

# **Face Mask Tutorial:** (Time: + - 30 Mins depending on your sewing skill level)

## Items Required:

1. Polyester spun filter fabric (1M x 50cm/ Half a Metre)
2. 8mm (or narrower) White Elastic
3. 1mm Thick Flexible Wire
4. White Cotton Thread
5. Sewing Machine
6. Scissors
7. Pins
8. PDF Template Pattern

## The Pieces:

1. The Side A and Side B of the Mask Pattern (There should be 4 pieces all together once they have been cut)
2. The White Elastic (2 Pieces cut @ 20cm for females and 24cm for males)
3. The Flexible Wire (1 Piece cut @ 10cm. The ends are to be folded back on themselves making it 8cm in length once complete)

## Method:

1. Take your fabric and lay it down on a large flat surface.
2. Fold your fabric in half and then in half again.
3. Pin the fabric so that it won't move around while you work.
4. Take your pattern (PDF Template) and lay it on top of the fabric.
5. Pin the template to the fabric.
6. Cut the exact shape of the template and throw away any unusable excess fabric.
7. Put that to one side.
8. Cut your pieces of elastic to the desired length as instructed.
9. Put to one side.
10. Cut your wire, fold the ends and then put to one side.
11. Put away or throw away any unnecessary items and take all your pieces to the area where you have set up your sewing machine.
12. Take two pieces of your fabric and attach them on the curving section of the pieces of fabric. Now repeat with the other two pieces.
13. Now stitch down the loose flaps next to the sewing you just did.
14. Place the 'raw' edges like they are facing away from each other and sew up the bottom section.
15. Now take the elastic and pin them into place on the left and right hand side of the mask, stitch those down.
16. Turn the mask inside out and fold, pin and sew the top closed atleast 1cm away from the edge.
17. Place the wire in between the folds and stitch the top closed.
18. Find the centre of the fabric between the elastic and put a pin on both sides.
19. Fold the fabric over to make a pleat and stitch that down.

**Your mask is now complete.**