

Lavender pillows at Loose Valley Care Home



Making small pillows with lavender is a popular aromatherapy project here at Loose Valley Care Home and they are really quick and easy to do!

We had cotton fabric – which Paula from our team had cut to size and stuck with a hot glue gun – with two sides down to resemble a pocket.

*Our residents first chose from a selection of **pretty fabric pockets** which ones they would like to fill with lavender. We had bee prints, butterflies, bambi, flowers, red print and lace to name a few!*

Next they placed the loose lavender into the bags and used ribbon to secure the top into a bow, so no sewing required! We also had mini bows, metal bees and mini roses for **extra decoration**.

Our residents thoroughly enjoyed the afternoon of craft-making and were please to have their lavender pillows-sacks to take back to their rooms. They smell so wonderful and can be **used in drawers** and also **warmed for relaxation**.

Lavender can also be used in soaps and diffusers and is helpful with improving sleep and lifting mood.





