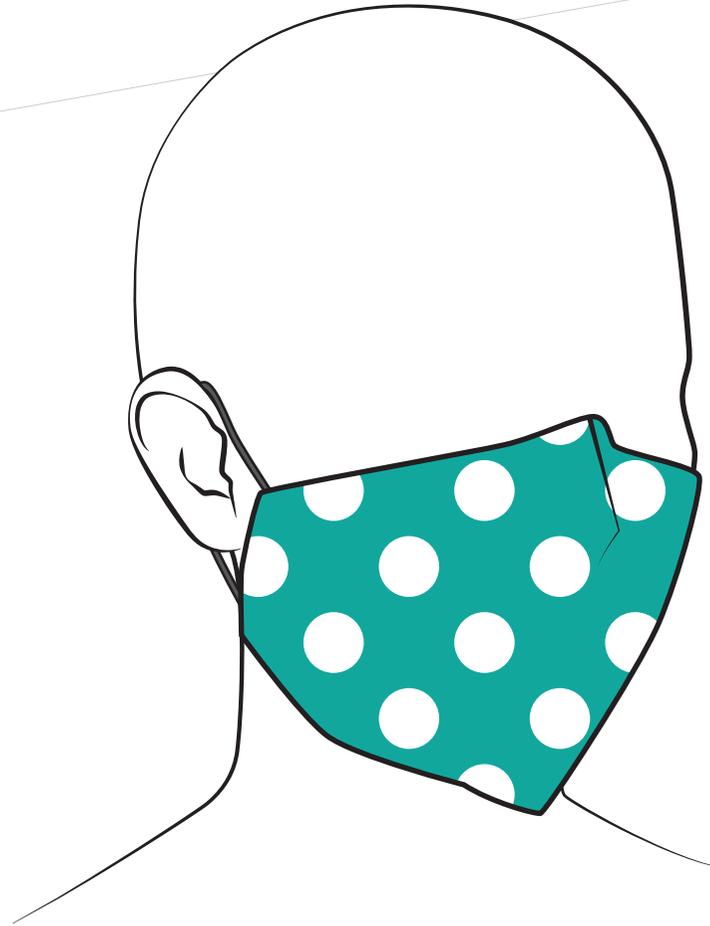


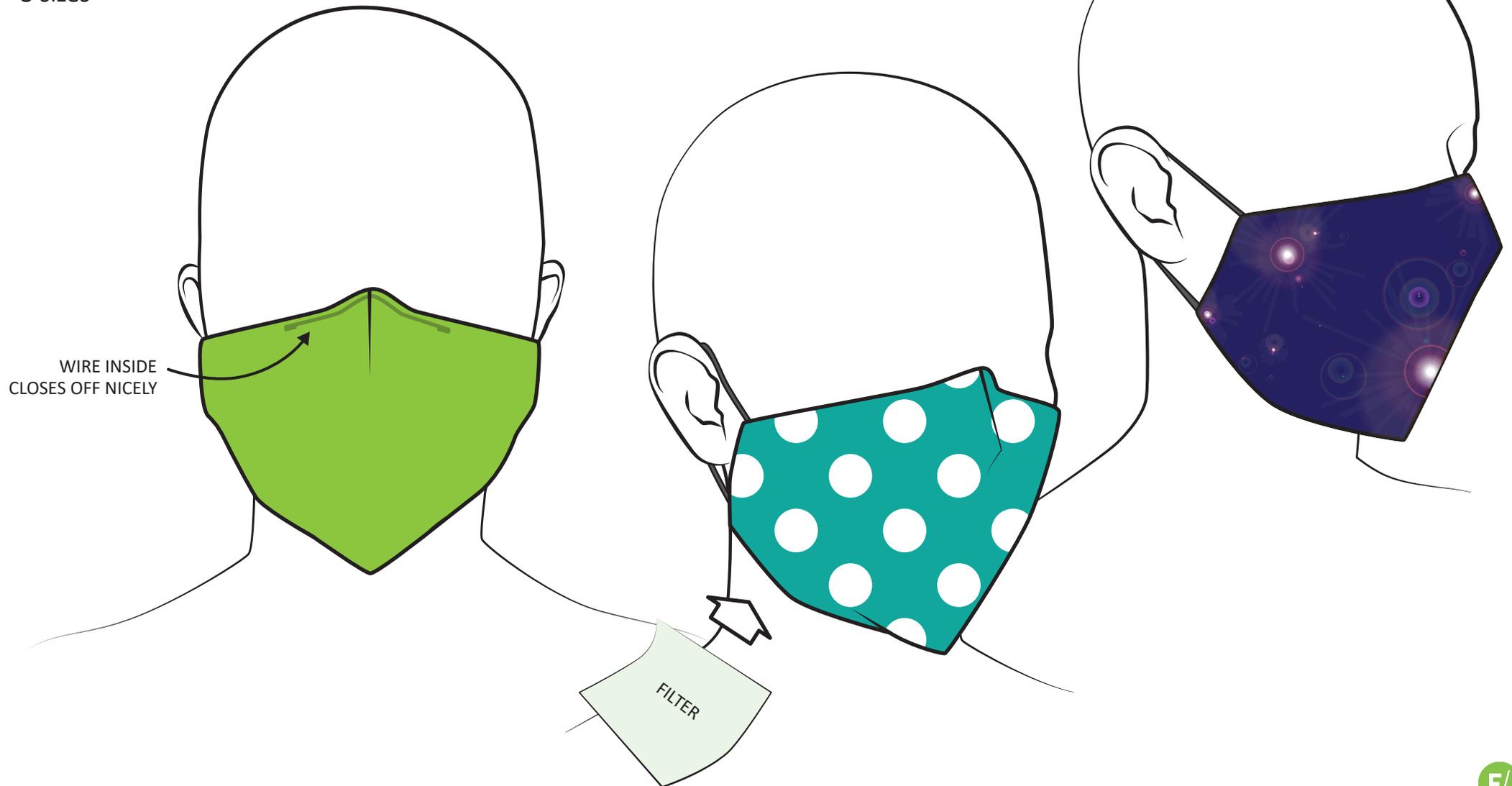
FLEX / design

The FLEX / mask



The FLEX/mask

protects others - includes a filter pocket for better protection
includes a wire and a custom shape for the best fit on your nose
spreads creativity to make people happy
unlimited amount of prints/fabric designs
is easy to sew - also for beginners
3 sizes



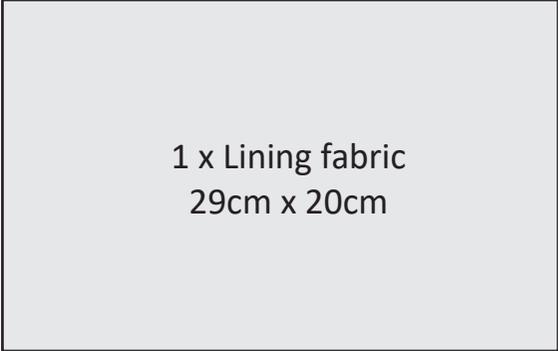
Introduction

The FLEX/mask

What you need:



1 x Upper fabric
29cm x 20cm



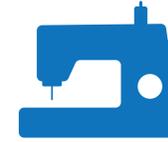
1 x Lining fabric
29cm x 20cm

Cotton - washable up to 95 degrees and fine woven
Preferably the upper and the lining fabric have a different color or pattern

2 x elastic - washable up to 95 degrees
30 cm long, 1 - 5 mm wide

you can also use any kind of band that is washable up to 95 degrees
1 band 90 cm long (it is knotted behind your head)

Stainless wire: 12 cm long
could be a garden/handicraft wire, steel, copper or something else that is stainless
and will adjust to the shape of your nose



