Holiday in Paris Spa Gift Set

Designed By Jenelle Clark

Blog: www.echinopsaster.blogspot.com

Skill Level:
Intermediate







Give the Gift of Relaxation! This chic gift set has everything you need during the hectic holiday season. Essential oil infused bath salts, a lavender eye pillow and a gorgeous tote. Example shown uses fabric from the Etching Collection by 3 Sisters.

For the Tote:

2 yards 931 TD Pellon® Fusible Midweight Interfacing
2 fat quarters of coordinating patterns
1 fat quarter of a coordinating solid
1/2 yard fabric of your choice for the lining
Small piece of coordinating fabric to make 10.5" x 2.5" strips
Matching Thread
1 Large Button or Toggle
7" Zipper
Double Sided Tape
Hand Sewing Needle
Zipper Foot
Erasable Fabric Pen

For the Eye Pillow:

Two 9"x4" pieces of fabric
Two 9"x4" of 931TD Pellon Fusible Midweight
1.25 Cups flax seed or lentils
10-20 drops of lavender essential oil
Dried Lavender (optional)

For the Bath Salts:

Lavender Bath Salts

1 cup coarse salt
2 tbsp baking soda
10-20 drops lavender essential oil
1 tbsp dried lavendar (optional)
Small canning jar

Rosemary Mint Salt Scrub

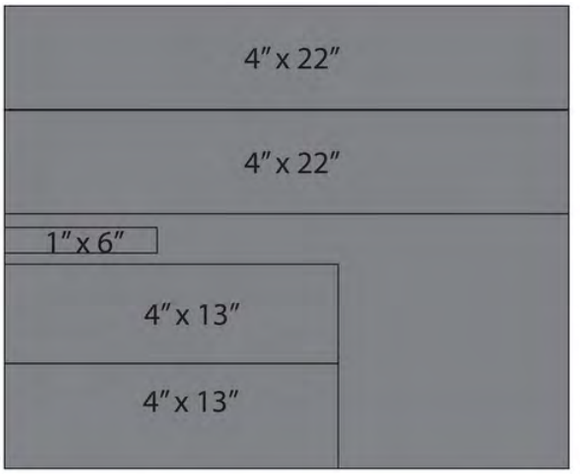
1 cup coarse salt
1/2 cup light olive oil
10 drops rosemary essential oil
15 drops peppermint essential oil
Small canning jar

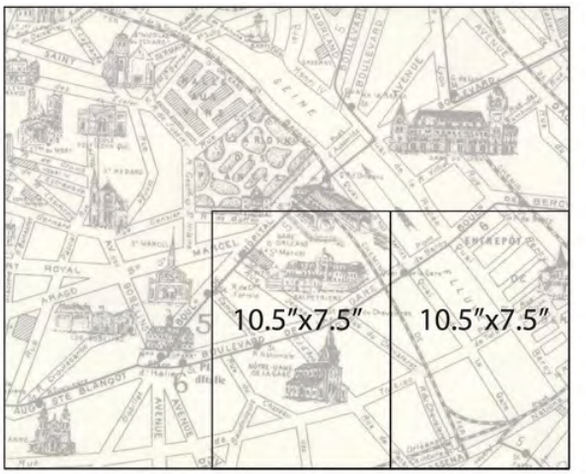
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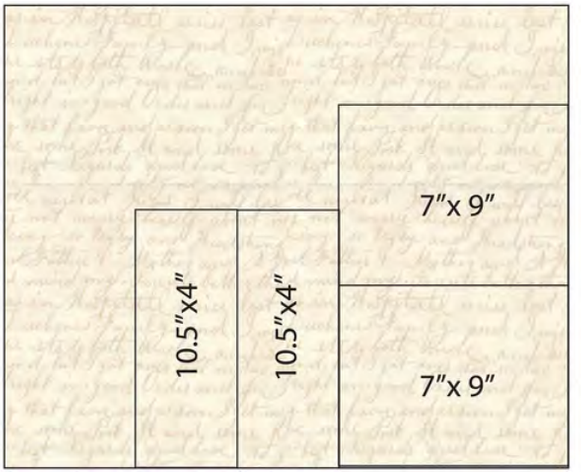
Tote Instructions:

