



DIY Washable Heating Pad

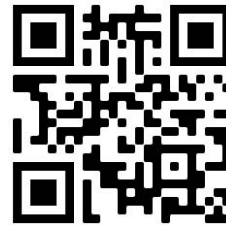
After a long day, nothing feels better than a pleasantly warm heating pad on sore muscles. Try this DIY Washable Heating Pad with dry corn for a simple, portable pad that soothes aches and pains and provides general comfort and relief.

Required Materials:

No-Sew Option

- Dry Corn
- Essential Oils (optional)
- Drawstring Canvas Bag
- Fabric
- Scissors
- Velcro

Scan this QR Code to view this activity on our [website](#) and to check out more of our [Insights and Inspirations](#) articles!



Sew Option

- Dry Corn
- Essential Oils (optional)
- 2 Different Pieces of Fabric
- Scissors
- Velcro
- Sewing Machine

1. No-Sew Option

Fill a drawstring canvas bag with dry corn, and tie it closed. Fold a piece of fabric in half, and cut out a third of it. Place the canvas bag in the middle to make sure it will fit. Cut 1"-2" strips on two sides of the blanket—don't add strips to the folded side and the side directly across from it. Tie the strips together on each side to form a pocket that will allow you to slip the canvas bag in and out of the pad. Put the canvas bag inside the pad, and add Velcro to securely close up the heating pad.

2. Sew Option

Fold one piece of fabric in half. Cut out a third of the fabric. Create a pocket by sewing the fabric together on each of the long sides and one of the short sides. Turn the fabric pocket right side out, and fill it with dry corn to make the heating pad. Sew the last opening closed. Fold the second piece of fabric in half, and cut out half of it. Create a pocket by sewing the fabric together on each of the long sides and one of the short sides. Turn the fabric pocket right side out. Put the bag filled with corn inside the pad, and add Velcro to securely close up the heating pad.