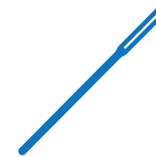
Sewing machine



Flat iron



Scissors

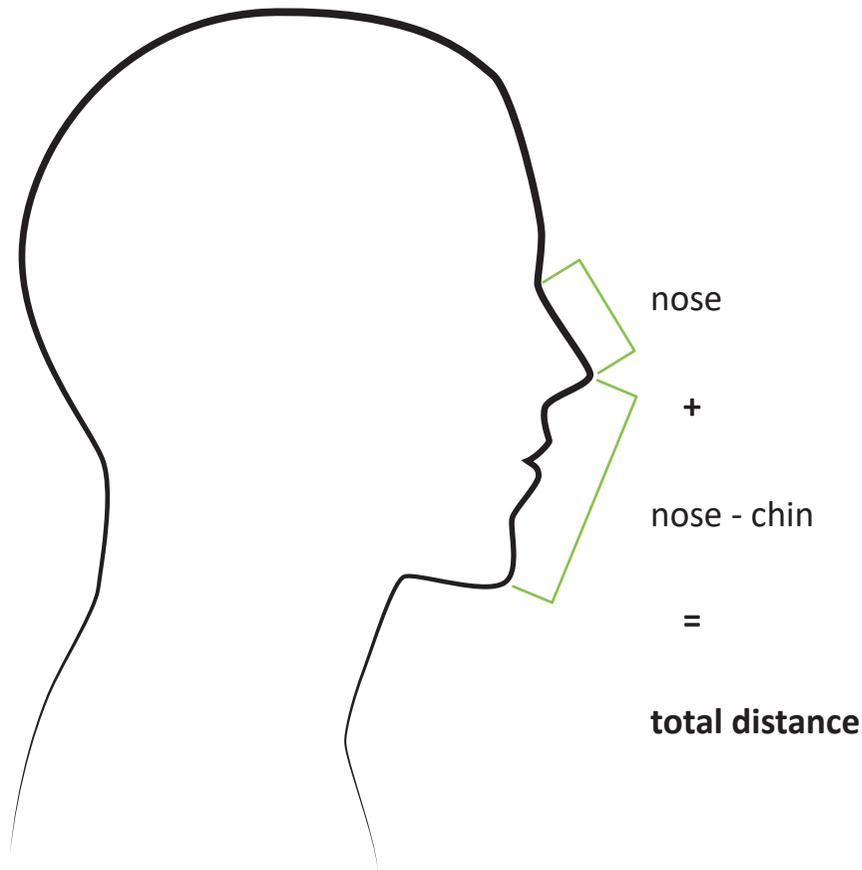


Thick blunt
darning needle



Pliers / something
to cut and bend
the wire

Which size to choose:



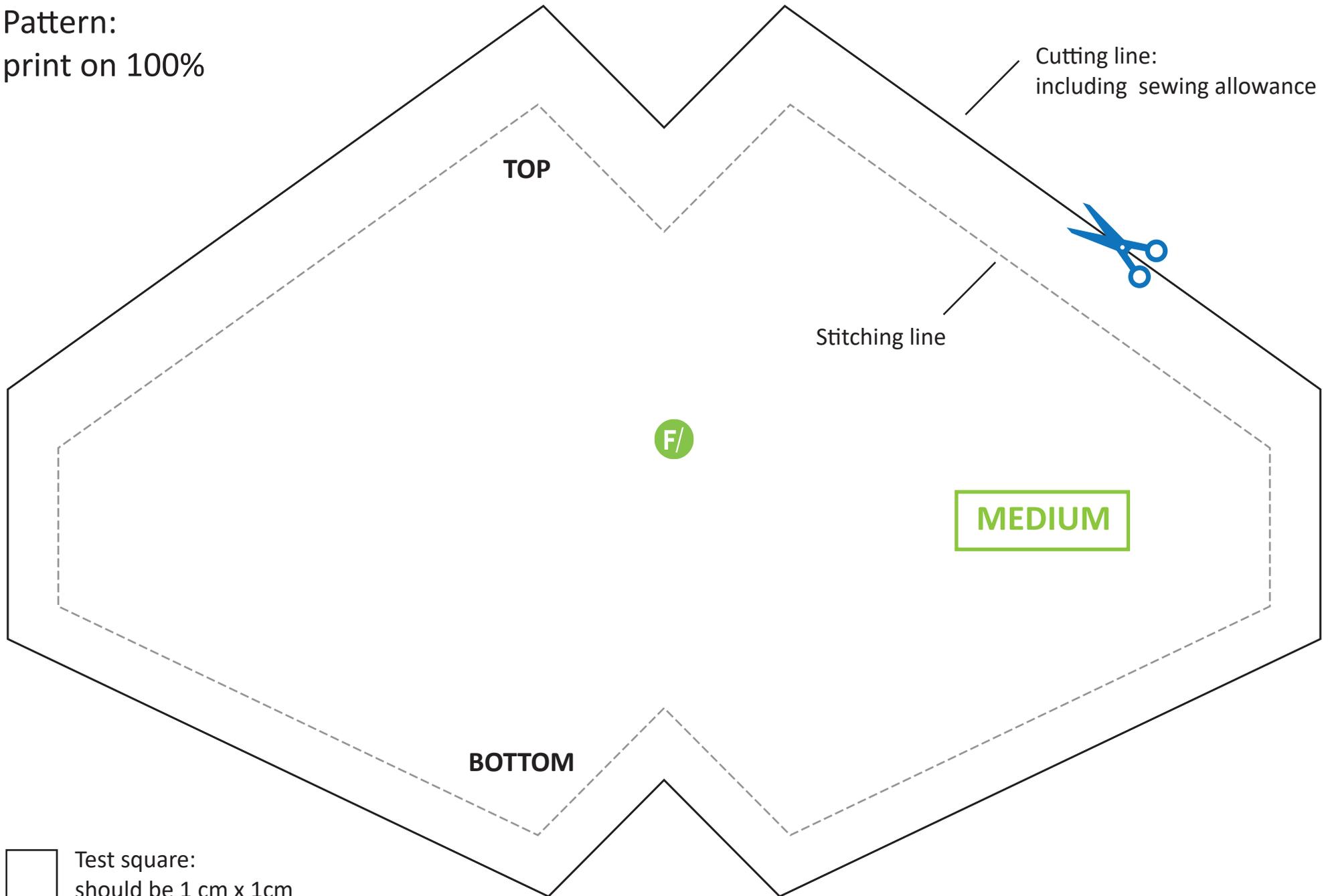
Please measure the length of your nose and the distance between the tip of the nose and your chin. Then add these two measurements and compare it with the table on the right side. If you are not sure, the size M is most common. Just try one test sewing in this size and see how it fits.

These sizes are guidelines to choose the right size for yourself and the people you want to sew for. Please keep in mind, that faces are as individual as their owners. Different people also feel comfortable with different fits. At some point you just have to test it.

Please keep in mind, that it should close up nicely at the nose and the cheeks. It would be perfect, if it fits tight and nicely around your chin. But it is also okay, if it is a little bit looser there.

