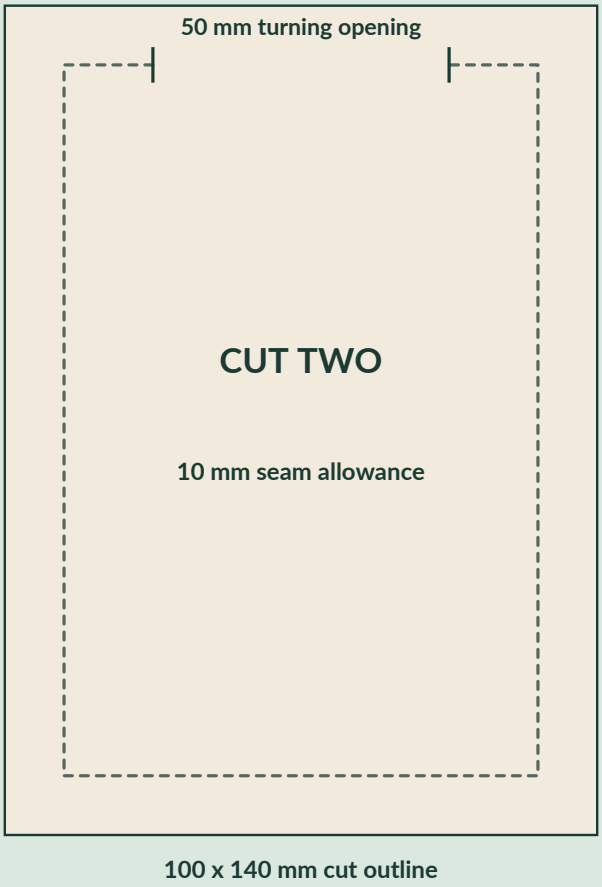
STEADLEAF PRESS
MAKE / PERSONALIZED GIFTS & HOME ACCENTS

Design a Simple Sewn Lavender Sachet



Sew a small adult decorative sachet with a measured opening, dry filling and an unscented alternative.

14 practical steps • Original diagrams and maker records

Illustrative plans — not physical test results

FREE GUIDE + PRINTABLES | STP-MAKE-F149

Before you start

A sewn sachet can carry the light scent of dried lavender, but fragrance is optional rather than a requirement. Make a small rectangular cloth pocket with a closed seam and a modest quantity of dried material. This is an adult indoor decorative object, not a treatment for sleep, anxiety, insects or any health condition. It is not a pillow, food item, toy, pet product or heated pack. Anyone who reacts to lavender, plant dust or fragrance should omit the scented filling or avoid the project.

Materials

Two tightly woven sound fabric rectangles at least 100 x 140 mm, compatible sewing thread, suitable hand needle, fabric scissors, ruler, removable marking tool and clips. For an opt-in scented version, use a small quantity (start with 15 mL, about one tablespoon) of clean, completely dry dried lavender buds from a supplier that identifies the material for decorative use. Use no essential oils, extracts, fresh plants, unknown wild plants, liquids or loose dust. A spoon and clean paper tray help limit spill. For an unscented alternative choose clean dry fabric offcuts as filling. Keep all materials away from children and pets.

Plan the project

Cut two identical 100 x 140 mm rectangles. Use a 10 mm seam allowance all around, giving a nominal unfilled 80 x 120 mm outline between the seam lines. The top seam is 80 mm long; leave the central 50 mm opening (from x = 25 to 75 mm along the cut width, measured from the left cut edge). Sew right sides together around the perimeter except this opening. Trim corner bulk without cutting the stitching and turn through the opening. Add only a small amount of suitable filling; keep at least 30 mm below the open top clear and avoid bulging seams. Fold the opening allowances to the original seam line and close securely with small ladder stitches, checking that no plant fragments or filling can escape. The actual filled size and fragrance vary; this is not a tested containment or exposure-control product. If there is sensitivity or uncertainty, omit lavender entirely and use the unscented version. No hanging loop is included.

