

NON-SURGICAL FACE MASKS INSTRUCTIONS

Step 1: Fold the main piece of fabric in half, right sides together. Sew along the 9" width edge, using a 1/4" seam allowance.



Step 2: Turn this tube shape inside out, so that the right side of the fabric is now on the outside. Press this flat, keeping the seam to one end of the flattened tube.



Step 3: Place the tube of fabric so that the raw edges are on each side and the seam edge is at the bottom. Using a ruler, measure and mark a line 1 1/2" from the bottom edge. Make another line 1" above this line, or 2 1/2" from the seam edge. Don't use a pencil as you see in the picture, use a fabric pen, or fabric chalk.



Step 4: Flip the tube piece over, flip up the bottom and crease on the first line that you just marked. You should have 1 1/2" edge here. Press



Step 5: Flip the tube piece over. Match the crease edge to the second line that you made earlier. Press. The pleat that you just created will be 1/2" deep. Pin the pleat down on each raw edge end.



Step 6: Now you will mark the lines for the second pleat. Mark a line measuring 1/2" from the top crease of the last pleat, (or 2" from the bottom seam edge). Mark another line 1" above the last line that you made (or 3" above the seam edge). Move the first line up to the second line creating a 2nd 1/2" deep pleat.



Step 7: You should now have two pleats, each one being 1/2" deep. Repeat the steps you used to make the second pleat, so that you end up with three pleats total. Press. This is what your main piece should look like at this point



Step 8: Using a 1/8" seam allowance, baste stitch the raw edges. Repeat this step so that both raw edges are basted as shown in the picture below.



Step 9: Fold each end strip of fabric lengthwise in half, matching raw edges, as shown in the picture below. Press.



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Step 10: Tie a knot on the end of each piece of elastic. Pin one elastic cord piece to the raw edge, making sure not to twist it before baste stitching it to the edge at both ends. 1/8" from the top and bottom edge of the main pleated piece.



Step 11: Center the strip on top of the elastic. Make sure the raw edge is facing outward, and the creased edge is facing the main body of the pleated piece. Wrap the ends around to the back and Pin all layers in place.



Step 12: Using a 1/4" seam allowance, stitch the length of the entire edge, making sure to back stitch at the beginning and end.



Step 13: Flip the accent fabric strip outward away from the main pleated piece, then press. This is what the mask should look like if you flip it over.



Step 14: Fold the entire accent piece down toward the main pleated piece, encasing the raw seam. Press. Pin edge down.



Step 15: Stitch this accent strip down to the main body of the mask, sewing along the edge, making sure to back stitch at the beginning and end. Stitch down the edge of the mask close to the elastic side.



FINAL PRODUCT - FRONT



FINAL PRODUCT - BACK



Instructions based on tutorial provided by Button Counter.

Original tutorial with full size

pictures can be found at

<https://buttoncounter.com/2018/01/14/facemask-a-picture-tutorial/>