

Face Mask Pattern – DIY Mask in 2 Styles (FREE)

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DIY MASK – FACE MASK PATTERN STYLES

This tutorial has 2 styles of face mask pattern and now has extra alternatives for filter pockets and people who cannot get elastic and interfacing.

- [Style #1](#) is a single-layered pleated style of face mask pattern.
- [Style #2](#) is a double layer shaped style of face mask pattern.



FABRIC FOR FACE MASK PATTERN

The reason that cotton fabric is best is that it can withstand hotter washes. Choose a cotton fabric that is tightly woven. Quilting cotton is popular as it is medium weight and has a tight weave. If you can't get to a fabric store, think about recycling some shirts, pillowcases or old sheets. Many of the items in your cupboard that you don't wear anymore will be cotton. Consider fat quarters which are 18" x22" instead of buying larger fabric pieces.

TIES AND ELASTIC ALTERNATIVES

Elastic is the easiest for a face mask pattern, however some prefer bias tape or fabric ties. Either can be used for these masks

Fabric Ties instead of Elastic

If you have no string, elastic or bias, use strips of fabric for your face mask pattern. These can be raw or you could fold them in quarters and sew along the edge.

Here are some instructions if you wish to make your own ties for the face mask pattern.

- Cut fabric four straps 18 inch long (46cm) x 1 inch (2.5cm). If your fabric is stiff cut it a little longer as it can be harder to tie up. You can always trim it at the end. If you are a beginner sewer you may find it a bit easier to make the ties a little wider. Try 1.5 -2 inches (3.5 – 5 cm)
- Press the raw edges towards the centre
- Fold in half again
- Stitch along edge

FACE MASK PATTERN – PDF PRINTABLE

This **DIY mask** pattern tutorial is now available as a PDF download from [Treasurie sewing pattern shop](http://Treasurie.com). It is free to download but the site will ask you for an email (no credit details will be asked for this pattern) [DOWNLOAD ENTIRE TUTORIAL AS A PDF](#) or download [SHAPED PATTERN PIECE ONLY](#) (no instructions)

STYLE #1 – PLEATED FACE MASK PATTERN



STEP 1 – CUT A SQUARE

Cut a 2 or 3 squares of fabric in one of the following sizes. It is recommended that the fabric used closest to the face be cotton, the middle layer can be also be flannel, the outer facing layer can be cotton, flannel or microfibre (or similar water repellent fabric {not waterproof} remember you need to be able to breathe through it).

Size	Inches	CM
Adult	9.5" X 9.5"	24CM X 24CM
Child 8-Teen/Small Adult	9"X9"	22.5CM X 22.5CM
Child 3-7	8"X8"	20CM X 20CM

Place the 2 or three layers on top of each other with wrong sides together and then treat them as one for the rest of the tutorial.

STEP 2 – HEM THE TOP AND BOTTOM

On the WRONG side of the fabric, press over the raw edges by 3/8 inch (1cm) and then 3/8 inch (1cm) again to form a double hem.

Stitch the hems along the inside fold.

STEP 3 – PLEAT

Fold 3 pleats into the fabric with the hems still being top and bottom. The finished **height at the sides** should be the following –

Size	Inches	CM
Adult	3.5" X 3.5"	9CM X 9CM
CHILD 8-TEEN /SMALL ADULT	3" X 3"	7.5CM X 7.5CM
CHILD 3-7	2.5"X2.5"	6.5CM X 6.5CM

It is easiest just to lightly fold, measure and then press last. Don't obsess over them all being perfectly even.

Don't forget to check the side measurements.

Baste the edges to hold the pleats in place.

STEP 4 – FOLD THE ENDS

Finish the ends with a serger or zig-zag.

On the wrong side, fold the ends over by 3/8 inch (1cm) and stitch.

STEP 5 – ADD STRING OR ELASTIC

All face shapes and elastics are different so you may need to make some alterations but here are some cutting guides.

	Adult	CHILD 8-TEEN/ SMALL ADULT	CHILD 3-7
ELASTIC BEHIND EARS – Cut 2 pieces. Sew the elastic at the sides	7 inches (17.5cm)	6 inches (15cm)	5-6 inches (13- 15cm)
STRING OR RIBBON – Cut 4 pieces. Sew at each corner.	18 inches (46cm)	17 inches (43cm)	15-17 inches (38- 43cm)
ELASTIC TO GO AROUND HEAD – Cut 2 pieces. Sew the elastic at the top and bottom.	14 inches (35.5cm)	13 inches (33cm)	11-13 inches (28- 3cm)

For a neat finish, you can stitch the elastic over the side seam so it blends in.

STYLE #2 – LINED AND SHAPED FACE MASK PATTERN PRINTABLE

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STEP 1 – CUT THE FABRIC

FABRIC – Cut around the solid line of the template. Make sure you have the following pieces cut. See how they are all mirror images. The easiest way to cut mirror images is to fold your fabric in half and cut through 2 layers at once.

INTERFACING/INNER FABRIC – For the interfacing cut the face mask pattern template on the dotted line. That way the interfacing is a bit smaller than the fabric pieces and it will reduce bulk in the seams. Like the fabric, make sure you fold the interfacing before cutting to produce mirror images. The glue will only be on one side so this is important.

INNER FABRIC – For those of you using fabric as a substitution for the extra layer, cut it on the solid line the same size as the other fabric pieces. That way it will be caught up in the

seam. The purpose of the interfacing is to add some stiffness to this style and has the benefit of a third layer. If you made your own pattern, this dotted line is 3/8 inch (1cm) smaller around the curved edges.

STEP 2 – FUSE THE INTERFACING

On the **WRONG** side of the backs, press the interfacing glue side down. The interfacing should be even at the short straight side of the backs and have a gap around the curved edges.

STEP 3 – STITCH THE CURVE

Put the fronts and backs **RIGHT** sides together and stitch around the curved edge as shown. with a 3/8 inch (1cm) seam allowance.

If you used interfacing, you will be sewing along the edge of the interacting. This makes it easy to get a nice shaped seam allowance.

STEP 4 – PRESS

Press open the seams.

If you hand-stitched the centre seam, press the seam to one side and then do another row of stitches over the seam. This will add strength and stop the seam splitting.

STEP 5 – STITCH THE TOP AND BOTTOM

Put the front and back together with **RIGHT** sides together and stitch and top and bottom edges with a 3/8 inch (1cm) seam allowance. Once again you will just be sewing along the edge of the interfacing.

Make sure you leave the ends open.

STEP 6 – TURN

Turn the face mask pattern to the right side through one of the open ends. Press the edges well making sure they are fully poked out.

STEP 7 – FINISH ENDS

Finish the raw ends with a zig-zag or serge.

Turn the ends over to the wrong side by 3/8 inch (1cm) and stitch them in place.

STEP 8 – ADD ELASTIC OR STRING

Add elastic or string to the corners. Overlap underneath by 3/8 inch (1cm) and stitch well. All face shapes and elastics are different so you may need to make some alterations but here are some cutting guides. Elastic can also vary a lot in quality and the amount they stretch so sew one side first, check the fit and then sew the second side.

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STRING OR RIBBON – Cut 4 pieces. Sew at each corner.	18 inches (46cm)	15-17 inches (38-43cm)
ELASTIC TO GO AROUND HEAD – Cut 2 pieces. Sew the elastic at the top and bottom.	14 inches (35.5cm)	11-13 inches (28-33cm)

For a neat finish, you can stitch the elastic over the side seam so it blends in.