SIZE	total distance
S	12,5 cm and less
M	12,5-13,5 cm
L	14cm and more

Pattern:
print on 100%



Pattern:
print on 100%

Cutting line:
including sewing allowance

TOP

Stitching line



F/

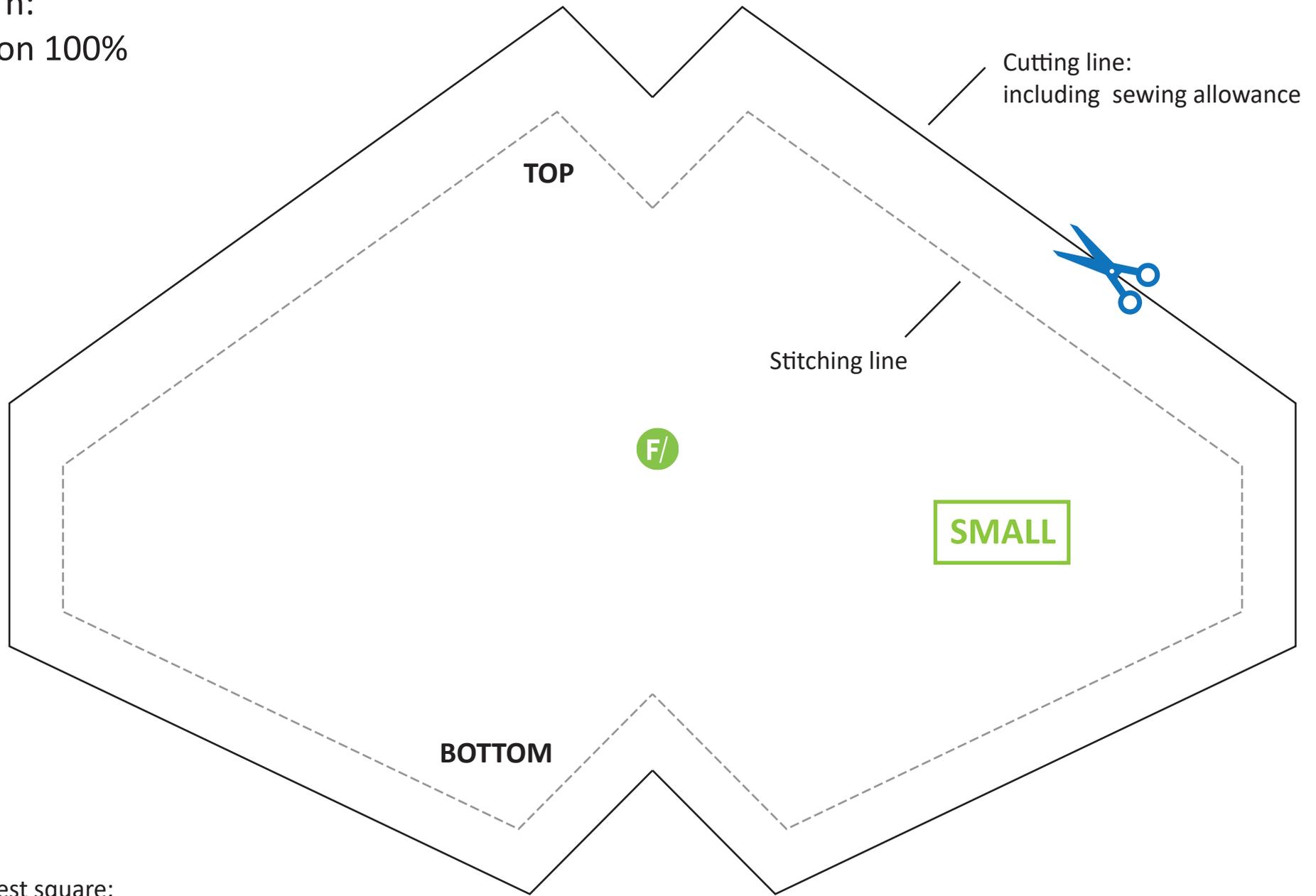
LARGE

BOTTOM

 Test square:
should be 1 cm x 1cm

F/

Pattern:
print on 100%



 Test square:
should be 1 cm x 1cm

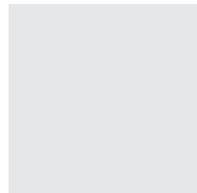
What means what:



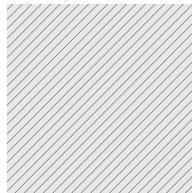
upper fabric
right side



upper fabric
left side



lining fabric
right side



lining fabric
left side



stitching line from
the top



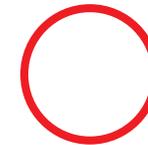
fabric edge created
through stitching



fabric edge



everything red must
be done next:



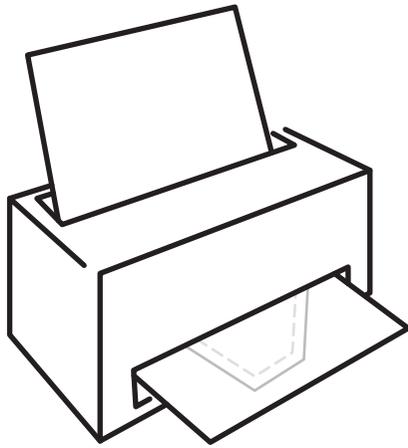
new stitching line/
new cutline/
specific working area/
etc.

the colour difference between red and blue does
not work in a printed black and white version

Instruction

The FLEX/mask

1



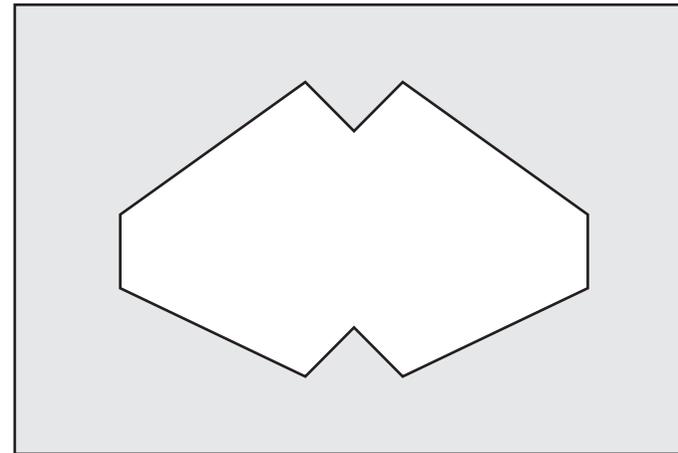
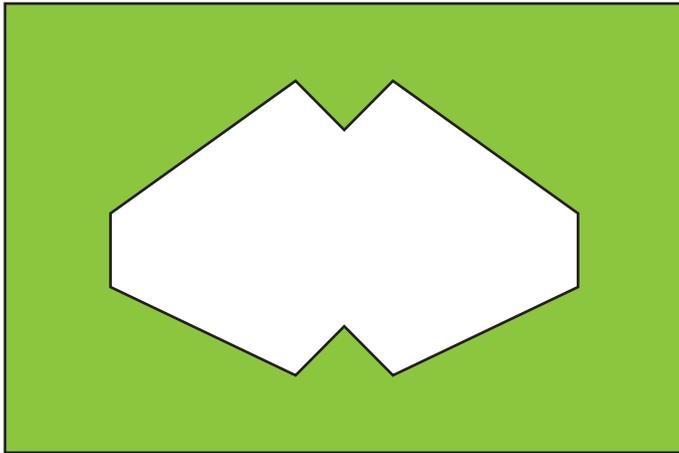
print out the pattern at 100% (page 6-8)
and cut it out

2



Bend the ends of the wire two times to the inside,
so they don't have sharp edges anymore

3

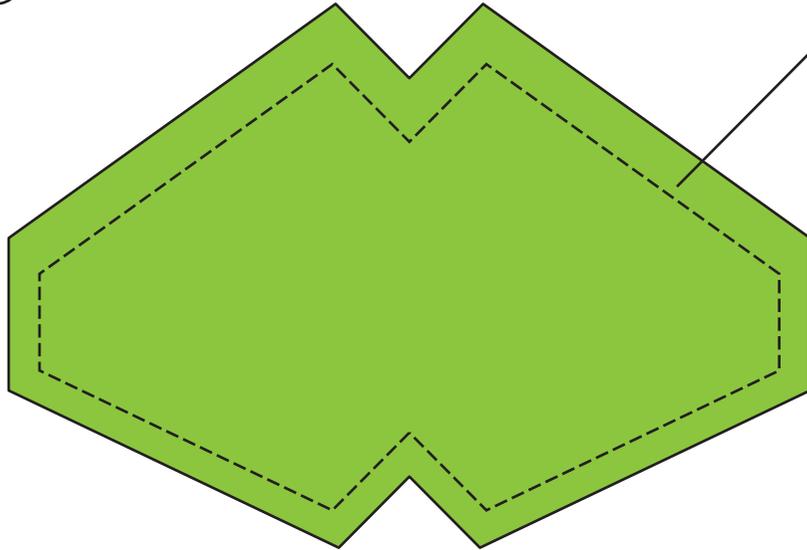


Cut out the pattern one time out of the upper fabric and one time out of the lining fabric
Preferably these two fabrics have different colours, so it is more obvious what is the outside, while using the mask

Time to be creative:

This is not a necessary step - but just fun - enjoy it!

