

pellon[®]

*The Magic
in the Middle*

Simple Tea Bath Skill Level: Beginner

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Here is a very simple gift you can make quickly and use up a few of those pretty little fabric scraps. One yard of Pellon[®] Cheesecloth makes five bags.

Fabrics Needed

Small scraps of fabric

3/8" x 7-1/2" strips

Materials Needed

Pellon[®] Cheesecloth
Dried flowers or herbs

One yard

Tools Needed

Rotary cutter and related supplies (optional)
Scissors

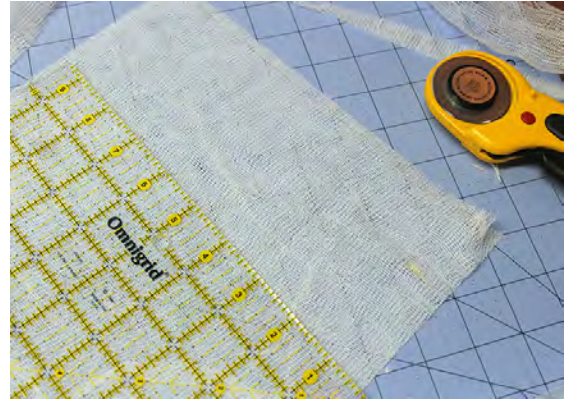
<http://www.pellonprojects.com>

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Instructions

Step 1. Place the cheesecloth on the cutting mat, three layers thick. Cut one 9" square out of the three layers for each bag. The cheesecloth is delicate and cutting all three layers at once is easier.



Step 2. Place about 1/3 cup of the 'tea' in the center. Dried lavender, chamomile buds or rose petals can be used as well as epsom salts.



Step 3. Gather up the edges of the cheesecloth.



Step 4. Tie with a strip of scrap fabric. Use fabric that does not easily bleed.

Place the bath tea in a tub of hot water and enjoy. If cotton scraps were used to tie the bags, the entire bag can be placed in the compost after using.

