

A composite image featuring lavender flowers. The top half shows a close-up of a lavender sprig with small purple blossoms, set against a blurred background of green leaves and a wooden basket. The bottom half shows a wooden surface with several lavender sprigs, a small amber glass bottle of essential oil, and a blue ceramic bowl filled with dried lavender buds. A white jar lid is also visible on the left.

DIY Eye Pillow for Fast Headache Relief





You can make this DIY **lavender eye pillow** for headache relief in 20 minutes or less, using sturdy cotton fabric scraps. That's almost instant relief. Give it as a gift, keep one for yourself. It's microwavable and freezer proof for fast relief of tension headaches and some migraine headaches. Make them in different sizes for neck pain, wrist comfort, and even to warm your feet. Here's how.

Lavender eye pillow is a hot/cold pack

This can be used either hot or cold to relieve tension headaches or migraine headaches and promote relaxation. Lavender, mint, and evergreens have all been shown in controlled studies to relieve headaches, so if you don't like lavender feel free to substitute with another dried herb.

This natural headache relieving eye pillow is just the right size to fit over the eyes and forehead. For tension headaches, relief is usually achieved in 15 minutes.

The aromatic essential oils in this recipe also relieve sinus congestion and lessen sinus pressure which can relieve headaches caused by sinus congestion.



Lavender Eye Pillow

The directions below will give you enough materials to make 1 of these aromatherapy lavender eye pillows. But you can easily multiply this recipe for a DIY lavender eye pillow by 4 and make 4 of these useful eye pillows in not much more than 30 minutes.

What you'll need:

- 1/4 of a [fat quarter](#) (or a piece of firm cotton 9 x 11 inches)
- 1 1/2 cups of whole flax seed, rice, buckwheat, or other whole grain. (don't use popcorn, though, ah hmmm.)
- 2 tablespoons [dried lavender](#) or other dried herbs
- 6 drops [lavender essential oil](#)
- 6 drops [peppermint essential oil](#)
- Thread that matches OR contrasts to your fabric



Equipment:

- Sewing machine
- Iron
- Hand sewing needle

Directions:

Fold the fabric in half, right sides together, to make a 4 1/2 inch by 11 inch rectangle. Pin and sew the fabric along the long edge and one of the short edges.



Turn bag right side out. Press the seam edges.

Using your sewing machine seam guide as a guide, sew two straight seams on the right side of the bag, 1 1/2 inches from the each edge, along the long side, to within a half inch of the unsewn short edge. Leave this unsewn. This will create 3 channels in the bag.

Mix your stuffing

In a small bowl add 1 1/2 cups of rice, flax seed, buckwheat, or other grain with the dried lavender and optional [essential oils](#). I like using flax seed because the oil in the flax seed seems to retain heat or cold longer than the moisture in rice or buckwheat.



Using a funnel or an empty toilet paper roll as a funnel, placed in each channel you've sewed into the bag, fill each channel in the bag firmly with the herbs and grain mixture. Leave 1/2 inch at the top of the bag empty. Use the handle of a wooden spoon to firmly pack the filling into each channel.

Fold over the top of the bag 1/4 inch twice to make a firm and secure closure. Pin the seam in place. Hand sew this seam using a whip stitch. Done.

(This is the [fabric fat quarter](#) I used in this project!

To use as a hot cold pack:

For a hot pack:

Microwave for 30 seconds.

For a cold pack:

Place in the freezer for 1 to 2 hours.





How it works:



The hot lavender eye pillow relieves headaches by increasing the flow of blood to the skin, removing congestion from sinuses, and relaxing the facial and head muscles. The fragrant lavender is released with the moist warmth of the bag and aids in relaxation.

The cold lavender eye pillow works by constricting blood vessels. Depending on the cause of the headache either method may work. Some people place the eye pillow over the eyes for relief. Others place it on the back of the neck or even on the bottom of the feet.

To turn this into a neck pillow:

- Cut a fat quarter in half lengthwise and follow the directions for this Eye Pillow.