



## Scented Relaxation Pillow



### Materials List:

- 6-inch x Width of Fabric Strip or 1 Fat Quarter (FQ) subcut two 6-inch x 22-inch (batik fabric recommended due to tight weave)
- Coordinating Thread
- 2 lb. Fill (lentils, rice, beans, etc.)
- 1 oz. Dried Herbs (Rosemary, Lavender, Thyme, etc.)

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### Assembly Instructions:

1. Fold fabric in half lengthwise, wrong side out. If using FQ, sew two pieces together end to end.
2. Stitch  $\frac{1}{4}$ " seam along two long edges. Use a tight stitch (1.5) to prevent fill from escaping. Leave 6-inch end open to form sleeve.
3. Turn sleeve right side out.
4. Place sleeve in a pitcher or other tall container to help keep it upright during filling.
5. Add fill materials and herbs to sleeve.
6. Fold end of sleeve inside  $\frac{3}{4}$ -inch to provide a finished edge.
7. Sew sleeve shut using a straight stitch  $\frac{1}{4}$ -inch from finished edge.
8. Add decorative stitch at finished edge if desired.



### Use and Care:

- Place pillow in microwave for 1 -2 minutes to heat pillow.
- Test heat of pillow with back of hand to ensure it is not too hot for use.
- Wrap pillow around the back of your neck and RELAX.
- Use damp cloth to remove any dirt.
- Do **NOT** put in washing machine.
- Store in location with adequate ventilation to prevent herbs from becoming moldy.