

# HAIKw/ DIFFUSION FACE MASK

PATTERN PIECES 1, 2, 3

ALL ARE TO BE CUT ON THE FOLD

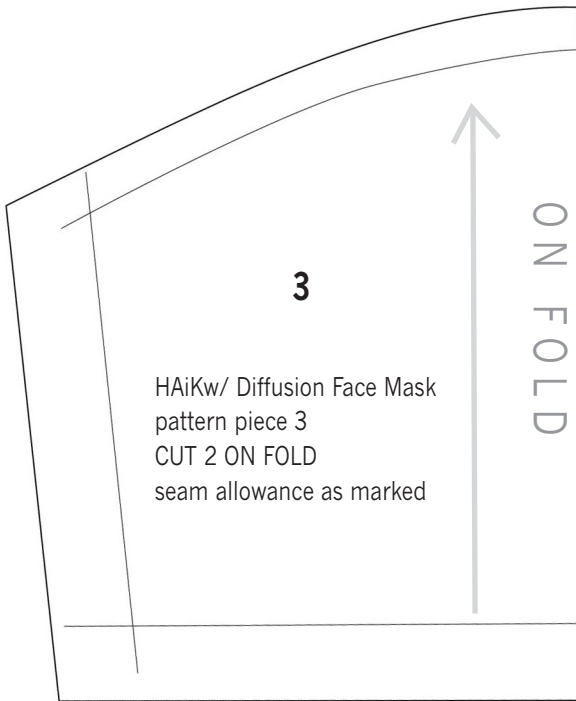
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In addition to these pieces to be cut  
in fabric of your choice, please add:

- bias band 3 cm wide and 33,5 cm long
- drawstring 50 cm long
- 4 tie bands 30 cm long each



HAIKw/ Diffusion Face Mask  
pattern piece 1  
CUT 1 ON FOLD  
seam allowance as marked



HAIKw/ Diffusion Face Mask  
pattern piece 3  
CUT 2 ON FOLD  
seam allowance as marked



HAIKw/ Diffusion Face Mask  
pattern piece 2  
CUT 1 ON FOLD  
seam allowance as marked

Double check the sizing  
as printed out. Small  
discrepancies are ok—as the  
pieces relate to each other—  
but use this line to measure  
out 1 cm:

# HAIKw/ DIFFUSION FACE MASK

## step 1

choose your fabrics and trimmings and lay out your tools: scissor, measure tape sewing machine or hand stitching gear



\*cut out your printed pattern

## step 2

align your pattern pieces along a folded edge of the fabric, cut your fabric pieces: 1 and 2 (one of each), 3 cut twice



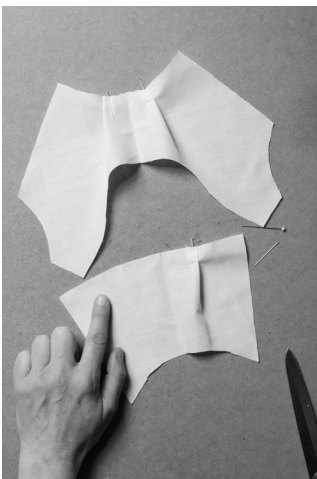
\*notch your centers before unfolding

*(cut pieces overview)*



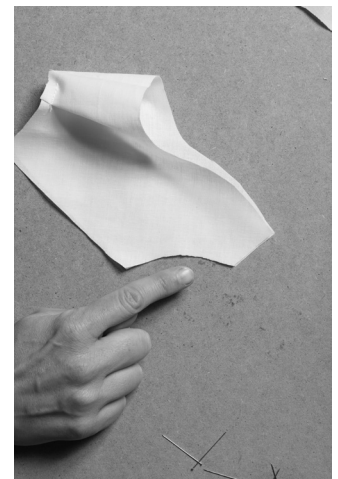
## step 3

arrange and sew the pleats on pieces 1 and 2



## step 4

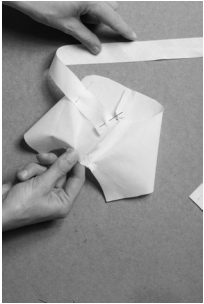
on piece 1; line up edges labelled A in the pattern and sew



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## step 5

On piece 1; sew on the biasband along the edge labelled C in the pattern.



