



**Scrap and Sew Inc.**  
16541 Pointe Village Dr.  
Lutz, FL 33558  
Phone: 813-749-0888  
[www.scrapandsew.com](http://www.scrapandsew.com)

**Materials needed**

- Fat Quarter of your favorite fabric
  - Cut one 13" x 21"
  - Cut two 1 1/2" x 21" or use ribbon
- 13" x 15" piece of Muslin or scrap

**Terms**

- WST=Wrong Sides Together
- RST= Right Sides Together
- RSO=Right Side Out
- All Seams are 1/2" unless otherwise stated.

## Buckwheat Hull Neck Wrap

### Neck Wrap Drawstring Bag:

1. Fold 13" x 21" fabric in half to 6 1/2" x 21"
2. Sew long edge so you have a long tube.
3. Fold end WST 1/4" and press, then fold again WST 2" and press.
4. Edge stitch the fold all the way around
5. Measure 3/4" towards the end and sew all the way around. This will create a casing.
6. Use a seam ripper to open the stitches between the 2 seam on the right side.

Repeat steps 3 - 6 on the other end.

### Drawstrings:

Use 1/2" ribbon about 20" long or make your own.

1. Fold 1 1/2" x 21" piece in half to 3/4" x 21" WST and press
2. Fold both raw edges to pressed line and press again.
3. Open up and fold 1/4" at each end to hide raw edges.
4. Re-press the end and pin in place.
5. Edge stitch all sides.

Repeat steps 1 - 5 for the second draw string

### Buckwheat Hull Inner Bag:

Fold 13" x 15" fabric in half to 6 1/2" x 15"

Sew the long side leaving a 4 - 5" opening in the center.

Center the seam and sew both ends shut

Turn RSO and fill with 3-4 cups of buckwheat hull

Sew the opening shut.

### Assembly:

Run drawstrings through casings with a bobbin or safety pin.

Heat Buckwheat Hull Inner bag in microwave for 30 seconds. Flip over and heat for 30 more seconds.

DO NOT OVER HEAT. BUCKWHEAT HULL CAN CATCH FIRE IF OVER 167 DEGREES.

Insert inner bag in the draw string bag and tie ends shut.

Apply to your neck and relax.