

Making Lavender Pillows



The world needs more lavender to promote calmness and wellness, don't you think? I love sachets, but the larger lavender pillows are getting my attention lately. However, is it me or do they seem expensive? \$49.95 for a 7" square lavender pillow? So what better way to get a lavender pillow than make them yourself.



Finding the Right Lavender

Naturally I am seeking a highly fragrant, good quality lavender. Though I have lavender growing around our property, it isn't all that fragrant after I dry the buds. To see a previous post on lavender, click [here](#).

On Etsy, I found lavender buds (*Lavandula Augustifolia*) that are bulk wholesale, mostly used for weddings from [StressTamerSpa](#). The reviews are excellent, plus you have the option to order 1/4 lb. up to 10 lbs.



The minute I received the 2 lb. package in the mail I knew what it was because of the heavenly scent. Lavender doesn't weigh all that much so two pounds is quite a good quantity.

Picking Fabric



Over the years I have collected lots of fabrics. But there are many things you could use~old vintage napkins or handkerchiefs. I even have a old embroidered tablecloth that has seen better days. Taking cuts of fabric from it might just be lovely.



For a 7" square pillow, cut two pieces fabric 8" x 8" (allowing for 1/2" seam on all four sides). You can mix or match patterns or keep both sides the same. Or you could just fold one piece of fabric 8 x 16". To make this easy, I put blue tape on the counter as a measurement guide.



Put the same side fabric together and pin if necessary.



Once the fabric is cut, I machine-stitched the seam 1/2" from the fabric edge, leaving a small un-stitched section. If you don't have a sewing machine, these pillows are small enough to slip stitch the edge. If you decide to do that, just adjust the overall measurements without the 1/2" seam.



I always like to clip the corners so they are crisp and not rounded. Turn the pillow where the front of the fabric is facing out.



Filling the Pillow

Well, I tried this two ways and the second attempt is the way to go. Using a large measuring cup, I put the pillow in the bottom with the hole at the top. This way, if I spill any lavender it will be collected vs. all over the kitchen.



At first I used an orange, rubber funnel with a relatively narrow spout. The lavender buds *slowly* went into the pillow. This took some time.....too much time in my opinion. However, I filled the pillow with approximately 6 oz. of lavender buds.



I slip stitched the hole closed. Sorry I failed to take a

photo as I was talking on the phone at the same time. The downsides to multi-tasking!

The next pillow, I made the hole bigger and rolled up a piece of copy paper to use as a funnel. This way I could pour a larger quantity of lavender in much faster. The paper allowed the buds to slip right in.



So here is how the first two came out! Honestly, being around this much lavender makes you a bit loopy and mellow! I felt like I needed fresh air as the scent is so strong! But aren't they cute?



I am so lucky to have some friends in my life that have helped with recently, and I will give these lavender pillows as gifts.

The hope is that the two pound bag of lavender will fill 5-6 pillows. At \$39.99 for the bag, that's \$6.67 to \$8.00 per pillow. Sure beats spending \$49.95 per pillow! I didn't time how long it took me to make one, but it wasn't that long. And inhaling all this lavender has made this afternoon so relaxing!



Happy Saturday to you! We had a huge monsoon storm the other night and finally a bit of rain. The yard is a mess with all the plant debris so this weekend will be filled with clean-up chores. Hope you have a fun weekend planned! See you next week.

Mary

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