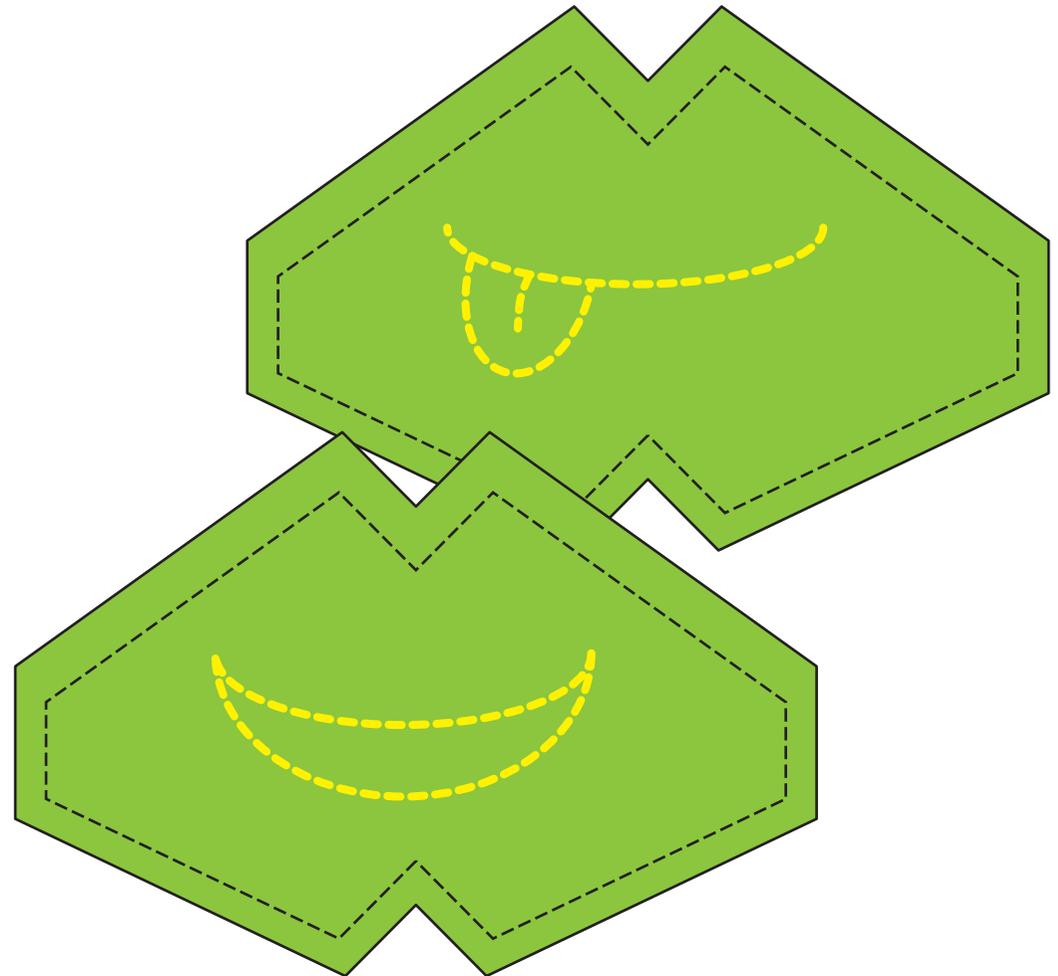
4



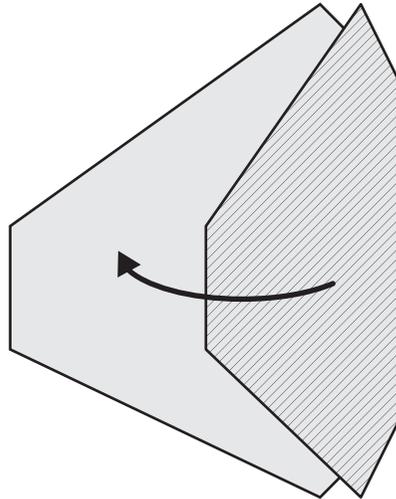
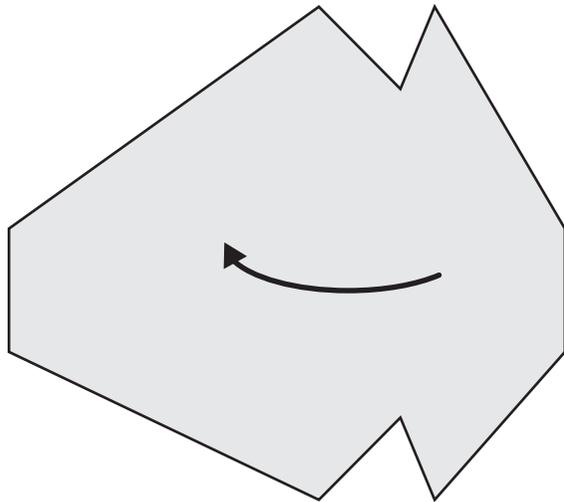
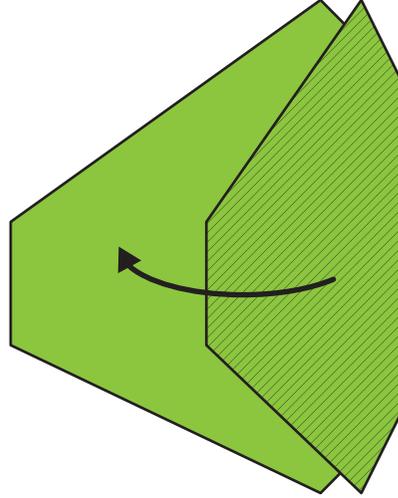
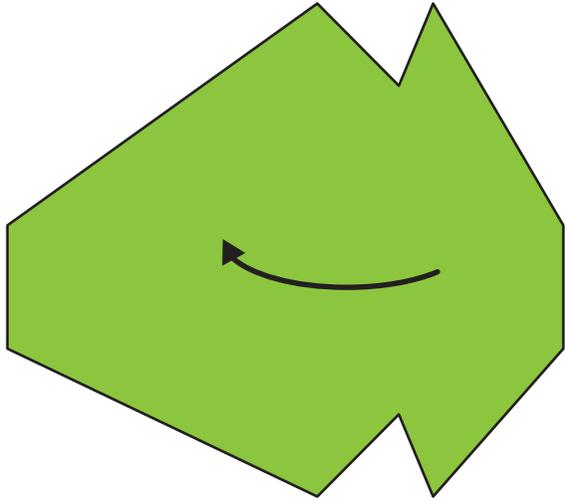
Keep your creativity inside this line, so everything of your awesome creativity will be visible

Use the right side from you upper fabric and stitch or draw whatever you want and that makes people happy!

If you use a fabric pen, make sure to follow the instructions of the pen and that it will not loose the colour, when you boil the mask.

