

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

Total Time

30 minutes

Difficulty

Avid Beginner

Estimated Cost

\$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" 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.



2. 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 curve 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.

2. 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 curve area for a smoother curve after turning right-side out.

5. **a.** Turn the eye mask right-side out, smooth out the shape, press with an iron if necessary.
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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