



THE OKLAHOMA HOMESTEADER

REDISCOVERING THE SIMPLE JOYS OF HOMESTEADING

Lavender Eye Pillow

Ingredients:

- 1 cup lavender flowers
- 1 cup rice (or flaxseed)
- 8 drops lavender essential oil
- 1/4 yard fabric
- Fabric scissors

Instructions:

1. Cut two 4.5"x10.5" fabric pieces.
2. Sew around edges, leave one end open.
3. Mix lavender, rice & essential oil.
4. Fill pillow using a funnel.
5. Sew end closed.

Notes:

- Flaxseed is a great alternative.
- Refresh scent with more oil over time.