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## Eye mask template

September 2, 2020 By Christine Haynes & filed under Sewing Blog. Whether you're flying with a red eye or just trying to block the light from YOUR TV, there are plenty of reasons to use a sleeping mask and get some quality shuteye. The good news is that it's super easy to do DIY and just requires some fabric. (Stash-buster project, anyone?) Mount one for yourself, or head into town and prepare them for the whole family so you can all rest some beauty, stat. Level: Easy What You Need Adult Eye Mask MODEL PDF Fabric (We recommend dark colors to keep the light out) Batting Clear ruler Pins Paper scissors Elastic fabric scissors (this will be visible, so choose a color that matches your fabric well) Thread Point turner Fabric marker Fabric calber Pro Tip - Choose comfortable fabrics on the face and easy to wash, as they get dirty with facial oils and beauty products and may require frequent cleaning. Instructions 1. Print the template When using a pdf downloadable template, it is important to get the correct size. Print the page with the test template first, and then check it with the ruler before printing additional pages. Set pdf software (such as Adobe Acrobat) to print 100% and not scale the template based on pages. Once the size is correct and the pages are printed, cut out the pattern with paper scissors. 2. Pin Your Pattern Fold the fabric in half and add the pattern to your fabric. There is no grain line on the pattern piece, but be sure to keep the top edge perpendicular to the edge of the shelving so that the transverse grain crosses the mask. This means that the little transverse elasticity of the grain will go around the head to facilitate mounting. Once pinned, cut out the fabric so you have two pieces of eye mask. 3. Cut out the Batting Cut a single layer of the bar of your choice: we used a thin blend of cotton and bamboo. Leave the longest line of the tissue on the nasal bridge, as shown above: it is easier to cut after sewing. 4. Attach the elastic measure down from the top of the mask and secure the elastic band in place on the right side of the fabric. Repeat on the other side of the mask so that the straps are evenly placed on both sides. Professional tip: The model requires the elastic to be 1.33/8 long. Measure your head to make sure the size fits you properly and remember that you'll lose 3/8 on both sides for sewing tolerance. You want it to be mounted, but not too tight. 5. Baste Baste each side of the fabric elastic with a seam tolerance of 1/4. This will keep the rubber band in place and keep the packaging within the seam tolerance of the mask. 6. Mark the center curve The pattern has a narrow curve in the center, right above where the nose is. It is easy to sew it more accurately if you mark it in advance. Use the seam meter and fabric marker to draw the sewing line above this curve at the seam boundary of 3/8. You just have to mark the wrong side of a piece of fabric. 7. Pin the Layers Pin the pieces of fabric right right side and the bar under the two pieces of fabric. Keep the elastic away from the point line and tuck into the pieces of fabric so it's out of the way. 8. Sew everything around the mask with a sewing allowance of 3/8, leaving an opening of 2 at the top along the flat edge. Pro tip: When you reach the nasal bridge, turn the length of the point down a little to create a smoother line. 9. Cut After sewing, cut the seam tolerance up to about 1/4-1/8. Do not cut at the opening along the top. 10. Turn right out Use the opening from 2 to flip the eye mask on the right side. Then use the curved end of a point turner and open the seams around the entire mask. 11. Tuck into the sewing sofa Fold the sewing tolerance when opening 2 inside the mask. Take your time to press the edges and create a smooth line. 12. Stitch It Closed Pin the closed opening and press with an iron if necessary. Topstitch around the perimeter of the entire mask, closing the opening at the same time. Use a sewing tolerance of 1/4-1/8 and a thread color that you like over your fabric. Give it a final press with your iron, and that sleep mask is ready for some Zzzs! Tags: accessories, creator knows better, one-hour projects, projects, sewing, traveling, your escort Learn to create your beautiful and comfortable satin eye mask with this tutorial and free PDF template. The eye mask is an easy and fast sewing project that you can prepare in less than 30 minutes, even if you are an absolute beginner. So, if you have half an hour of free time, why not make this luxurious eye mask? It's super easy and cheap, and I had so much fun