



Cooling Neck Wrap

Supplies:

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- Cotton fabric: 1/8 yard x width of fabric
- Sierra Pacific brand or FloraCraft brand Water Beads
- Frixion pen or water soluble marker
- 1/4 tsp measuring teaspoon
- Sewing machine with thread to match fabric

Directions:

1. Trim the selvages.
2. With the right sides of fabric together, fold and pin the fabric in half lengthwise.
3. With a marking pen, mark the mid point of the length. Mark 8" on either side of this mid point. Mark 4" from the midpoint.
4. Using a 1/4" seam allowance, stitch one narrow end and up the long side 2" past the first mark. Repeat with the other end.
5. Turn right side out and press, rolling the seam allowance inside on the unsewn part of the tube and press.
6. Stitch across the width of your tube at the mid point and at the 4" marks, creating a total of 4 pockets for your gel beads.
7. Insert a scant 1/4 tsp. of gel beads in each pocket. Don't heap the spoon. The beads swell much more than you think-this will be plenty!
8. After filling each pocket with 1/4 tsp. of beads, sew the pocket opening closed with your machine or by hand.
9. Soak the wrap in a bowl of cold water for at least four hours to activate the crystals. When not in use, leave neck wrap in an area where it can dry. The wraps may be refreshed in an open bowl in the refrigerator. They may mold if stored in a bag.
10. If making this for a smaller adult or child, create the tube 32" long and only create two 4" pockets on either side of the midpoint seam.



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