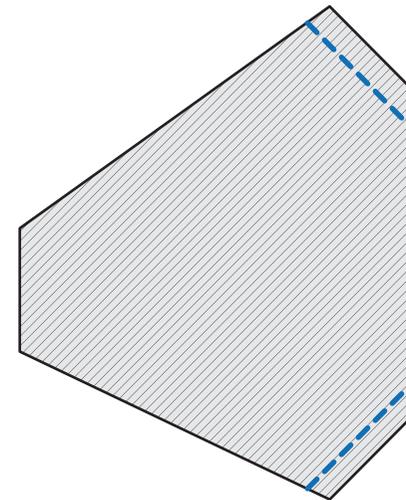
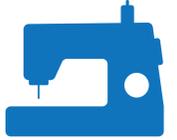
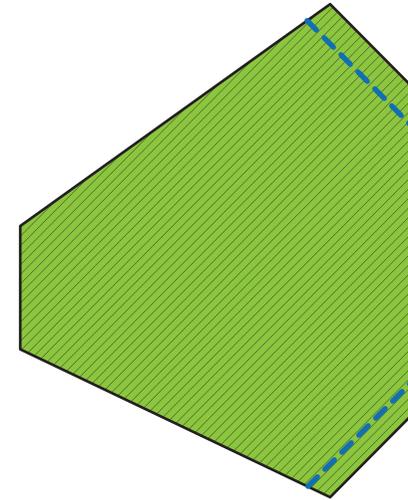


5



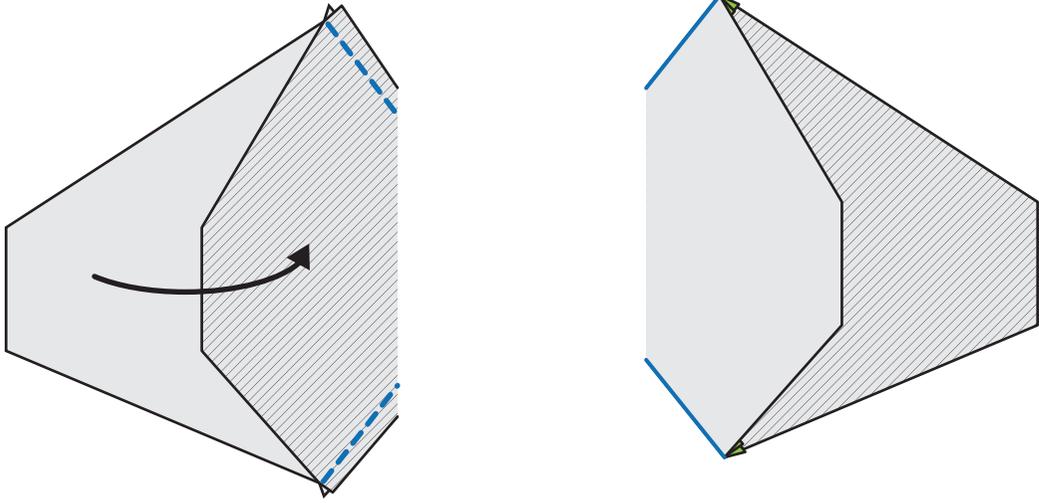
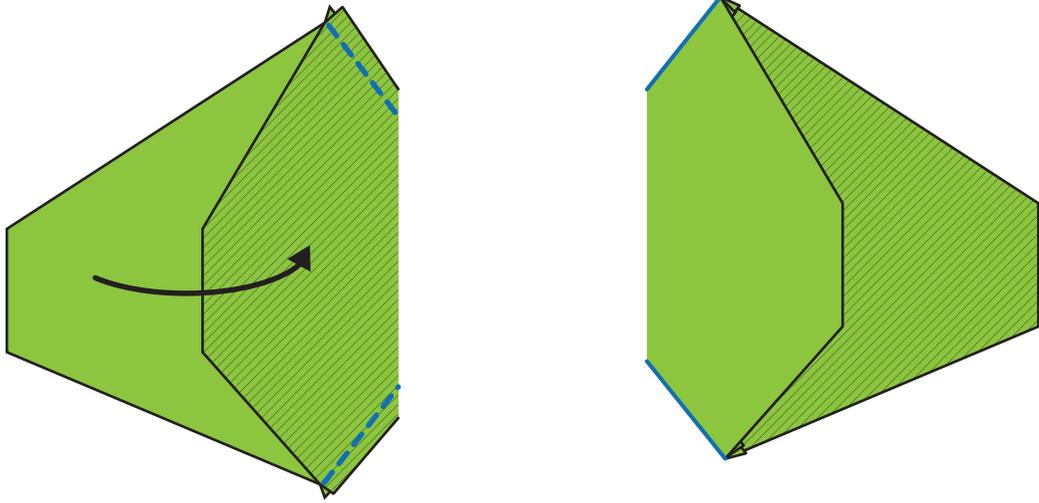
fold both pieces right to right sight in the middle

6



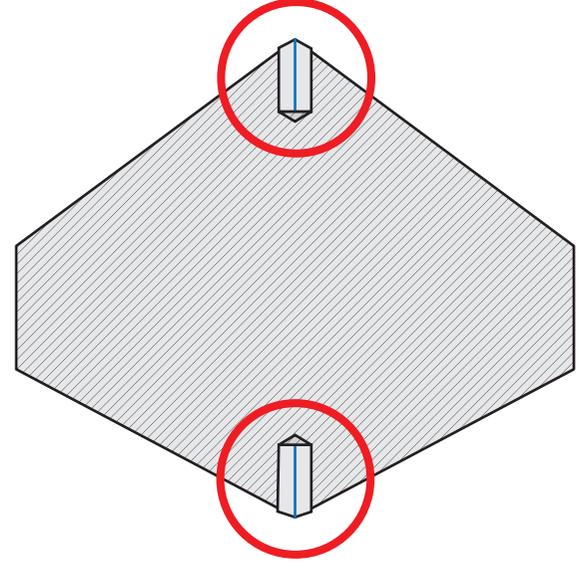
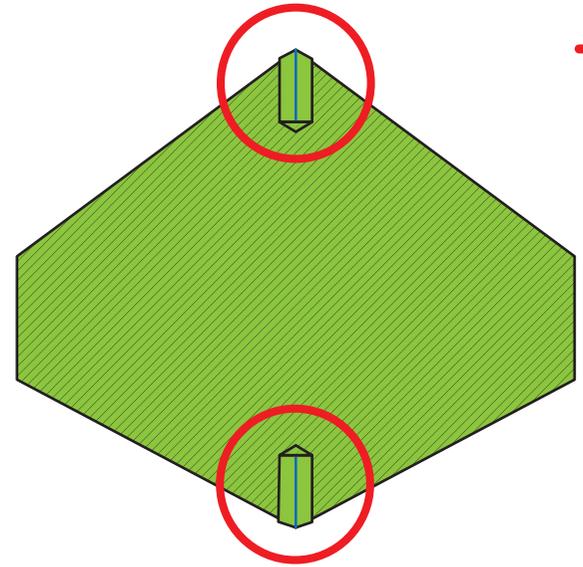
sew along the darts

