

Aromatic Heart-Warmer Pattern

Heart Pattern
Cut 2

Sew pocket here

Sew heart shapes together here

Instructions:

Cut out patterns on solid lines.

Fold fabric in half so right sides are facing each other. Pin heart pattern to doubled fabric and cut out heart shapes from fabric.

Pin pocket pattern to right side of single layer of fabric and cut out pocket shape from fabric.

Starting with the top edge of pocket, fold the edges of fabric along dotted lines (fold the fabric so the wrong sides are together) and sew the edges down to create a hem around the pocket.

Place the pocket so the wrong side of the pocket is against the right side of one of the heart shapes and sew the sides and bottom of the pocket onto the heart shape (do not sew the top edge of the pocket). Sew as close to the edge of the pocket as possible.

Pin the two fabric heart shapes together with the right sides together, and carefully sew the two shapes together allowing 1/8"-1/4" seam allowance. Leave about 1.5" along one edge open. Trim extra fabric along curves and corners of the heart.

Turn heart right side out.

Fill heart with about 2 cups of flax seed (use a bit more or a bit less depending on personal preference).

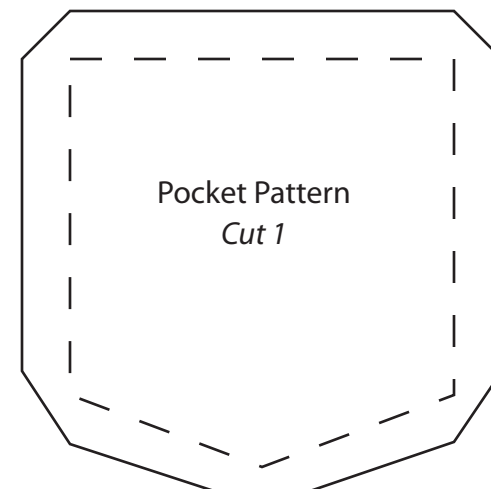
Sew opening closed using needle and thread.

To use, heat heart-warmer in crockpot, or in microwave for 30-60 seconds until warm.

If desired, place a few drops essential oil onto aroma pad or small tissue or cloth and place into the pocket to diffuse aroma.

Place heart on stiff or tired area of the body with the pocket-side up.

Can also be used as a cool pack if cooled in fridge.



Pocket Pattern
Cut 1