1. Cut 931 TD Fusible Midweight Interfacing
   2 pieces 4″ x22″
   2 pieces 14″ x13″

2. Cut Fat Quarters & strips of fabric







*Plus 2, 10.5″ x 2.5″ Strips of Coordinating Fabric

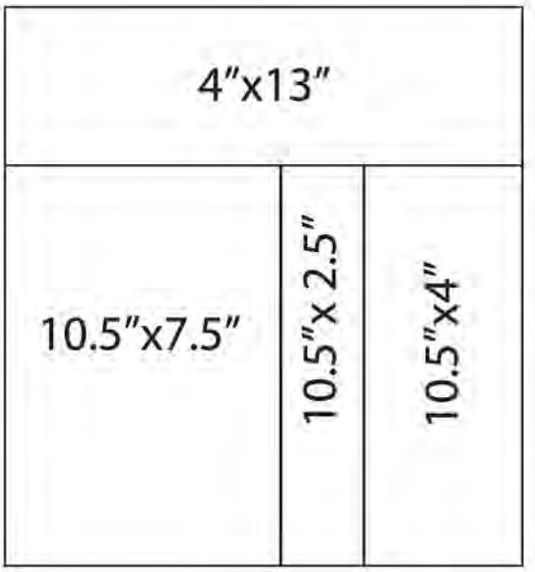
3. Cut the half yard



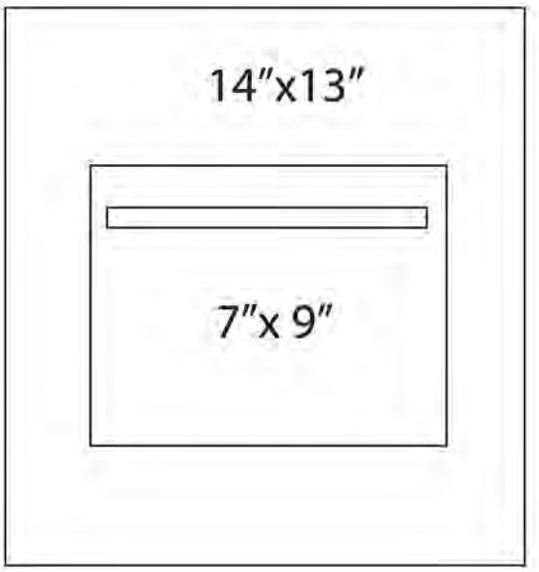
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Piecing & Pocket Placement

TIPS:
All seams (unless otherwise specified) are 1/4"
Seam allowance is built into the cutting and piecing diagrams
Backstitch at the beginning and end of each seam



Pieced Front



Lining With Pocket

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Make the Tote: Piecing the Front

1. Pin your 10.5" x 2.5" strips to your 10.5" x 7.5" pieced of fabric, right side togther. Make sure to pin and sew your strips to the OPPOSITE long sides of each of your 10.5" x 7.5" pieces. This will allow the strips to line up when the pieced fron and back are placed on top of each other, wrong sides togther.

2. Sew your 10.5" x 4" pieces and sew to strips

3. Press all of these seams open and check to make sure your front and back piece look like Picture 3 and line up when placed wrong sides together.



Piecing the Front





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Make the Tote: Piecing the Front

4. Pin and sew solid colored 4" x13" pieces of fabric to the top of the pieced front and back and press this seam up

5. Fuse the 14" x 13" pieces of midweight interfacing, according to the package instructions, to the wrong sides of your front and back pieces

6. Top stitch 1/4" up from the seam on the attached solid piece, on both the front and back pieces of the tote.

7. Sew the front and back pieces, wrong sides together using a generous 1/4" seam allowance around 3 sides, leaving the top open. Set aside.









Piecing the Front, cont.

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Make the Tote: Attach the zipper

1. Take 1 piece of 14" x13" lining pieces and one of 7" x 9" pocket pieces. Lay the lining piece right side up and lay the pocket piece on top, wrong side up, positioning the pocket 3" from the top of the lining piece and 1.5" from each side.

2.. Draw a 7" long line 2" down from the top of the pocket piece using an erasable fabric pen.

3. Draw two more 7" long parallel lines, 1/4" above and 1/4" below your first line. Connect these three lines end to end on each side. Draw a dot 1/4" from the end on each side of the middle line. Connect the ends of the top and bottom 7" long lines to this point on each side making two triangles. Sew around the outside of the drawn box, backstitching at the beginning and end.

4. Using scissors, cut along the middle line and the "legs" of your triangle, make sure to not clip your stitching.

5. Turn pocket piece through the opening and press flat.

6. Hand Baste the zipperpull end of the 7" long zipper togther.

7. Apply a thing layer of double stick tape to the edges of your zipper being careful not to get too close to the zipper teeth.

8. Position the zipper in place within the lining opening, lining right side up. Stitch all the way along the zipper, 1/8" from the edge of your fabric opening using a zipper foot.



