

How to make a Face Mask

(Adapted from instructions by The Turban Project)

What you will need:

- Cotton fabric
- Rope elastic (Alternatives: Beading cord elastic or ¼" or 1/8" flat elastic)

Step by Step Instructions

1. Cut the elastic 7 inches long and tie a knot at each end. (Do not knot the ends of the flat elastic). You will need two 7" long elastic sections for each mask.
2. Put right sides of cotton fabric together. Cut fabric in 10" X 7" rectangular shape. Make sure fabric design is placed horizontally.
3. Starting at the center of bottom edge, sew to the first corner, stop. Sew the elastic with the knot out into the corner. A few stitches back and forth will secure the elastic in place.
4. Sew to the next corner, stop, and bring the other end of that same elastic to the corner. Sew a few stitches back and forth to secure in place.
5. Next, sew across the top of the mask to the next corner. Place the second elastic with the knot out.
6. Sew to the next corner and sew in the other end of the same elastic.
7. Sew across the bottom leaving around a 1.5" to 2" opening. Stop, cut the thread and turn inside out.
8. Pin 3 tucks ½" each on each side of the mask. Make sure the tucks are the same direction.
9. Sew around the edge of the mask twice.

**ADULT FACE MASK
PATTERN**

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7 inches



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