



Quick and Easy Eye Pillows



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Make your
own relaxing
eye pillows
with this easy
DIY!

Getting Started



- ▶ What you'll need
- ▶ Choosing your fabric
- ▶ Cutting, sewing, and stuffing
- ▶ How to use eye pillows
- ▶ Additional information
- ▶ Visit my blog for more DIYs!

What You'll Need



- ▶ Two kinds of fabric – one for the top and one for the bottom
- ▶ Scissors or rotary cutter
- ▶ Ruler
- ▶ Thread
- ▶ Sewing machine and needles
- ▶ Flax seeds – you can buy these in the organic section of your grocery store, a whole-foods store, or online

Choosing Your Fabric



- ▶ When choosing your fabric, you will want something decorative for one side and a soft, medium thickness for the side that will touch your face.
- ▶ I prefer to use a silk brocade for the decorative side, but you can really use anything you like. An upholstery-type fabric would be nice.
- ▶ For the side that will touch your face, you will want something soft, but not too thin. I like a not-too-heavy faux suede, but you could also use a quilting cotton. The fabric you use should not be too thin. The flax seeds can get quite warm when heated, and you do not want to burn your skin.

Cutting, Sewing & Stuffing



- ▶ Cut two rectangles from each of your chosen fabrics. The rectangles should be AT LEAST 8 inches by 4 inches (20.32 x 10.16 centimeters). See [additional information](#) for size notes.
- ▶ Place a decorative rectangle and a “face side” rectangle, right sides together. Because of the fabric types, I rarely pin. If you are using slippery fabrics, pin the rectangles together.
- ▶ Stitch around the edges, leaving the majority of one shorter side (4-inch side) open for filling. Use a small stitch length.
- ▶ Turn eye pillow right side out through opening. Use a point turner, chopstick, or whatever you have handy, to push out corners. I do not clip the corners. Flax seeds are tiny. I do not want to provide any opportunity for them to slip out.
- ▶ Use a funnel inserted into open end to make it easier to pour in flax seeds. See [additional information](#) for amounts.
- ▶ Close opening by topstitching. Use a wonder clip or binder clip to hold opening closed as you stitch.

How to Use Eye Pillows



How to use relaxing Eye Pillows:

- ▶ The eye area holds a great deal of stress and fatigue. The gentle pressure of the pillow can ease and release stress around the eyes. Keep pillow in the freezer to reduce eye puffiness and/or soothe tired eyes.
- ▶ In addition, pillow may be heated in the microwave until warm (45 seconds to 1 minute, depending on the microwave) and used for sinus, migraine, and other headaches. Warm and cold eye pillows may be used together to ease headache pain.
- ▶ Pillow may also be sprayed with your favorite essential oil prior to heating for use with aromatherapy.
- ▶ Because of its shape and ability to hold heat and cold, the pillow is also perfect for other areas of the body to ease pain and stiffness.

** Caution: Pillow may be hot when heated. Use care when placing it on the body.

Additional Information



- ▶ These eye pillows may be used heated or cold from the freezer and are best made in sets of two. That way you can keep one in the freezer while using the other for heat. I find this is much easier if you are alternating hot and cold for headaches. Many people employ this method for migraines, as they find it helpful.
- ▶ The thicker faux suede on the side that touches your face helps distribute the heat should you warm the pillow too long in the microwave.
- ▶ The more filling you use, the heavier the pillow will be. This is a personal preference. I would suggest trying different amounts to see what works best for your needs. Start with a basic amount. Clip the end of the pillow with a wonder clip, binder clip, or whatever works to hold the flax seeds in, and try it. Repeat until you find the weight that suits your needs.
- ▶ The larger you make the eye pillow, the more area of your face or body it will cover. This also means you will need more flax seeds. I prefer a larger pillow to cover more of my sinus area.
- ▶ You can hand stitch the opening for a more attractive end. I prefer to machine topstitch the end for strength.
- ▶ Some people use rice to make heating pillows such as these. I prefer and recommend flax seeds. Yes, they are more expensive, but rice will eventually cook. I also do not want to smell rice on my face when I have a migraine. Flax seeds have a distinctive smell, that is true; however, many find it soothing and the smell organic.
- ▶ Eye pillows make perfect gifts!

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