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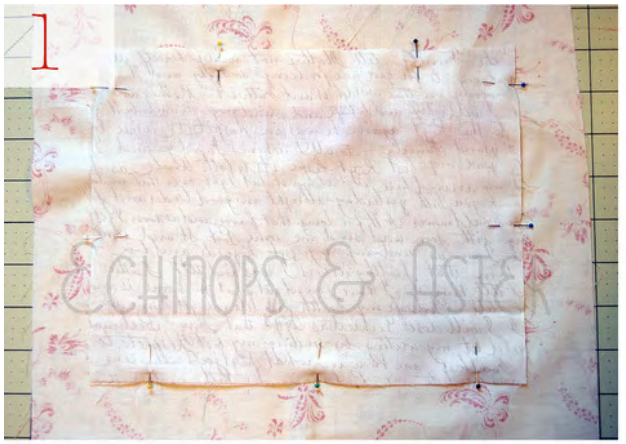
Make the Tote: Finish the lining

1. Flip the lining piece over (with zipper installed) and lay the second pocket piece on top of the attached pocket piece, right sides togther. Pin around the edge and stitch the pocket pieces together making sure to not catch your fabric libing. Take the second lining piece and stitch it to the first lining piece (with the zipper installed), wrong sides together, using a generous 1/4" seam allowance around 3 sides, leave the top open.

2. Take the sewn lining piece and the sewn exterior piece to create the boxed ends. Flatten the bottom seam on either corner of both the lining and exterior pieces into triangles using an iron to press the seams flat. Measure and mark 1.5" down from the outside corner point and 3" across from that mark to indicate where you will sew on all four corners.

3. Sew along the mark and clip your seam to a 1/4" on each corner.

4. Slip the lining into the open pocket between the front and back pieces of the exterior, right sides together.









Finishing the Lining

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Make the Tote: Final Assembly

1. Fuse two 4" x 22" pieces of Pellon Fusible Midweight interfacing to the wrong side of the two 4" x 22" pieces of solid fabric.

2. To make straps, fold both pieces of Fusible Midweight Interfacing in half, lengthwise and press. Open and press the outer edges of the fabric into the center. Fold and press in half lengthwise again, making a 1" wide strap. Topstitch along both sides of both straps 1/8" from edge.

3. Press the 1" x6" piece of solid fabric in half lengthwise. Open and press the outer edges of the fabric into te center. Finally, fold in half again lengthwise to make a 1/2" strip. Sew along the openside of the strip as clost to the edge as possible. Tip: Baste your newly made button loop together at top to make the next step easier.

4. Pin both of the straps in place, 3" from each edge of the fabric pocket, in between your exterior fabric and lining. Make sure to not twist straps as you pin. Center & pin in place the button loop on the back side of the tote.









5. Straighten and pin all the way around the top of your sandwiched layers, lining up your side seams, and sew a 1/2" seam starting at one of the side seams and ending. **Leave a 3" opening for turning.**

6. Turn your tote right side out through the opening and push the lining back into the exterior bag. Press and topstitch along the top of the bag 1/4" all the way around.







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Finished Tote



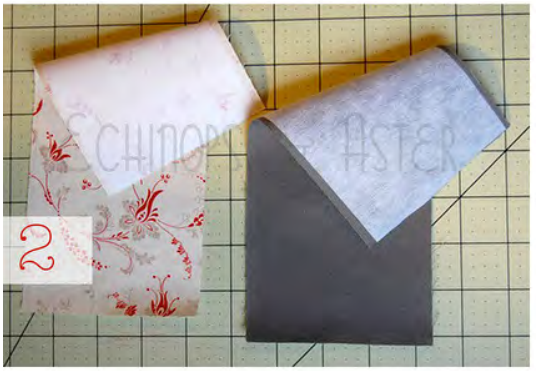


Finished Tote

Make the Eye Pillow

1. Cut two pieces of coordinating 9" x4" fabric
2. Fuse Pellon Midweight Interfacing to the wrong sides.
3. Pin & sew fabric pieces wrong sides together.
4. Leave a 2" wide opening centered on one of the short sides for turning. Clip your corners.
5. Turn your eye pillow right side out, using a chopstick to push your corners out.
6. Mix your flax seed, essential oil and dried lavender in a bowl. Fill eye pillow 3/4 full and slipstitch the opening closed.





Making the Eye Pillow











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Make the Bath Salts

1. Mix all ingredients together throroughly
2. Store in a small canning jar that won't leak the oil
3. Embellish with ribbon and a gift tag







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