doing mine. Make it in any color you want, for you or as a gift for your family or friends. This beautiful satin eye mask is the perfect sleep companion! Create your razor sleep mask I fell in love with some gorgeous silk eye masks I discovered while surfing the internet. This was my idea of perfection: those silk sleep masks looked so fiery and soft, but the price exceeded my budget. Luckily, I have a sewing machine and I know how to use it! It's really nice to be able to do something on your own instead of buying. This eye mask takes very little time and effort, and is a super fun and rewarding project. I'm pretty happy about that. So, I decided to create my own sleeping mask. However, silk is an expensive fabric and I wasn't ready to buy - at least not yet. Therefore, I did the next best thing: an affordable silky satin fabric. Since I'm writing this post, you can rightly assume that I'm quite of how my satin eye mask experiment turned out. I can tell you that this satin mask feels incredibly soft against the skin and is very comfortable to wear. In addition, it is 100% functional, blocking all unwanted light and helps you sleep at your best. It must be said that while satin is a slippery fabric and notoriously difficult to sew, adding interfacibles makes sewing satin a breeze! It was practically as easy as sewing cotton fabric! The finished finished the mask is a bit oversized - about 8.5 inches long and 3.5 inches wide. Satin eye mask - sewing suppliesHow to create a beautiful eye maskPasso 1Apply the interfacing with satin fabric. Place the interface with the right side (the sticky side with rough and raised stitches is the right side of the interface) on the wrong side of the satin fabric. Press with an iron: the heat will melt the adhesive spots and thread the interfaith to the fabric. Then, cut your pieces of fabric. All my pieces are the same size: 2 pieces of satin eye mask pattern with interface and 1 piece of fleece pattern. I used weights and scissors to cut my model pieces, but it's easier with a rotating cutter. Do not use breasts, you do not want to snag the fabric. Now cut a long rectangular strip of satin fabric, 30 inches long and 1 1/2 inch wide. (Mine is a bit wider because I cut the strip with my scissors and just busted it) Step 2First, let's make the casing for the rubber band. Fold the long strip in half longitudinally, with the right sides together. Use a sewing indicator to make sure the sewn hose is 5/8 inches wide. Pay attention to the guides on the pawns of the sewing machine to sew a straight line. Now, attach a safety pin to one end of the tube and rotate the safety pin inside the tube. Push it until it comes out the other side. Your wrapper will now be right outside. Step 3Tack the rubber band and insert it into the tube, using the same safety pinning. The elastic should fit comfortably - tight enough to hold the eye mask in place, but not too tight to press on the eyes and injure on the back of the head. The length of the elastic depends on the size of the head and could be anywhere from 12 to 15 inches. To find the best solution for you, just stretch a piece of elastic around the head, from ear to ear (approximately). Sew through each opening of the tube to fix the elastic in place, as shown in the photo above. Step 4Satter both ends of the elastic tube to one of the pieces of the eye mask, with the right sides together. Make sure the hose is not twisted. Step 5Pin the two pieces of satin, right sides together, with the elastic tube hidden inside. Sew around the eye mask using a 1/4 inch sewing tolerance. Remember to backstitch at the beginning and end of the seam and leave an opening of about 2 inches at the top of the eye mask (I marked mine with vertical breasts). The top is the only straight part of the eye mask, so the best place to place the opening. Anywhere else it will be more fill the space and at the same time maintain the curved shapes of the eye mask. Step 6Pin the batting/fleece layer to the eye mask and sew along the same line of stitches. Step 7 Cut the seam tolerance up to about 1/4- 1/8, but do not cut right at the top of the eye mask. Flip the eye mask on the right side and use your fingers or a wand to smooth the curves. Step 8 Twirling the sewing tolerance to the space of 2 inside and doing your best to create a beautiful and smooth line. Sew by hand the opening the opening dot and a corresponding thread. I hope you enjoyed this tutorial and soon you will start creating your own super soft eye masks! Let's keep in touch! You can find me on Facebook, Instagram and Pinterest. Pinterest.

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