\*for best result, fold in the start and end of the biasband



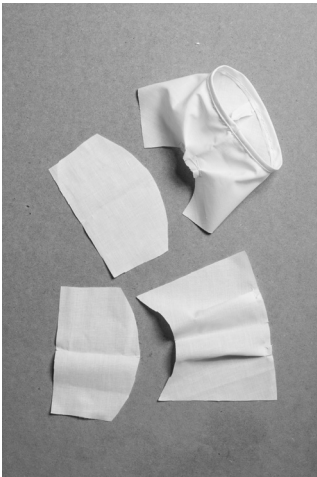
\*sew the second step by folding over and then topstitch into place



\*make sure there is room for your chosen drawstring to enter.

## step 6

pair up your pieces like this:



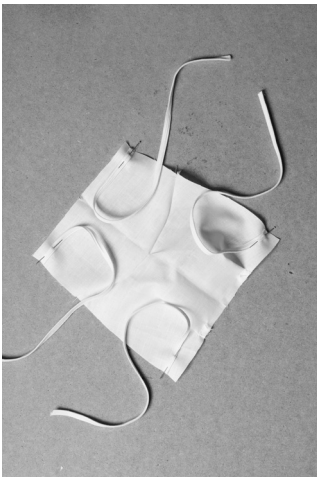
*(line up and sew)*



\*the seams are to point down, ending up under piece 3

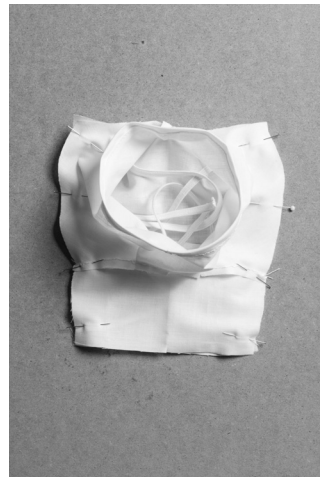
## step 7

add your ties in each corner on your flat piece, the one with 2 and 3, pin them in place



## step 8

add the other piece, the one with the bias band on; line up, pin in place and sew around the edge



# HAIKw/ DIFFUSION FACE MASK

## step 9

turn inside out



\*topstitch through the layers on piece 3, close to the seam.

## step 10

add pleats along sides and on the bottom



\*edges: 2 pleats  
1 cm deep each,  
starting 3,5 cm  
down from the top

\*bottom: 1 pleat  
in the middle 1 cm  
deep

\*to fasten in place  
and finish it off  
topstitch all around  
the outer edge.

## step 11

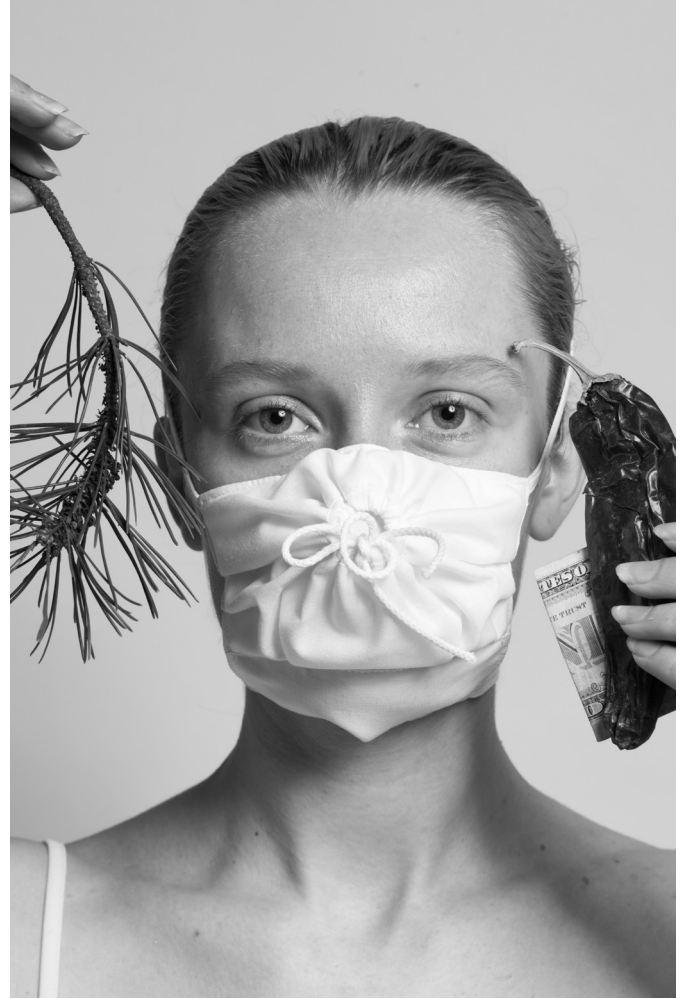
add drawstring into the binding by using a safety pin to shimmy it through.



