

# Sweet Dream Bed Time Sachets

A Natural Beauty Workshop Project  
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## Preparing the Herbal Mixture

(This recipe makes about 7 cups of filler: enough for about 4 sachets.)

### **Ingredients for Herbal Blend**

- 1 cup Spearmint (Cut & Sifted)
- 2 cups Lavender Buds, Super Blue
- 3 cups Chamomile Flowers
- 1 cup Calendula Petals

### **Ingredients for Aroma Therapy Blend**

- 25 ml Fractionated Coconut Oil
- 40 Drops Roman Chamomile Essential Oil
- 25 Drops Lavender Essential Oil
- 25 Drops Petitgrain Essential Oil
- 25 Drops Mandarin Essential Oil

### **Instructions**

- Blend the essential oils and Fractionated Coconut in a one ounce glass bottle with a dropper.
- In a large bowl, mix together all of the dried herbs.
- Using the dropper bottle, add 20 drops of the Essential Oil Blend to the Herbal Mixture and mix well.
- Set mixture aside to be stuffed into sachets later.

## Sewing the Sachets

(Please note: These instructions are to make one sachet. Repeat as necessary.)

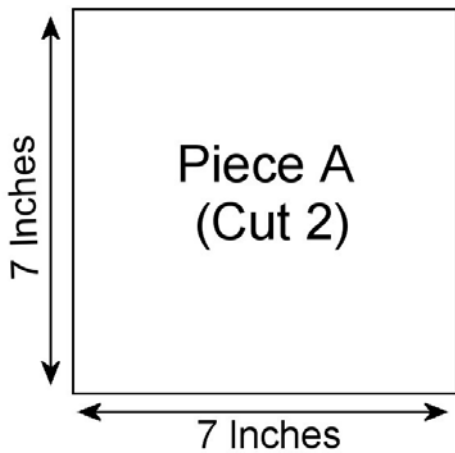


### **Instructions**

1. Cut fabric pieces as shown in figures A & B. Cut two of each pattern piece.
2. Pin the two "A" pattern pieces together, then sew three of the four edges together, leaving one side open.
3. Pin the two "B" pattern pieces together, then sew one short edge, and two long edges together, leaving one short side open.
4. Turn out both pieces.
5. Finish the "B" piece by folding in the open side and carefully sewing it shut.
6. Stuff the "A" piece with 1 ½ -2 cups of the herbal mixture.
7. Finish the "A" piece by folding in the open side and carefully sewing it shut. You may need to do this by hand.
8. Fold and pin piece "B" as shown in figure C.
9. Sew the folded piece from point 1 to point 2, and from point 3 to point 4, as shown in figure C.
10. Turn piece out.
11. Fold in corners of flap, and sew as shown in figure D.
12. Insert button holes, and attach buttons to outer flap, as shown in Figure E.
13. Insert the inner pillow into the outer pillow and close with the buttons.



**Figures A & B**



**Fabric**

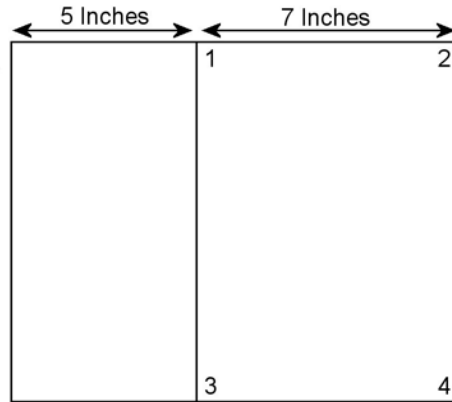
- For outer pillow: 1/2 yard (46 cm)  
Flannel or Soft Cotton
- For Inner Pillow: 1/4 yard (23 cm)  
Cotton, Muslin, or Flannel

**Notions**

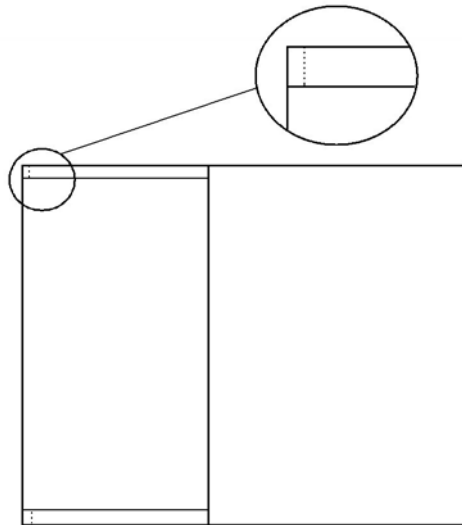
- Matching Thread
- 2-3 Buttons



### Figure C



### Figure D



### Figure E

