

# ENJOY YOUR FAVORITE FRAGRANCE WITH SACHETS

Lesson developed by: Karen Edgington, Summit County Master Gardener Volunteer

*Why do we smile when the scent of lilacs, holiday greens or a cup of fresh brewed coffee wafts through the air?*

**Scents** can be a powerful reminder of the past, they can make us feel happy or energized or relaxed, and research has shown that they can even have therapeutic benefits. Through the ages, people have taken advantage of the power of scents by burning incense, using body oils, and tucking sachets into drawers and under pillows.

Lavender has a calming and relaxing scent and can help induce sleep. Orange has a bright and calming scent. Peppermint has been found to be energizing. What scents make you feel happy or relaxed or ready to tackle the world? Ginger, rosemary, vanilla, cypress, rose – there are many to choose from.

## SACHET HOW-TO

### Sachet Bag Options:

- **No Sew Circular Sachet Bag:** Cut a circle of fabric approximately 10" in diameter using pinking or regular shears. A pie plate makes a good template. Organza or cotton and other natural fiber fabrics work best because of their breathability. Place approximately ½ cup of the sachet filling in the center. Gather the top edges and use a length narrow ribbon, cord, or twine to tie the filled bag.
- **Sewn Rectangle Sachet Bag:** Cut a rectangle of organza or cotton fabric 4" by 12" long. Fold in half, right sides together, into a 4" by 6" rectangle and hand or machine sew up the two long sides in a ¼" seam. Cut the top edge with a pinking shear, turn



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### SACHET HOW-TO (cont.)

- under and stitch, or leave as originally cut. Fill with approximately ½ cup of sachet filling. A funnel helps guide the mixture into the bag. Use a length of narrow ribbon, cord, or twine to gather the top edge when filled and knot firmly.
- Purchased Organza Sachet Bag: These bags are inexpensive and can be purchased online in large quantities.

### NOTES:

- Gathering the bags with a small rubber band before tying with ribbon or cord will make the sachet bag more secure.
- If desired, use a long piece of ribbon to tie the sachet at the top of the bag into a knot, then knot the top two edges to form a hanger.

### SACHET FILLING OPTIONS:

- Dried herbs: Rosemary, lavender, peppermint, dried orange peel, peppermint, ginger, rose, or any other herbs and flowers may be used. The herbs and flowers may be combined with a few drops of essential oil in a matching scent.
- Dry white rice with essential oil: Combine 1 cup dry white rice with 18-20 drops of essential oil. Allow rice to dry before filling the sachet bags.
- Epsom salt, dry white rice, and essential oil: Combine ½ dry white rice, ¼ cup Epsom salt, and 18-20 drops essential oil. The Epsom salt in this mixture absorbs the oil and makes the sachet scent last longer. Allow to dry before filling the sachet bags.

***These sachets make wonderful gifts for friends, neighbors, family, and especially for yourself. Enjoy!***

### BONUS:

A demonstration video about making sachets has also been created for you. You may access at:

<https://go.osu.edu/summitmgvsachet>

### **Contact Information:**

If you have any questions about this activity, please email [mgsummitcounty@gmail.com](mailto:mgsummitcounty@gmail.com).

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