7



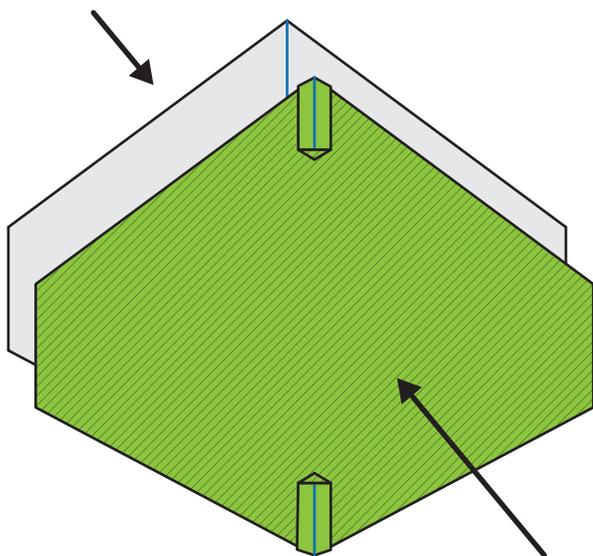
turn both pieces around

8



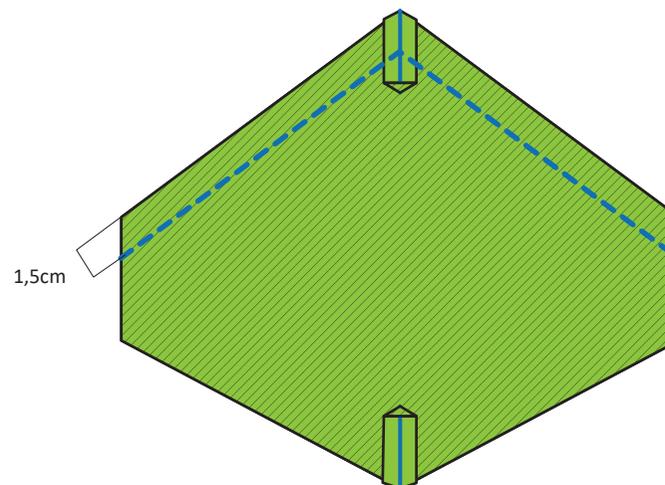
iron the seam allowances apart

9



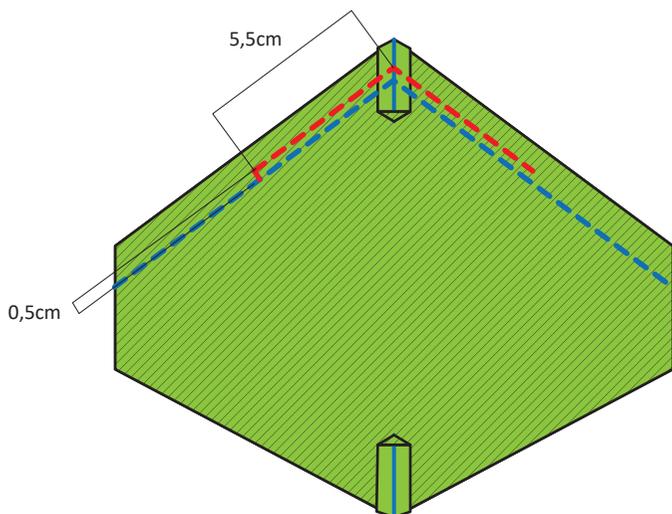
put the two pieces right side together - and fix it with pins

10



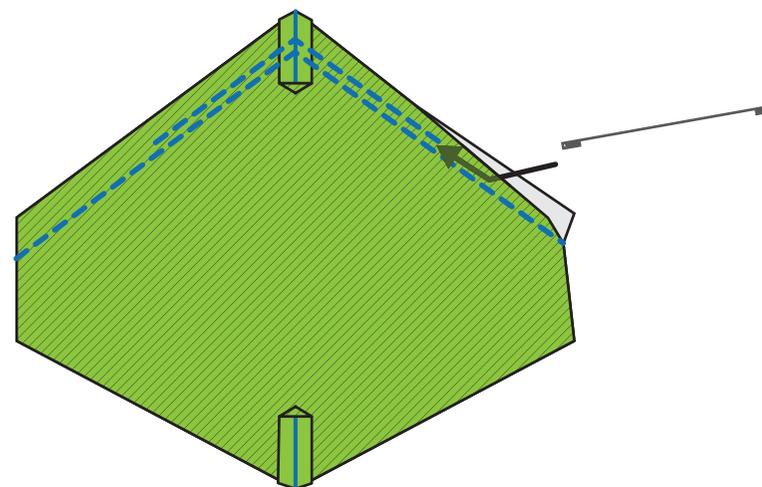
stitch along the top side with 1,5 cm distance to the edge

11



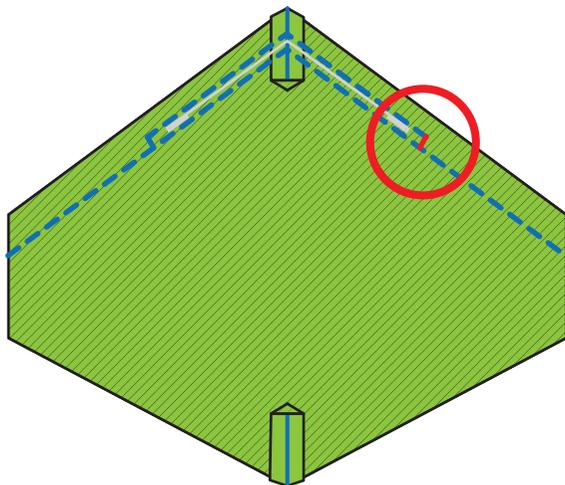
stitch a line parallel to the last one in a 5 mm distance and close the tunnel of at one side

12



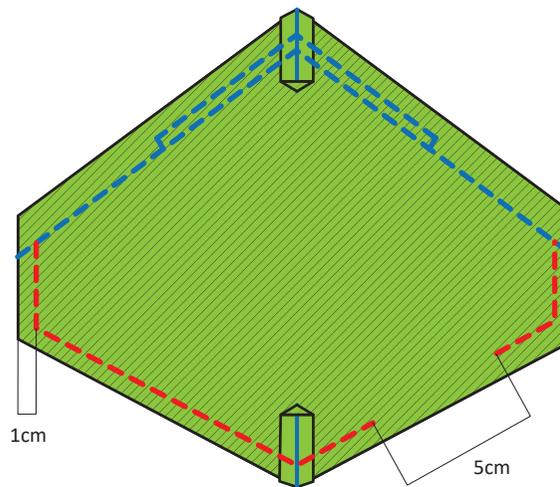
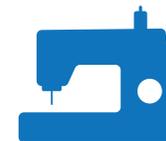
put the wire in (between the two stitching lines)

13



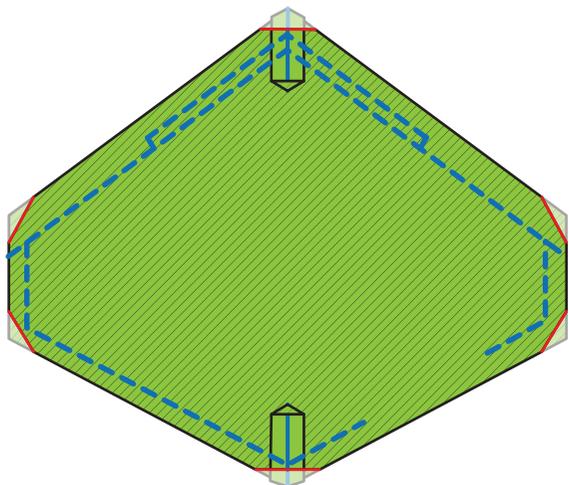
close the tunnel

14



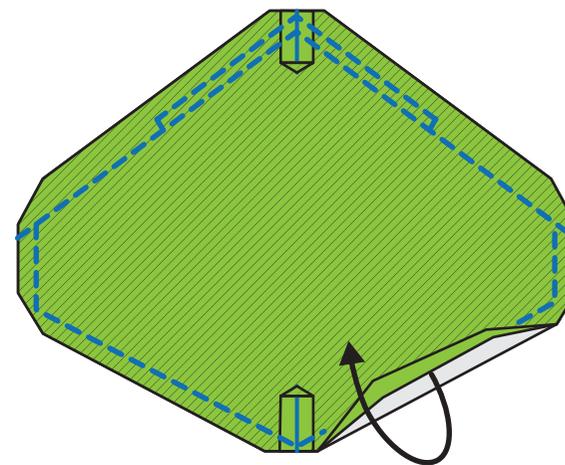
stitch the rest of the pieces together with 1cm seam allowance
make sure to leave a 5 cm long opening to turn the inside out later

15



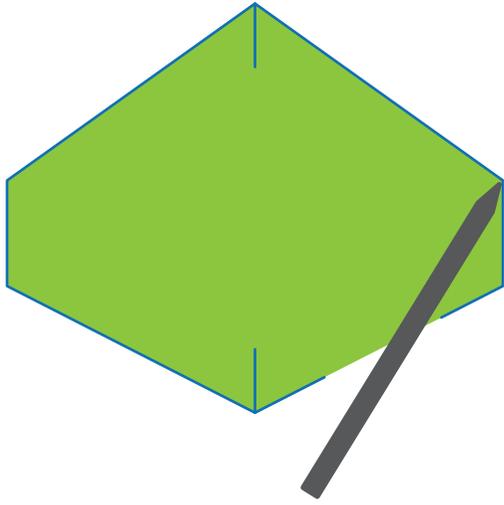
cut off the corners: be careful not to cut into the seam

