

# Make your own heat pad



Heat pads are perfect for soothing aching muscles and they're dead easy to make. Our cat pad took no more than an hour to whip up. If making a simple rectangular heat pad, you can bank on less than half an hour. You'll need fabric and thread, a sewing machine and a filler. We've used rice, but you can also use whole grain wheat, buckwheat, barley or flaxseed. To heat the pad, place in the microwave for 1-3 minutes. Place a cup of water in the microwave while heating.



**1** Draw your pattern freehand. You can draw a cat, dog, horse – any shape that has the potential for a long body. Draw the body long enough to fit around your neck. For our pattern, the distance between the two inside legs measured 210mm. Each paw measured 45mm wide. The distance from the top of the head to the bottom of the front paws measured 300mm. Note: make your pattern fat enough to allow for a 6mm seam all round.

**2** Fold fabric in half with right sides together. Place pattern on top and cut out (you'll end up with two cat shapes). With right sides still together, stitch around the cat pieces, leaving a 100mm opening on the back.



**3** Clip the curves, being careful not to cut into the seams. (To clip curves, cut from the raw edge just in from the seam. This allows the fabric to sit straight.) Turn the fabric right side out and fill with rice. If desired, mix the rice with a few drops of essential oil before filling. Close the opening with a top stitch.