Steps 1–2

1. Decide whether fragrance is wanted

Ask the intended adult recipient if they want a lavender-scented item before purchasing or opening dried material. Do not surprise someone with fragrance. If they have a known sensitivity, fragrance-triggered symptoms or uncertainty, choose an unscented cloth accent instead.

2. Choose a suitable workspace

Use a clean, dry, ventilated work surface away from food, children and animals. Avoid creating airborne plant dust; do not crush or grind buds. Stop if fragrance or dust causes irritation. Keep the materials in their original identified container until needed.

Steps 3–4

3. Select the fabric

Choose tightly woven fabric without holes, loose seams, coatings or thinning. Hold it up to the light to check obvious gaps, but do not treat this as a guarantee of containment. If buds can pass through the weave, choose a finer cloth or omit plant filling.

4. Prepare the pattern

Print the 100 x 140 mm cutting template at actual size and measure the 20 mm calibration bar. The inner dashed rectangle is the 10 mm seam line, not a cutting line. Mark the two opening ends at x = 25 and 75 mm on the top seam.

Steps 5–6

5. Cut the two pieces

Trace and cut one rectangle at a time without stretching the cloth. Transfer seam and opening marks to the wrong sides using a suitable marking method. Keep the scissors supported on the table and account for them before filling begins.

6. Prepare to sew

Place the two right sides together, aligning their cut edges. Clip the pieces without distorting them. Start with a manageable thread length and a needle suitable for the weave. Mark the central 50 mm opening again so it cannot be sewn shut by accident.

Steps 7–8

7. Sew around the perimeter

Start at one end of the opening, secure the thread and use small, closely spaced backstitches along the dashed seam line. Sew around the remaining top segment, both sides and bottom to the other opening end. Secure the thread there; leave the marked gap unsewn.

8. Tidy the seam allowances

Look for skipped stitches or gaps while the wrong sides remain accessible. Correct them before filling. Trim only excess at the four corners, leaving a sound margin outside the stitches; do not cut the opening allowances or the seam itself.

Steps 9–10

9. Turn and check the pocket

Turn gently through the opening with fingers or a blunt smooth turning tool. Fold the top allowances inward to the seam line and inspect the empty pocket for holes, weak stitching or visible gaps. If it is damaged, repair or remake it before adding any material.

10. Choose and prepare filling

For a scented version, check the labelled dried buds for moisture, visible mould, unusual contamination or excessive loose dust; discard unsuitable material. Do not attempt to dry damp or mouldy material for use. For an unscented version use only clean, dry, fragrance-free fabric offcuts; keep the two versions separate.

Steps 11–12

11. Fill sparingly

Use a spoon over a clean tray to place about 15 mL of dried buds into the pocket, or add a small loose portion of unscented fabric. If desired and if space permits, add a little more, keeping the upper 30 mm clear. Do not pack tightly, shake plant dust into the air or add oils. Remove loose fragments from the seam area.

12. Close the opening

Fold the two 10 mm top allowances inside along the seam line. Use closely spaced ladder stitches through the folded edges and secure the ends. Check the entire closure for visible gaps, then trim the thread and account for the needle and clips.

Steps 13–14

13. Label and choose a location

Give the recipient a simple written note identifying the filling and stating decorative use only. Keep the sachet dry, away from food, bedding, heaters, direct flames, children and pets. Do not microwave, wash while filled or claim a therapeutic effect. If fragrance is unwelcome or material escapes, discontinue use.

14. Record and retire when needed

Record fabric, filling type, date, seam and closure observations, and any limits. Mark DECORATIVE READY, CHANGE or HOLD only for the observed condition. If it becomes damp, develops mould, tears, or causes irritation, remove it from use and dispose of the filling appropriately; do not reopen a dusty or mouldy sachet indoors.

Fix, care and preserve

Filling escapes

Stop using the sachet. Contain and dispose of loose material appropriately; remake with sound tightly woven cloth or choose unscented filling.

Opening will not close

Remove excess filling and clear fragments from the folded edges before sewing.