16



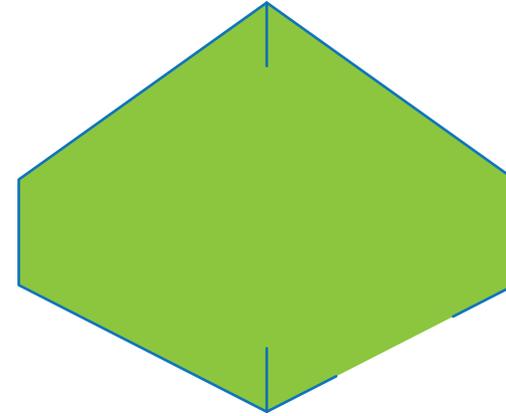
turn the inside out
this opening could be used to place in a filter material later

17



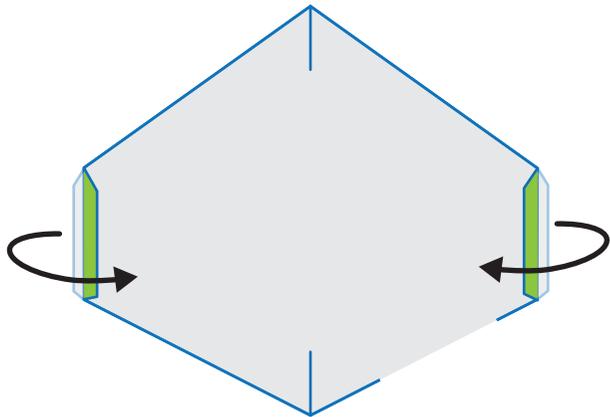
push every edge out nicely - with a pen for example

18



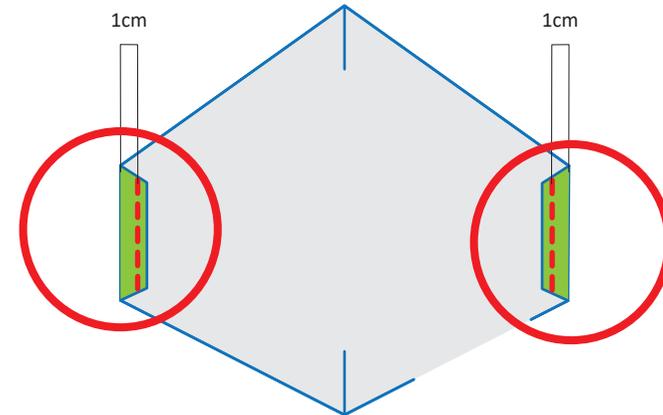
front side of the mask: flat iron the hole piece

19



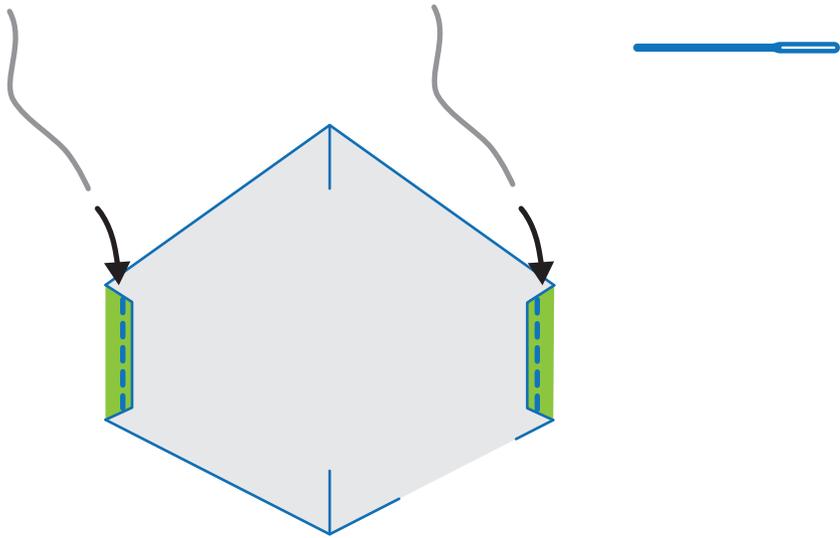
back side of the mask: fold the side edges 1,5 cm in

20



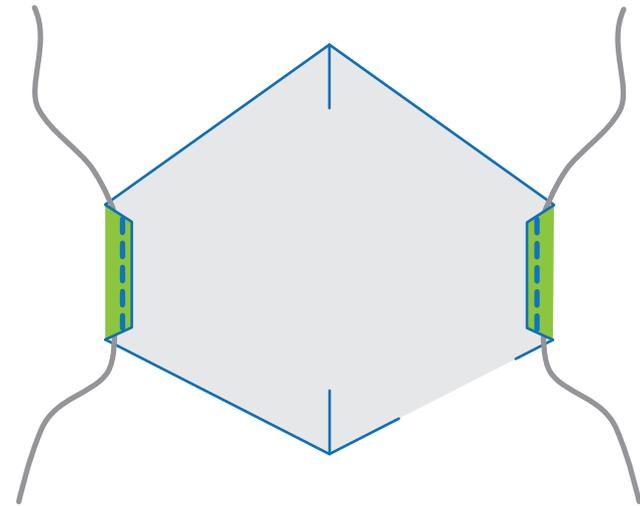
stitch the flap with 1cm distance to the new edge

21

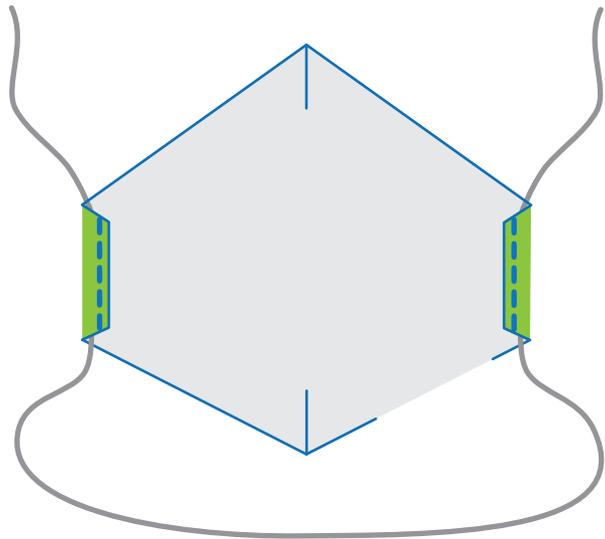


pull the elastics through the new tunnels
use the darning needle for that

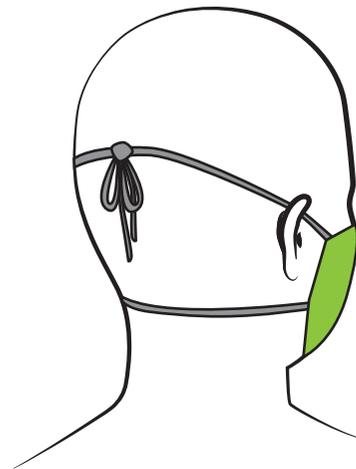
22



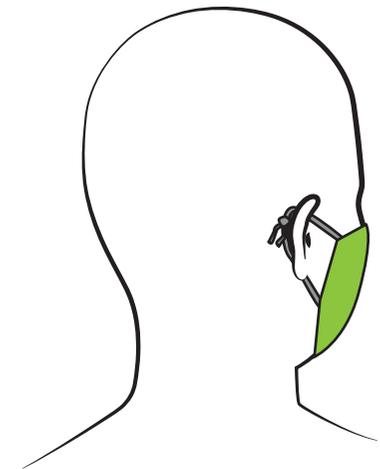
Any user can knot the elastic for their best fit



