

Handmade Sachets

A sachet is essentially any pouch filled with aromatics. Sachets come in all shapes and sizes, and this project can be made with a preformed pouch or taken up a notch by sewing your own. These little bundles lend their fragrance to linen drawers, closets, or cars (to name a few). Use a premade pouch for a quick project. Or whip out your sewing kit or machine to stitch and subsequently stuff with seasonal smells.

Materials:

Dried aromatics: dried herbs from the garden or pantry (rosemary, mint, lavender are both sweet-smelling and calming), dried rose petals, or epsom salts

Cloth squares, approximately 4 x 4 inches

String, twine, thread, or ribbon to hang the sachet

Needle and thread or sewing machine

Funnel

Newspaper



Pouch: cloth wine bag, mini-Christmas stockings, draw-string velveteen purse

Directions:

For a no-sew project, use a preformed pouch. As shown, a repurposed wine tote, mini-Christmas stocking ornament, or a draw-string pouch would work. For the larger sachet bags, crumple pieces of newspaper and stuff to the desired fill. Add the aromatics and tie the sachet shut. Crumpling the sachet will now release the lovely fragrance – and tensions! Even if the bags have a drawstring, glue or sew the opening to keep the materials securely inside.

To hand sew a sachet, stack the two squares (inside out if there is a pattern) on top of each other. Then use a double-running stitch with a ¼ inch seam to close three sides of the square. Continue the seam on the fourth side, but leave a small opening to pour in the herbs. Turn the pouch inside out and fill the sachet with your scent of choice. A funnel makes this step much easier and cleaner! Sew the opening shut.

Use ribbon or twine to add more decoration and a handle to hang it. Add a name tag and turn this into a real “stocking stuffer”. These sweet-smelling sachets will share the love and creativity this holiday season!

Extension:

- ✓ Use rice soaked in essential oils to make a **squishy sensory sachet**.
- ✓ Explore different **stitches** – would a blanket stitch work better than the double-running stitch?
- ✓ Share your sachets on social media at **#littlechildrenBIGactivity**.

See the “I’ve been thinking...” section at www.joanruddimanedd.com for continuously updated content.