

# Eye Pillow Tutorial

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Eye pillows block out the light and provide gentle pressure along with aromatherapy to ease your mind, body and soul. They make wonderful gifts and the filling ingredients can be tailored to your needs. When wrapped with a beautiful bow these eye pillows make a nice addition to your booth at a craft show and also at the neighborhood gift store.

## Equipment:

- A sewing machine is preferred; however, if you are patient then hand sewing is certainly an alternative.
- Decorative fabric for the pillowcase and coordinating thread.
- Muslin or other lightweight fabric for containing filling and coordinating thread.
- Filling ingredients of your choice. See below for suggestions.

## Filling Suggestions:

- Flax Seed and Lavender
  - 1.5 cup flax seed
  - .5 cup lavender buds
  - 1 tablespoon rice with 6 drops lavender essential oil
- Flax seed and dried rosemary.
  - 1.5 cup flax seed
  - .5 cup dried rosemary
  - 1 Tablespoon rice with 6 drops rosemary essential oil
- Dried rosemary
  - 2 cups dried rosemary
- Rice
  - 2 cups rice with or without essential oil of choice
- Flax seed
  - 2 cups flax seed with or without essential oil of choice



Select the fabric of your choice. A fabric that is cool to the touch such as a satin or brocade, as used in this tutorial, is probably a good choice. However, any fabric will do.

Cut your fabric to 23.5 inches by 5.5 inches. Press on the reverse side of your fabric at a low temperature setting on your iron.



Fold each end  $\frac{1}{2}$  inch then iron and fold again  $\frac{1}{2}$  inch and iron.



Then Pin and iron again on a low setting and keep moving your iron. I almost melted my fabric while I was taking this picture. If you are fortunate enough to select a fabric that has lines woven in or pattern that you can use as a cutting guide, then use these as your guide for cutting and folding. You will more likely end up with an even piece in the end. This fabric shifts like crazy and you can end up with a lopsided piece if you are not careful.



Sew as close to the first fold as possible for a more finished look.



Iron your ends and the entire piece again. At this time your length will be about 21.5 inches.



Fold over both ends (right sides together) to create a 10 inch by 5.5 inch piece. If one end is better than the other, fold the best end first since this will be showing in the finished project. The ends should overlap around the center of the project. If you choose a fabric with lines use these as your guides and make sure they are straight. This fabric tends to slide around and you can end up with a crazy looking eye pillow if you don't take the time to make sure the project is square.





When you have the piece laid out satisfactorily pin every couple inches. When working with slippery fabric such as satin or this brocade it is very important that you pin your piece in several places or it will slip during sewing and you will end up with a lopsided eye pillow. Before sewing make sure that each side measures 10 inches. If not, massage the fabric until it is in the correct position. Make sure to count your pins because sometimes they fall out of this slippery fabric.



Carefully sew the sides, removing pins as you go. I sew a second time adjacent to the first row of stitches because this fabric unravels easily. Since I am sewing each side twice I only need to leave a quarter inch seam. Did you remove the same number of pins that you used? If not check the floors.



Turn your project right side out and press once again to give it a professional finish.



Select the fabric for the inner bag. A lightweight fabric works best such as muslin. Cut to 22 inches by 5.5 inches. You want to end up with an inner bag the same size as the outer case.



Fold over and pin the three sides and pin.



You will be sewing the two sides turning the corner and you will sew about 1 inch on the end leaving the center open for filling.



Turn the bag and iron on low heat. Fold over the opening of the bag and iron well.



Prepare filling. In this example I take 1.5 cups of organic flax seed (found in health food stores, also excellent to sprinkle on cereal and in smoothies).



To the flax seed add  $\frac{1}{2}$  cup of lavender.

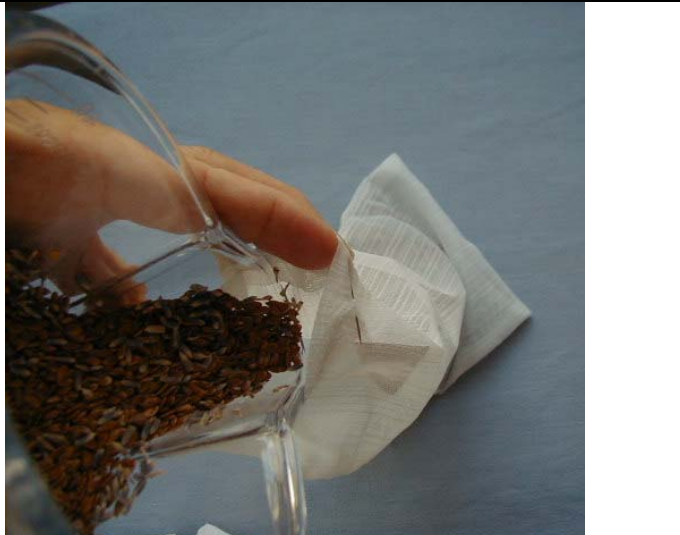




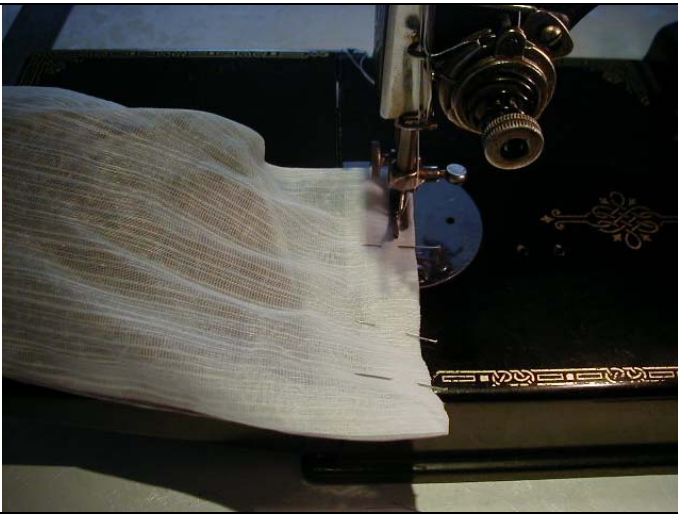
If you would like extra fragrance then you can add 6 drops of lavender essential oil to 1 Tablespoon of rice. Mix and let sit for ½ hour before adding to lavender / flax seed mixture. The rice will soak up the oils.



Add essential oil infused rice to lavender / flax seed mixture and stir to blend.



Pour mixture into inner bag. You can use a container with a pour spout or use a funnel.



Pin the ends then sew.



Your inner bag should be the same size as your case.



Insert the inner bag into the case and organize until the bag and ingredients are distributed evenly.



Here is the finished project. If you will be giving these eye pillows as gifts you can place in a gift box and tie with a ribbon. A nice touch will be to add a lavender wand.