



CCVN - Crafting Comfort

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Herbal Eye Sachets

Instructions:

1. Cut one square of satin fabric 9 inches x 9 inches.
2. Fold fabric in half with right sides together.
3. Sew the three raw edge sides using $\frac{1}{4}$ inch seam and leaving a $\frac{1}{2}$ inch opening in one end.
4. Turn right sides out through the opening.
5. Use a funnel to pour 1 cup of flax seeds (or buckwheat) and $\frac{1}{2}$ cup of dried lavender buds into the sewn pouch.
6. Whipstitch the opening closed with matching thread.