Yield: eye mask

## How To Sew Eye Mask

Create a luxurious eye mask using this pattern and tutorial. Enhance the mask by adding soothing beans and aromatic herbs for a spa-like experience, or opt to leave it unstuffed for a comfortable sleep mask.

Enjoy sewing them!

Download and print separately SEWING PATTERN for drawing the fabric.

Active Time
30 minutes
30 minutes

**Difficulty Estimated Cost** 

Avid Beginner \$1 - \$5



#### **Materials**

1 piece of Soothing Eye Mask

- Main Fabric (cotton or flannel), 7.5" x 4.5", pre-washed
- Lining Fabric (cotton or satin), 7.5" x 4.5", pre-washed
- Filling: Mung Beans or any beans & dried herbs that you prefer, about 3/4 cup
- Eye Mask Template

1 piece of Sleeping Eye Mask

- Main Fabric (cotton or flannel), 7.5" x 4.5", pre-washed
- Lining Fabric (cotton or satin), 7.5" x 4.5", pre-washed

- Batting or felt, 7.5" x 4.5", pre-washed
- Elastic band 3/8", 15"
- Eye Mask Template

#### **Tools**

- Sewing threads, needles, and pins
- Sewing Machine or hand sew
- Iron
- Water Soluble Fabric Marker
- Printer and card or paper in letter size
- Funnel or paper cone for filling

#### Instructions

#### **SOOTHING EYE MASK**



- 1. a. Download and print out the Eye Mask template.
  - \*Don't scale the printing, it is in letter size paper  $(8.5" \times 11")$  so you should have no problem printing it in full scale. (There is

- a 2" scale marking for you to check if you are printing it in the right size.)
- **b.** Cut out the template.



 Gather all the necessary materials as listed above. The fabric/fabrics must be pre-washed and ironed before sewing since you can't wash the completed soothing eye-mask anymore.

I used satin as the bottom piece of the eye mask that contact with the eyes to enhance the soothing result.

- 3. a. Pin both fabrics together with right-side facing each other.
  - **b.** Trace the template with a marker.
  - **c.** Sew around the traced line but leave an opening of about 1 1/2" at the top of the eye-mask (for turning right-side out and filling purposes).
  - **d.** Cut the piece out with a seam allowance of 1/4", leave a wider seam allowance at the opening area so that it is easier for you to sew to close it after the turning and filling.
  - **e.** Clip the seam allowance at the curvey area for a smoother curve after turning right-side out.

- 4. **a.** Turn the eye mask right-side out, smooth out the shape, press with an iron if necessary.
  - **b.** Insert the funnel or paper cone at the opening, fill the soothing eye mask with your preferred beans, I used organic green mung beans. Dried herbs may be added for an extra soothing effect.

- 5. **a.** Sew to close the opening.
  - **b.** Pat the eye mask to distribute the beans equally, sew a line at the center.

#### ~Complete~

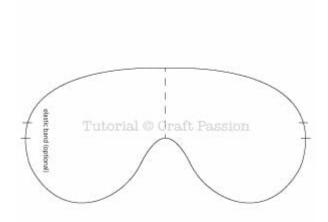
#### **HOW TO USE SOOTHING EYE MASK:**

Place the soothing eye-mask into a zipper bag (for the hygienic purpose) then store it in your freezer compartment for overnight to chill it.

- **a.** Revive your tired eyes by placing the soothing eye-mask on your eyes, rest with the head in a slightly upright tilted position.
- **b.** Rest and relax in this position until the coolness of the eye mask receded.
- **c.** Place the soothing eye mask back into the freezer for the next use.

\*If you are wearing make-up, place a piece of thin tissue between the eyes and the eye mask to prevent the eye mask from cosmetic stains.

**SLEEPING EYE MASK** 



- 1. a. Download and print out the Eye Mask template.
  - \*Don't scale the printing, it is in letter size paper (8.5" x 11") so you should have no problem printing it in full scale. (There is a 2" scale marking for you to check if you are printing it in the right size.)
  - **b.** Cut out the template.

 The batting or felt piece helps to block out the brightness from outside when you are wearing the eye mask.
 Again, I used satin as the bottom piece of the eye-mask that contact with the eyes to enhance the soothing result.

- 3. **a.** Trace the template with a marker at the back of the cotton fabric. Mark the elastic marking on the fabric too.
  - **b.** Sew the elastic band on the seam allowance at the marking position (refer to picture).

- 4. **a.** Pin the fabrics together with right-side facing each other. Tug in the elastic band so that it is away from the seam line.
  - **b.** Sew around the traced line but leave an opening of about 1 1/2" at the top of the eye mask (for turning right-side out ).
  - **c.** Cut the eye mask piece out with a seam allowance of 1/4", leave a wider seam allowance at the opening area so that it is easier for you to sew to close it after the turning.
  - **d.** Clip the seam allowance at the curvey area for a smoother curve after turning right-side out.

5.	a.	Turn	the	eye	mask	right-s	ide	out,	smooth	out	the	shape	١,
	pro	ess w	ith a	an ir	on if n	ecessai	ry.						

**b.** Sew to close the opening.

~Complete~

### Notes

You can sew a Soothing Eye Mask or a Sleeping Eye Mask or both with this pattern and tutorial.

Get the full article at https://www.craftpassion.com/soothing-eye-mask/

# Did you make this project?

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**Project Type:** Sewing / **Category:** Wearables | Costumes

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