Now you can fill your mask with your chosen ingredients depending on your mood

Or use one of our blend recipes to achieve the needed state of mind...

NOW BREATHE!



*In the photo studio or at home!*



*Remember to wash your mask often to keep fresh.*

# HAiKw/ DIFFUSION FACE MASK AROMA BLEND SUGGESTIONS

## *I miss my friends blend*

In hope of treating conditions of lost spark due to excessive hours spent alone during a pandemic.

Add Geranium for anti-depressant effects, spruce and chamomile to alleviate boredom, cardamom seed, ginger and cinnamon to ignite excitement, passion and joy and to counteract negative feelings of disinterest and loneliness.

## *Fear no more blend*

Hopes to treat conditions of exaggerated concern for contamination and hypochondria during a pandemic.

Add Chamomile to counter mild to moderate generalized anxiety disorder, a rose for relaxing the senses, ylang ylang for lowering stress and blood pressure, heart rate and serum cortisol and patchouli to relieve depression, promote calmness proven by anecdotal evidence.

## *Reverse engineered sense of achievement blend*

Hopes to treat conditions of ennui and lack of work related pride in work due to flat structure of pandemic days.

To covers most areas of labor add: cotton puff swabbed under your armpits to evoke running for the train, a splash of printer ink or toner for Xerox station experiences, two pinches of dirt for farming, a drop of cooking oil for hours spent in a kitchen and grease for mechanics, some rubber bands, a burnt match and a blown out candle butt.

## *Build an appetite for those lonely meals (after a long day of not moving) blend*

In hope of treating lack of motivation for meal making and to increase enjoyment in eating when no guests are aloud.

Add peppermint to help relieve indigestion, ginger to reduce nausea, oregano to stimulate appetite and peel of a tangerine to activate the gastric juices in the digestive system and signal hunger to the brain.

## *Concentrate at the home office blend*

In hope of treating procrastination and home improvement projects during work hours.

Add rosemary for memory boost, a piece of peppermint candy to sustain attention and remain alert, lemon peel to improve cognitive function and avoid dusting and cleaning out your fridge too much, 2 pinches of instant coffee for optimizing focus, lemon in any form to make 54% less errors and sage to stay calm and content.

## *Domestic mood boost blend*

Hopes to energize for domestic regeneration, reorganisation and cleaning your premises.

Add cinnamon to fight fatigue, a twig of pine for focus on creativity and initiative, rosemary to help remember what areas you already cleaned, a gummy bear for encouragement, grass to improve brain patterns and a flower within your reach for positive emotions and control of activity level.

## *Deep relaxation blend*

Add Lavender to stimulate brain pathways including your limbic system to reduce anxiety, Yuzu to lower your heart rate, any vanilla product you have to reduce mental rigidity, ylang ylang to decrease blood pressure and stop paying attention to your noisy neighbors and melissa to bring out gentleness and a piece of wood for tender-heartedness.

## *Nothing special blend*

Don't treat any conditions, just you do you.

Add the first 5 items you see on a short walk through your apartment, house, cabin, camping van or tent.

