

Free Scented Hot Pad Pattern



Pattern Description:

The scented hot pad is essentially a coaster filled with rice mixed with essential oils. When a hot mug is placed on the pad, the heat warms the rice, intensifying the essential oil aroma.

The project involves preparing the scented rice a day in advance, creating a muslin bag insert to hold the rice, and sewing a gorgeous, little **envelope-style fabric cover** for the insert. The cover is removable, allowing the rice bag to be replaced when the scent fades.

Materials Needed & Measurements:

- **Rice:** 1 cup
- **Essential oil:** Of your choice (e.g., cinnamon, cloves, ginger, peppermint, or orange for winter months)
- **Ziploc bag**
- **Fancy fabric** (for the outside of the coaster): 5" X 12" strip
- **Muslin:** 5" X 10" piece
- **Sewing machine**

Instructions for Making the Scented Hot Pad Pattern:



Preparing the Scented Rice Insert

The first step in this project is to prepare the scented rice. For the most effective results, this should be done **a day before** you plan to make the hot pads.

Start by combining 1 cup of rice with approximately 6–7 drops of your chosen essential oil blend. Essential oil suggestions for the winter months include Cinnamon, Cloves, Ginger, Peppermint, or Orange.

You are encouraged to create your own blends, and since it is just rice, you can always discard it and try again if necessary. After tossing the rice with the oil, place the mixture in a Ziploc bag overnight.

Sewing the Envelope-Style Fabric Cover

To create the outer cover, use the fancy fabric.

- Cut a strip of the fancy fabric that measures **5 inches wide and 12 inches long**.
- Along the two shorter, 5-inch ends of the fabric, sew a **quarter-inch hem**.
- Next, fold the fabric so the right side is facing in. The two hemmed ends must overlap.
- Measure the fabric overlap so that the resulting shape is approximately a **5-inch square**.
- Pin the sides of the square and sew them using a quarter-inch seam allowance.

- Turn the fabric right-side out. The result is a gorgeous, little **envelope-style hot-pad cover**.

Creating and Filling the Muslin Bag

The muslin bag acts as the scented insert for the coaster.

- Take the 5-inch by 10-inch piece of muslin.
- Fold the muslin piece in half and pin the sides.
- Sew the sides using a quarter-inch seam allowance.
- It is important to **leave a small opening for the rice**, which should be approximately 2 inches wide.
- Turn the small baggie inside out.
- Using a funnel, pour the scented rice into your muslin bag. If a funnel is not readily available, one can easily be constructed from aluminum foil.
- Once the rice is inside, sew the little rice bag shut. You can use a sewing machine or hand-stitch it, as you do not need to worry too much about the appearance.

Final Assembly and Tips

You are nearly finished once the muslin bag is sewn shut.

Slip the finished muslin insert into the fabric envelope cover. Because the cover is an envelope style, the muslin bag can be removed and replaced (or you can stitch-rip the seams to add new rice) once the scent eventually fades.

For added flair, you can add notions like sequins for "pizzazz" and sparkle. One way to attach sequins is by hot-gluing them to the fabric.

If you are creating a batch of these hot pads in advance of gifting them, store the completed pads in Ziploc bags, keeping similar scents separated, to ensure the aroma remains strong when your friends receive them.

The finished hot pads are great ideas for hostess gifts, stocking stuffers, or gifts for a coffee or tea enthusiast.