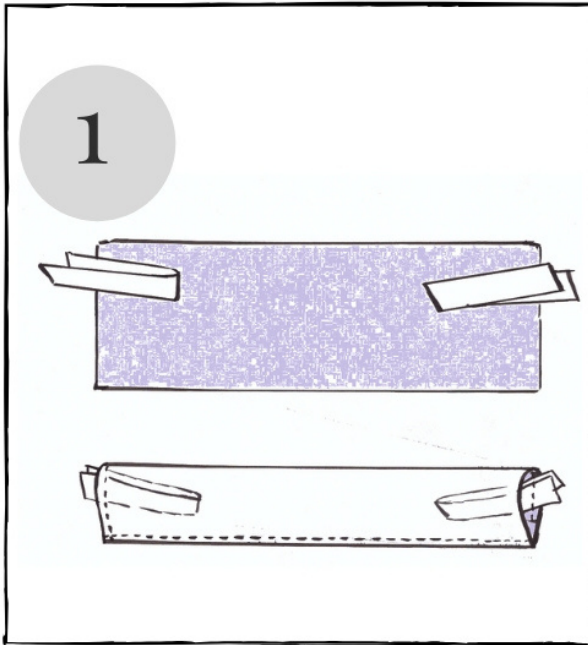
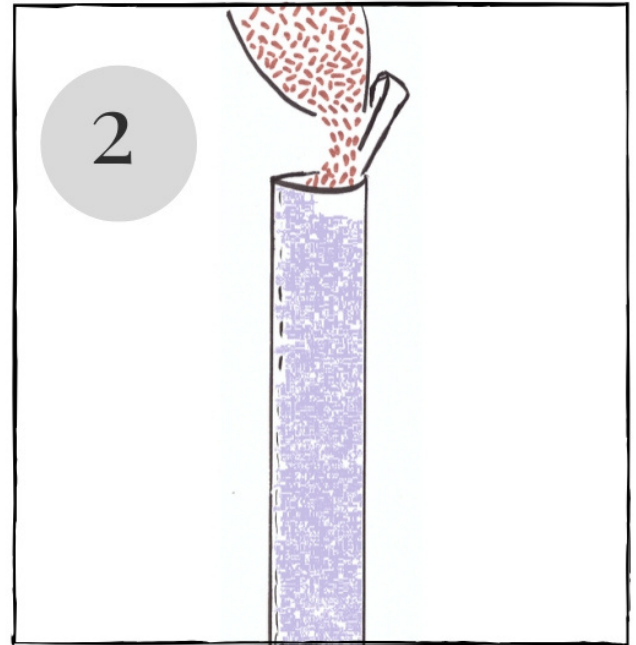


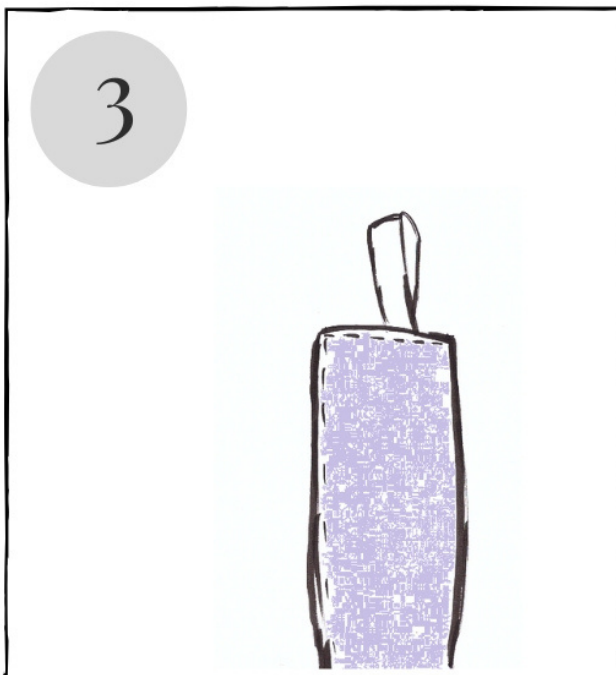
FLAXSEED HEAT PACK



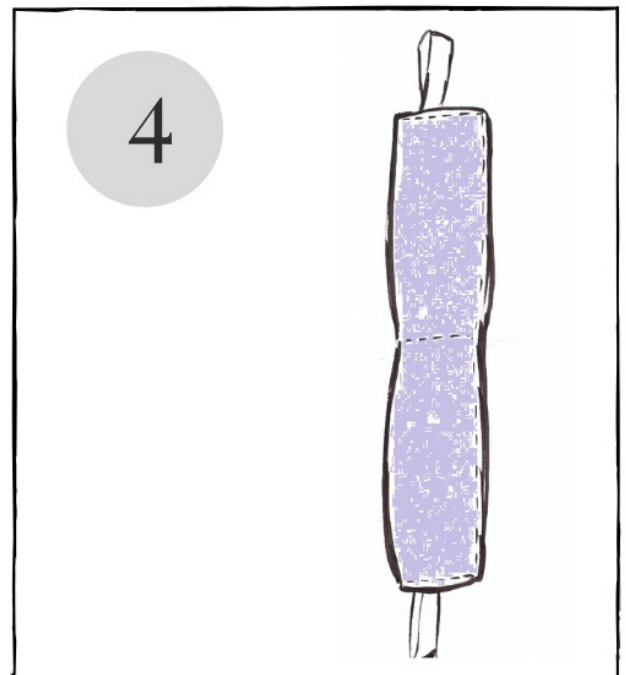
1
With right side up, pin looped ribbon to ends, stitch in place. Fold with right sides together stitching long side and one end.



2
Turn right side out and fill with approximately 2lbs, 2-3 cups of whole flaxseeds. Add essential oils or dried herbs.



3
Close end by folding in seam allowance and top stitching.



4
Divide filling in half and stitch through finished bag.