

## A Little R & R



*Treat yourself to some well-deserved rest and relaxation with neck wraps, stitched right in the hoop of your embroidery machine! The neck wraps can be made into heated wraps, cold wraps, or neck rests for travel.*



## Design info...

### Sleep Mask...

Size:	Design Size:	Hoop Size:
Small	3.5" x 6.8"	5x7
Large	3.5" x 8.1"	6x10

### Neck Wrap...

Size:	Design Size:	Hoop Size:
Medium*	9" x 13.75"	9.5 x 14
Large	9.5" x 14.5"	10 x 15
Extra Large	10" x 15.5"	10.5 x 16

### Heating Pads...

Size:	Design Size:	Hoop Size:
Small	4" x 6.9"	5x7
Medium	5" x 9.2"	6x10
Large	5" x 11.5"	7x12

\* Medium design size added as a bonus and was not included on the pattern cover.

Hoop sizes vary by machine brand. Please check the **usable** stitch field for your machine to be sure the design size will fit.

*Be sure to read these notes before you begin...*

- All sizes listed are width x length.
- Please respect our copyright. You cannot share, give away, or resell the design files and/or instructions or alter them and call them your own.
- You **MAY** create up to 500 finished products for resale at craft fairs, on Etsy, etc., and we wish you much success if you offer them for sale!



## Let's Get Started!

### Gather your supplies\* ...

- Main Fabric: Cotton, Minky/Cuddle, Fleece (use ONLY Cotton Fabric for heating pads/neck wraps that will be warmed in the microwave)
- Heavy Water Soluble Stabilizer, such as OESD Badge Master
- Water Soluble Topping, if using Minky, Cuddle, or Fleece Fabrics
- Filling for Heated Neck Wraps and Heating Pads: Rice or Buckwheat Seeds - see note below
- Filling for Travel Neck Wraps: Pillow Stuffing
- Low-loft Batting (for Eye Masks made with Cotton or other thin fabrics only)
- Foldover Elastic (for Eye Masks)
- Microtex Needle, size 80/12
- Thread (use ONLY Cotton Thread for heating pads/neck wraps that will be warmed in the microwave)

\* The table below lists materials you'll need based on how you plan to use each project...

Project Use:	Fabric Type:	Thread:	Filling:	Notes
Heated Neck Wrap	Cotton	Cotton	Rice or Buckwheat Seeds	
Cold Neck Wrap	Cotton, Minky, Cuddle, Fleece	Cotton or Poly	Rice or Buckwheat Seeds	Do NOT use in the microwave
Travel Neck Wrap	Cotton, Minky, Cuddle, Fleece	Cotton or Poly	Pillow Stuffing	Do NOT use in the microwave
Heating Pad	Cotton	Cotton	Rice or Buckwheat Seeds	
Sleep Mask	Cotton, Minky, Cuddle, Fleece	Cotton or Poly	N/A	Do NOT use in the microwave

**Note on Buckwheat Seeds:** We have an amazing source that we highly recommend: [www.BuckwheatHull.com](http://www.BuckwheatHull.com). Please visit their website and read about their inspiring story. They are a local business to us, in North Carolina, and sell both Buckwheat Hulls and Buckwheat Seeds with free shipping! They recommend using their Seeds and NOT the Hulls for products that will be used in the microwave. They're great for stuffing pin cushions, too!

# Stitch Sequence/Color Charts...

Neck Wrap or Heating Pad with words:

Stitch Sequence:	For:	Thread Color:
1	Placement line for Fabric A	Match Fabric
2	Tack down Fabric A	Match Fabric
3	Basting stitches	Coordinate with Fabric
4	Word	Coordinate with Fabric
5	Tack fabrics together	Match Fabric

Blank Neck Wrap or Heating Pad:

Stitch Sequence:	For:	Thread Color:
1	Placement line for Fabric A	Match Fabric
2	Tack down Fabric A	Match Fabric
3	Tack fabrics together	Match Fabric

Eye Mask with words:

Stitch Sequence:	For:	Thread Color:
1	Placement line for Fabric A	Match Fabric
2	Tack down Fabric A	Match Fabric
3	Basting stitches	Coordinate with Fabric
4	Word	Coordinate with Fabric
5	Placement lines for elastic	Match Fabric
6	Tack fabrics together	Match Fabric

Blank Eye Mask:

Stitch Sequence:	For:	Thread Color:
1	Placement line for Fabric A	Match Fabric
2	Tack down Fabric A	Match Fabric
3	Placement lines for elastic	Match Fabric
4	Tack fabrics together	Match Fabric

## Prepare your materials...

Follow the charts below to cut & label your materials, finding the columns for your chosen design size...

*Fabric:*

For:	Extra Large	Large	Medium	Small
Neck Wrap	Cut two: 11" x 17"	Cut two: 11" x 16"	Cut two: 11" x 15"	N/A
Heating Pad	N/A	Cut two: 6" x 13"	Cut two: 6" x 11"	Cut two: 5" x 8"
Sleep Mask	N/A	Cut two: 5" x 9"	N/A	Cut two: 5" x 8"

*Cut Batting (Sleep Mask only)...*

Large	Small
5" x 9"	5" x 8"

*Cut Elastic (Sleep Mask only)...*

Large	Small
12"	12"

*Cut Water Soluble Topping (only needed if you are using Minky or Cuddle fabrics)...*

For:	Extra Large	Large	Medium	Small
Neck Wrap	11" x 17"	11" x 16"	N/A	N/A
Heating Pad	N/A	6" x 13"	6" x 10"	5" x 8"
Sleep Mask	N/A	5" x 9"	N/A	5" x 8"