If you use a band pull it through like this



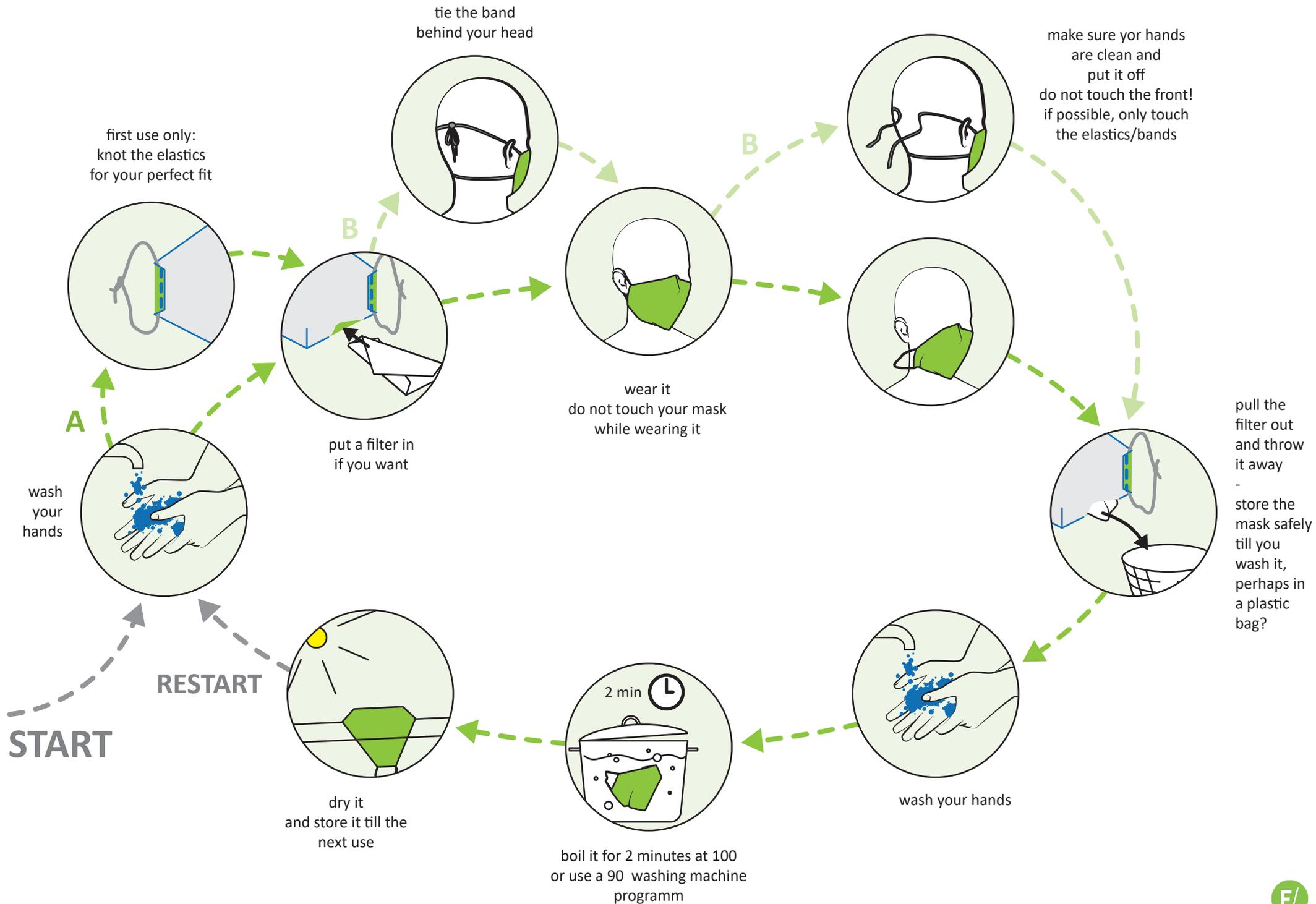
band

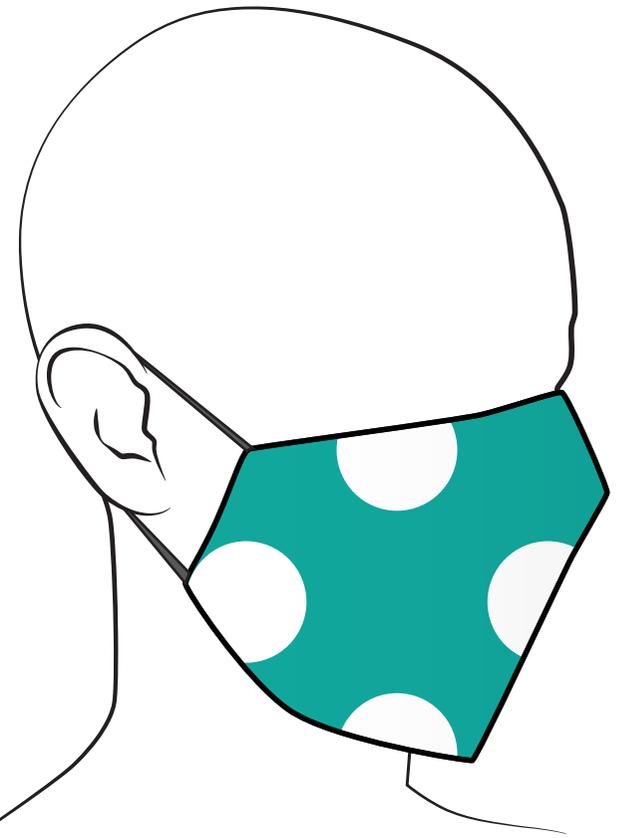
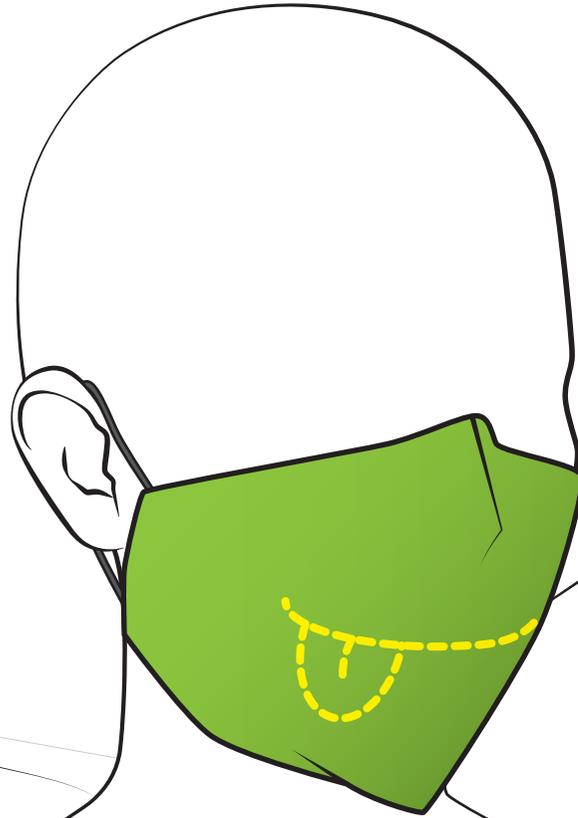
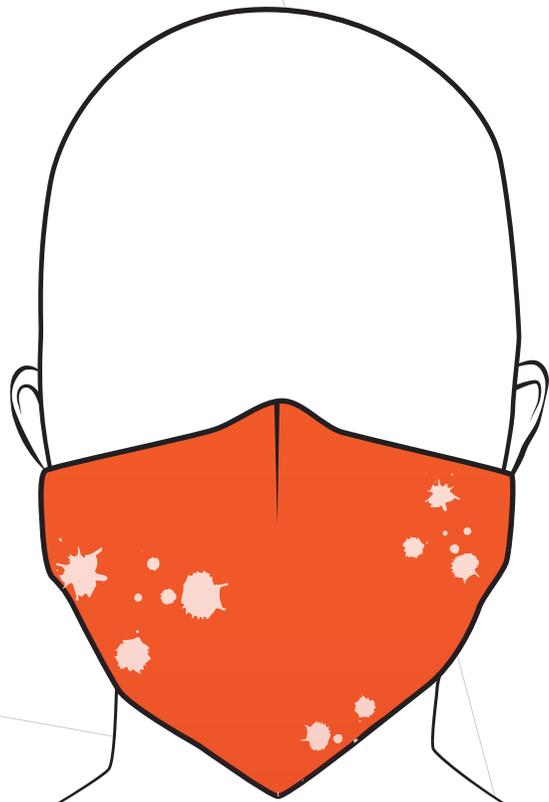


elastic

User instructions

The FLEX/mask





BE CREATIVE - BE HELPFUL - HAVE FUN - SPREAD POSITIVITY