Fragrance is unwelcome

Remove the scented item from the space; make an unscented version rather than masking the scent.

Fabric becomes damp

Retire the filled sachet rather than heating, washing or attempting to dry plant filling inside it.

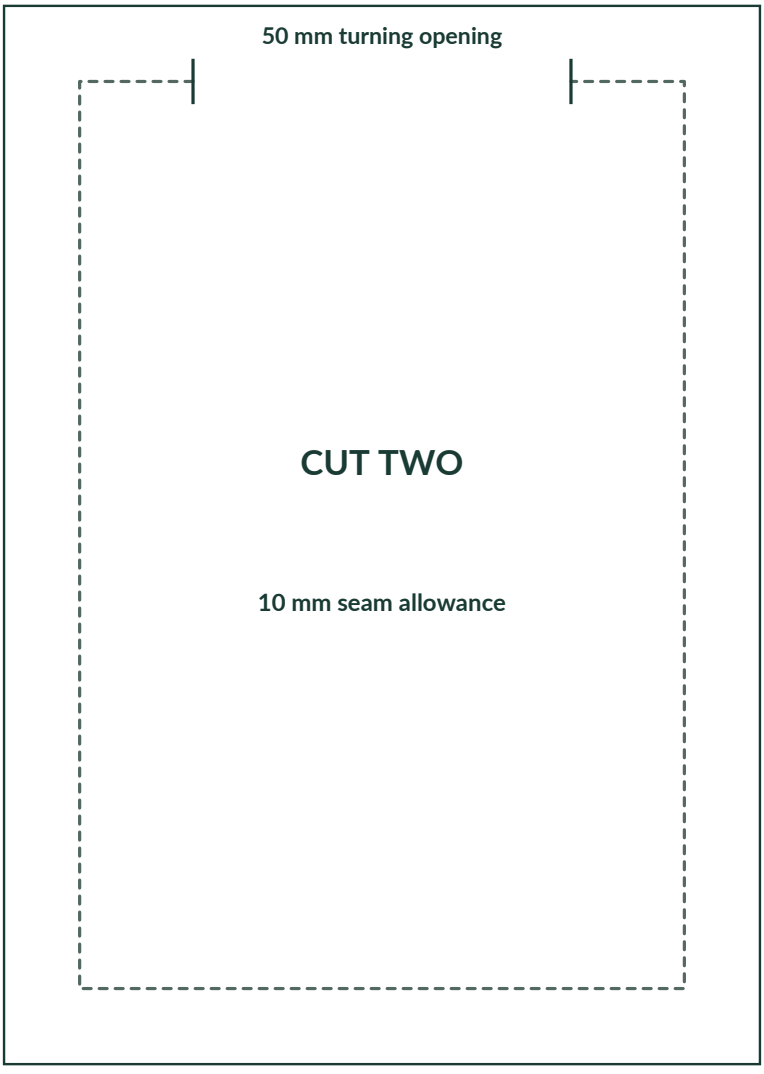
Originality and evidence boundary

Original Steadleaf English prose, design, dimensions, artwork, diagrams and maker records. Follow actual material and tool instructions. No physical construction, cutting, sewing, adhesion, washing, durability or safety testing was performed by the publisher. Adult decorative craft only; no safety or archival certification.

Print the following pages separately if desired. For any actual-size template, disable fit-to-page scaling and check the printed calibration bar. Measured schematics are not full-size cutting patterns.

