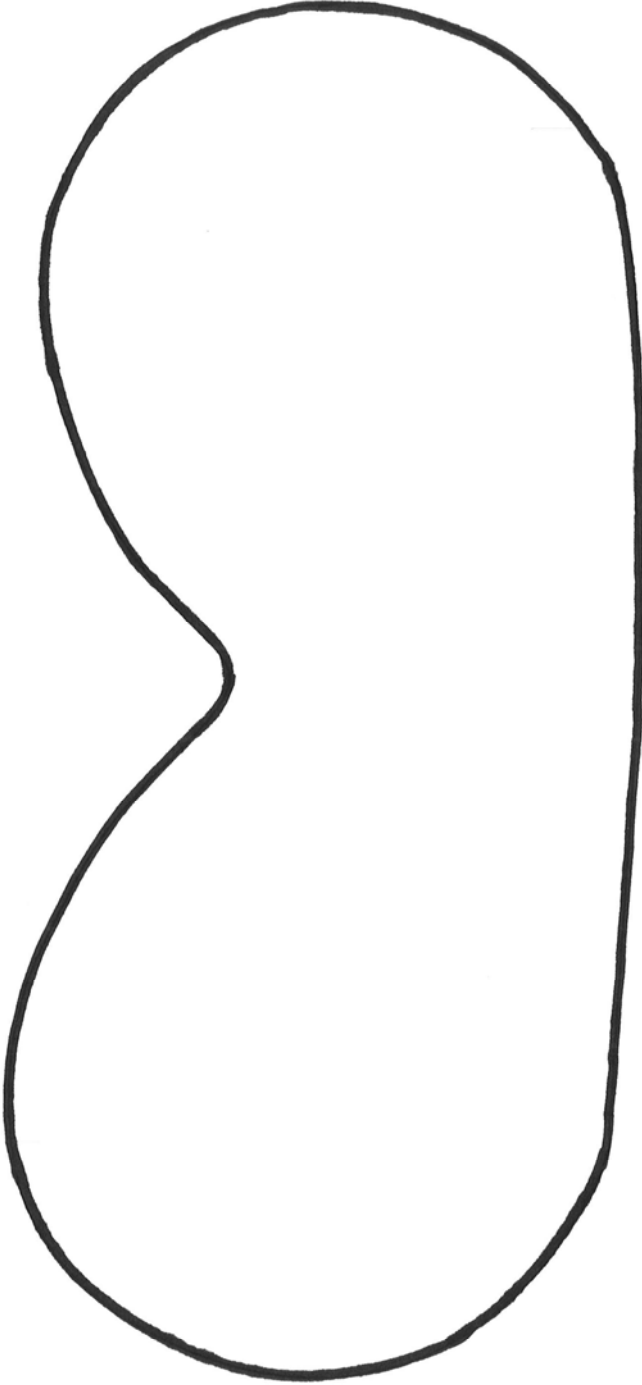
Trace your Removable Cover template directly on the fabric. Pin your fabric together on the inside of your markings like you did for the muslin piece. Sew along the lines and this time do not leave an opening.

Cut out your Cover and clip notches around the edges. Turn your Cover inside out and slide your Muslin Mask inside.



You're done! It's pretty simple and both smells *and* feels *divine* after a long tiring day. Enjoy sewing these and have fun making these for yourself or as Mother's Day gifts!

**Eye Mask Template**



**Removable Cover Template**

