



## Easy Face Mask (Sewing)

with YouTube Help Video

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Below is an easy DIY face mask that you can hand sew or machine sew. You have the option of using elastic or ribbon. Check out the how-to video on the Naztazia YouTube channel here: <https://youtube.com/nasztazia> And feel free to Pin photos or check out other info at: <https://nasztazia.com>

### Size:

One size fits most.

### Materials:

1/2 yard 100% cotton fabric. Quilter's cotton is preferred, but any tightly woven fabric will do. One "fat quarter" (a type of pre-cut fabric) works great. Optionally, a heavy-weight t-shirt can be cut for fabric as well.

12-15 inches of 1/4" elastic. Or, two 6-7" hair ties (untied) also work. If you prefer to use ties, a pair of 27" shoelaces work for a smaller head. 36" laces for a larger head, or over another mask, or for more tying capabilities. Ribbon is also acceptable.

Sewing thread, sewing machine or hand needles, scissors (or rotary cutter), iron. Bodkin, crochet hook, or safety pin to pull through elastic or ribbon through the sides.

## Instructions:

Watch the YouTube tutorial video here: <https://youtube.com/naztazia> Look for "Face Mask for the Family."

1. Cut two 10"W x 6"H pieces of fabric.
2. Place both pieces of fabric together, right side up. Sew them together by placing a 1/4" seam along the top 10" edge and the bottom 10" edge.
3. Turn the fabric tube inside out (right side out). Press to flatten.
4. Turn piece so the back side faces up. Create a hem on one shorter side by folding over 1/4" and then fold over again. Press hem. Sew as close as possible to the thicker folded side. Elastic or ties will need to be inserted into the tubing formed by the hem. Repeat for the other shorter side.
5. Insert either elastic, ribbon or shoelaces into the tubing formed by the shorter sides' hems. A bodkin, crochet hook, or safety pin can assist with fishing the item through.
6. If using elastic, tie and knot, or sew the elastic together and fish the knotted section into the mask. You might want to tack the elastic along both openings on both sides.
7. If using string/ribbon/laces, you might want to tack the string just on the top opening of each side. I hope this has helped. Please stay safe!