Pattern 1

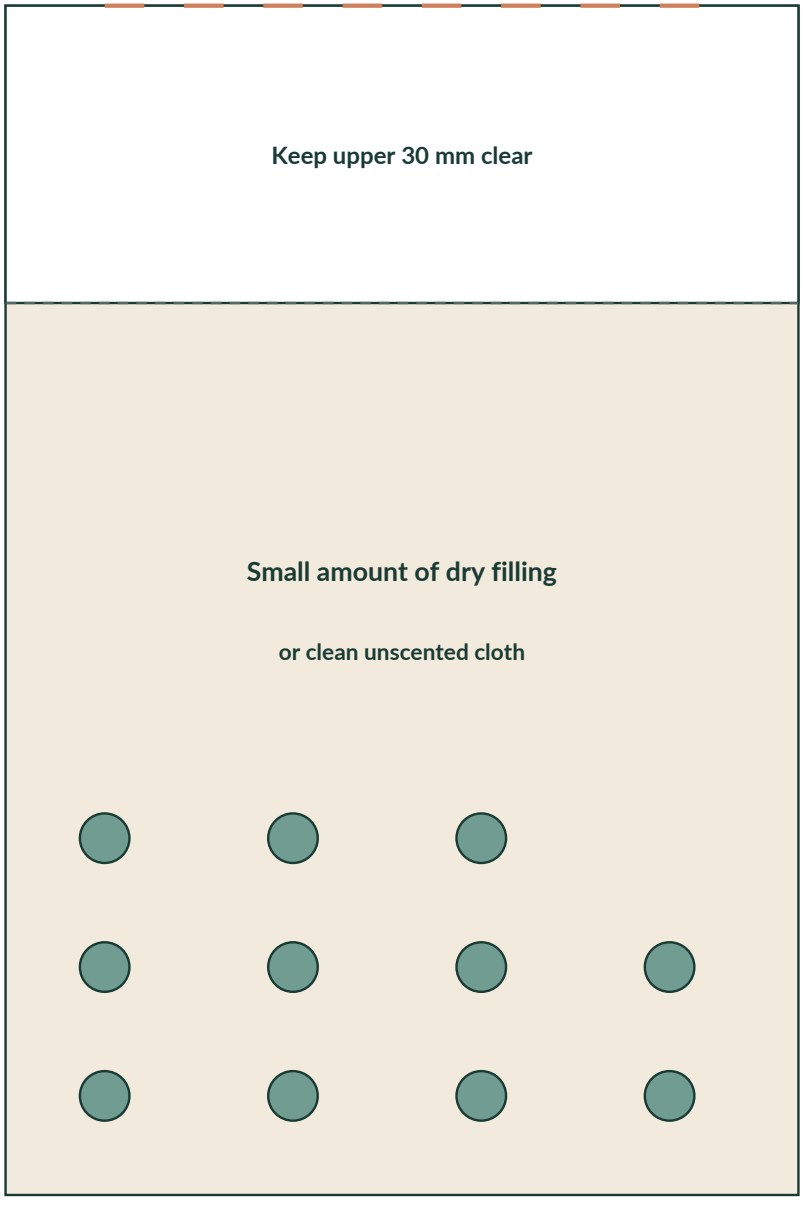
Actual-size rectangular cutting template: cut two 100 x 140 mm pieces. Dashed 10 mm seam line gives 80 x 120 mm nominal unfilled outline. Leave the central 50 mm of the top seam open, between x = 25 and 75 mm. Print at 100% and verify the 20 mm calibration bar.



20 mm calibration bar

Pattern 2

Filling and closure schematic: keep 30 mm below the open top clear, add a modest quantity of dry filling, fold 10 mm allowances inward and close with small ladder stitches. Use no lavender if sensitivity or uncertainty exists; clean unscented cloth is an alternative.



Close folded top edges with small ladder stitches

Record 1 — Materials and plan

Record actual observations only. Use UNKNOWN or NOT CHECKED for anything you have not established.

Recipient preference / scented or unscented

Fabric / actual cut dimensions

Print calibration and 10 mm seam marks

Opening location / width

Identified dry filling or unscented cloth

Workspace and sensitivity decision

Needle / thread / closure plan

Decision: PROCEED / CHANGE / HOLD

Record 2 — Finish and display

Record actual observations only. Use UNKNOWN or NOT CHECKED for anything you have not established.

Actual filled dimensions / filling quantity

Seam and opening closure observation

Loose material / tool count

Filling identification note provided

Display location / no heat or food contact

Sensitivity / storage / retirement limits

Disposition: DECORATIVE READY / CHANGE / HOLD

Date / unresolved issue