

# Perfectly Pampered!

Supplies needed:

- Terry Cloth Towel 27"x52"
- Rotary cutter, ruler and mat
- Terry hand towel to match
- Tear a Way stabilizer
- Terry wash cloth to match
- Water Soluble Stabilizer
- Velcro tape
- Sewing/Embroidery machine
- 1" elastic
- Baby Lock Serger
- Fasturns
- ¼ inch foot w/ guide
- Sewing Thread
- Viva La France from Anita Goodesign
- Embroidery thread
- His and Hers from Baby Lock
- Finishing Touch bobbin thread
- Assorted ribbons and button (optional)
- Press or iron

**Step 1-** prewash and dry all towels

**Step 2-** cut 2 strips from the hand towel for straps 3 ¾ inch by length of towel.

**Step 3-** From remaining towel cut a 8" wide by 9" long pocket.

**Step 4-**Stitch strap strips along long edges with right sides together using a ¼ inch seam. Using the Fasturns, turn the straps right side out. Press with seam in center of back side. Using the serger finish the raw ends of the straps with a 3-thread wide stitch.

**Step 5-**For the pocket, serge around all four side with a 3-thread wide stitch. Fold the top down 1 ½ inch and press. Topstitch 1 inch from the folded edge. Attach lace, ribbons or ruffles if desired. Fold under ½ inch and press on the remaining three sides. Embroider if desired.



**Step 6**- Pin pocket to towel 13  $\frac{3}{4}$ " from top edge and 10" from right side edge. Stitch on using a  $\frac{1}{4}$  inch seam leaving the top open.

**Step 7**-Blanket stitch or bind all edges around the towel.

**Step 8**-Sew one end of the elastic to the inside front of the towel 1" from the top and 4 inches from the end. Pull elastic tight and stitch around to the other end of the top of the towel, stop 4" from the end. Use a wide zig zag to attach the elastic. Set length to 5.0.

**Step 9**-Sew the soft side of the Velcro to the inside of one end of the towel and the teeth side on the top of the opposite end to match and line up.

**Step 10**-Wrap the towel around and determine where the straps need to be attached. Pin in place and use a zig zag stitch to attach to the wrong side of the towel.

**Step 11**- Decorate with embroidery.

Hint: Always use a water soluble stabilizer on top of your project to keep the stitches from burying themselves in the nap of the fabric. Try the new Baby Lock Press Away stabilizer, its Hot!!!! ☺

### *Floral Salt Scrub:*

- small Jar with lid
- 2 cups of sea salt
- \$\frac{3}{4}\$ cup sesame oil
- Rosewood essential oil or floral scent of choice

Mix salt and sesame oil together. Add a few drops of essential oil as needed. Spoon into jar and smooth top. Seal with lid.

### *Hair Wrap:*

- hair wrap pattern
- Baby Lock serger
- \$\frac{1}{4}\$ inch elastic 4" long

**Step 1**- Cut headwrap. You will need two pieces.

**Step 2**-Fold the 4" strip of elastic in half with edges even. Pin about 6 inches from the sharp curved end of the headwrap with the folded edge to the inside and serge the headwrap together.

**Step 3**- Serge around raw edge. Turn under and topstitch or bind with fabric.

A Wave Stitch would work great for this edge! Try a decorative serger thread such as Jean Stitch or Lana Wool thread. You will need two colors to make a statement!

**Step 4**-Embroider or decorate as desired!

*Notes:*