

Therapeutic Neck Wrap (w/washable cover)

Prepared by Joanna Armour (www.stardustshoes.blogspot.com) For personal use only.

All seam allowances are $\frac{1}{4}$ " unless otherwise noted.

This neck wrap features fabric from the Michael Miller Fabrics Organic Collection.

OC3604 Natural Organic Sheeting for the insert,

OC3603 Tan Organic Gingham for the cover, and

TR3603 Tan Organic Gingham Bias Trim for the ties.



For the Insert You Will Need:

- 1 piece of natural organic sheeting 12" x 24"
- 5 cups of flax seed or rice
- Essential oil (optional); mix a drop or two into the flax seed or rice before filling the insert
- $\frac{1}{4}$ c. measuring cup



Create the Insert:

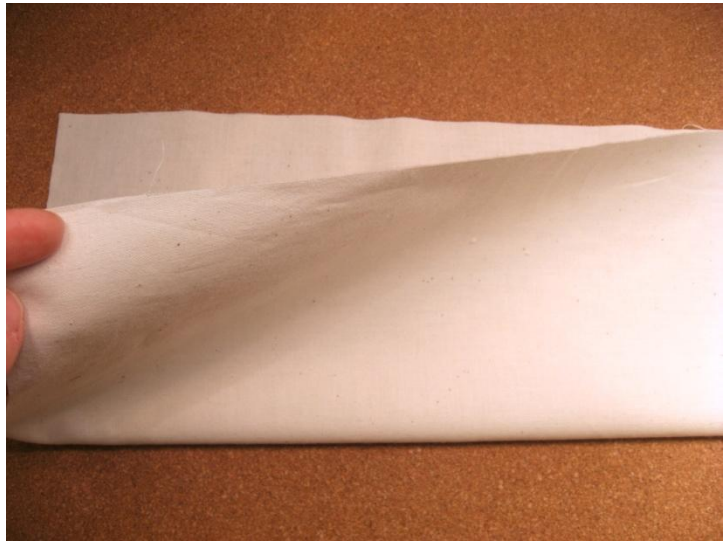
Fold the fabric in half so that it measures 6" x 24".

Organic sheeting has no right or wrong side. But let's pretend it does. ☺

With wrong sides together, sew along the long (24") side.

- 1) Fold directly on the stitch line and iron flat.
- 2) Fold over once again, and iron flat.
- 3) Sew close to the inside edge to seal the insert.

Rather than relying on just stitches to hold in the flax seed, this method creates a reinforced, leak-proof seam.

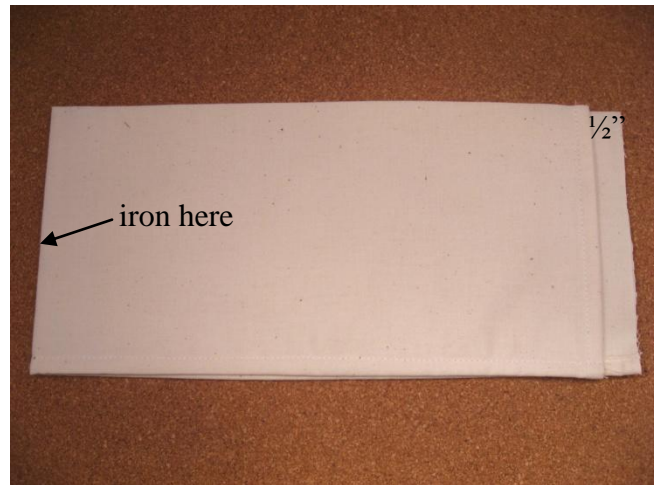


Do the same to one short end. This is what the corner will look like.

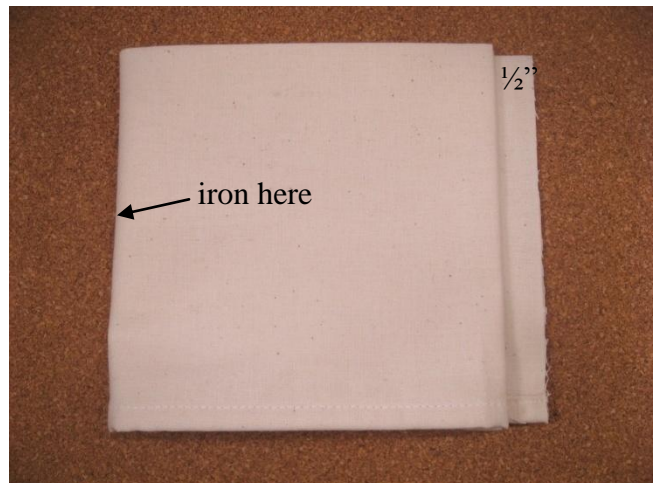


Create and Fill Compartments:

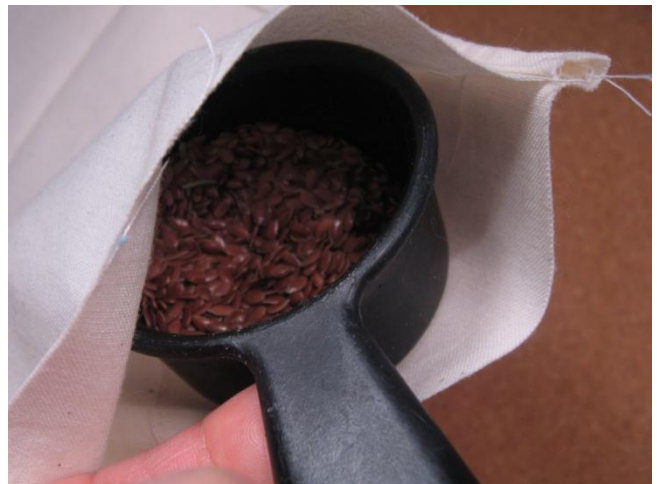
To create compartments in the insert so that the flax seed stays equally distributed, leave $\frac{1}{2}$ " on the open end, and fold the rest of the insert in half. Iron to make a crease.



Fold in half again, and iron to make the other two creases.



Fill the first compartment using the measuring cup. This size measuring cup fits perfectly in the opening—no funnel required! Fill it with 1 and $\frac{1}{4}$ c. flax seed.



Shake the flax seed down to the bottom of the insert and sew the compartment shut along the crease. Reinforce by backstitching. Do the same to fill the remaining three compartments. Seal the opening using the same method used for the other seams.



For the Cover You Will Need:

- 1 piece of fabric 12" x 24" for the body
- 1 piece of fabric 2" x 12" for the cuff
- 4 pieces of bias trim 6" long each for the ties



Prepare the Ties:

To finish the ends for the bias trim ties, open the trim and iron down one end approximately 1/4". Snip the corners to remove bulk. Fold on the creases, and fold again.

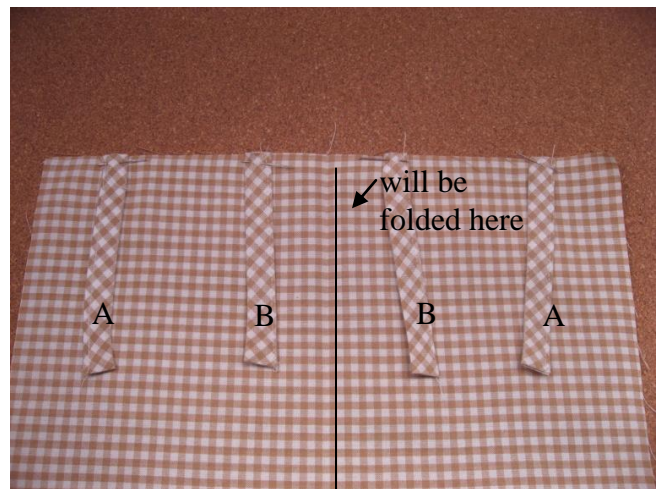


Sew the ties shut by sewing close to the open edge.

Your ties will have one finished end and one unfinished one.



Pin the ties to the wrong side of the fabric, raw edges to raw edges. Line them up so that when the cover folds over (in half, lengthwise, just like the insert) the ties line up. Machine baste the ties in place and remove the pins.

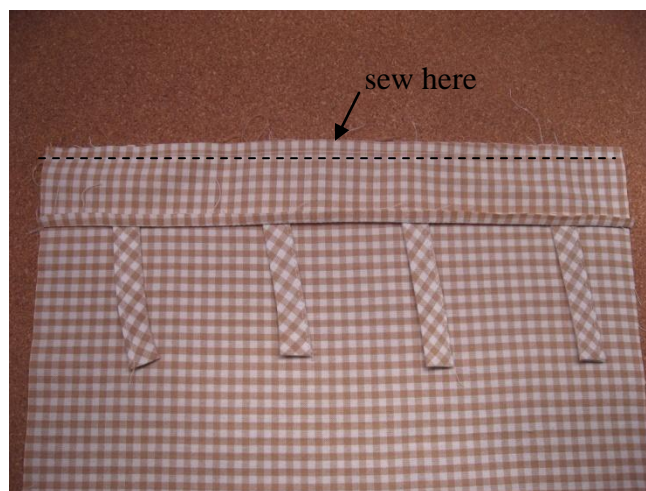


Prepare the Cuff:

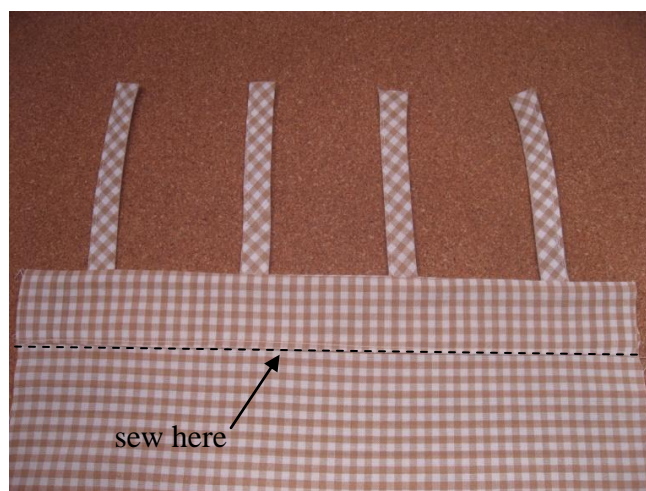
Prepare the cuff piece by sewing a $\frac{1}{4}$ " seam along one long edge. This seam will be your guide for folding over the fabric. Fold the fabric directly on the seam toward the wrong side of the fabric and iron in place.



Place the cuff directly on top of the ties, aligning its raw edge with the raw edge of the body piece. Right sides should be facing each other. Pin in place and sew along the upper edge.



Iron the seam open, fold the cuff over, iron flat, and then topstitch along the lower edge of the cuff.



Any embellishing (stitching, appliqué, etc.) should be done at this point before sewing up the side seam and end seam.



Finish the Cover:

This can be done in one of two ways. If you don't mind raw edges on the inside of the insert, fold the cover in half lengthwise with right sides facing, and sew along the long edge and short edge. Turn your cover right side out, and you are done.

However, if you'd rather not have raw edges unraveling when you wash the cover, use French seams to close it up. This is done by stitching closely $\frac{1}{4}$ " to the edge with wrong sides together (as shown). Trim the excess fabric so that it measures no more than $\frac{1}{8}$ ". Then turn the cover inside out and sew along the same edge using a $\frac{1}{4}$ " seam, encasing the raw edges. Do the same for the bottom edge. ♦

