

Pleated Face Mask Pattern: How to Make a Reusable Face Mask

Face masks have become an essential part of our everyday lives. They help to protect us from the spread of viruses and bacteria, and can also help to reduce the severity of symptoms if we do get sick.

There are many different types of face masks available, but one of the most popular is the pleated face mask. Pleated face masks are made from a single piece of fabric that is folded and pleated to create a comfortable fit. They are easy to make and can be reused multiple times.



Pleated face mask pattern, reusable face mask pattern, sewing patterns mask, adjustable face mask

by Ptolemy Tompkins

★★★★★ 5 out of 5

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In this article, we will provide you with a step-by-step guide on how to make your own pleated face mask. We will also provide you with a printable pattern that you can use to create your mask.

Materials

To make a pleated face mask, you will need the following materials:

* 1 piece of fabric that is at least 9 inches by 6 inches * 2 pieces of elastic that are each 12 inches long * A needle and thread * A sewing machine (optional) * A pair of scissors * A ruler or measuring tape * A pen or pencil

Instructions

1. Fold the fabric in half lengthwise, with the right sides together.
2. Sew the two long edges of the fabric together, using a 1/4 inch seam allowance.
3. Turn the fabric right side out.
4. Fold the fabric in half widthwise, with the right sides together.
5. Sew the two short edges of the fabric together, using a 1/4 inch seam allowance.
6. Turn the fabric right side out.
7. Fold the top and bottom edges of the fabric down by 1 inch, and press.
8. Fold the top and bottom edges of the fabric down by 1 inch again, and press.
9. Topstitch the top and bottom edges of the fabric, close to the edge.
10. Thread the elastic through the two channels that you created in step 8.
11. Tie the ends of the elastic together to secure the mask.

Printable Pattern

[Click here to download a printable pattern for the pleated face mask.](#)

Tips

* You can use any type of fabric to make your pleated face mask. However, we recommend using a tightly woven fabric, such as cotton or linen. * If you do not have a sewing machine, you can hand-sew your mask. * Be sure to wash your mask after each use. * If you are using a patterned fabric, be sure to place the pattern facing out when you sew your mask. * You can add a filter to your mask to provide additional protection.

Pleated face masks are a simple and effective way to protect yourself from the spread of viruses and bacteria. They are easy to make and can be reused multiple times. We encourage you to follow the instructions in this article to make your own pleated face mask.



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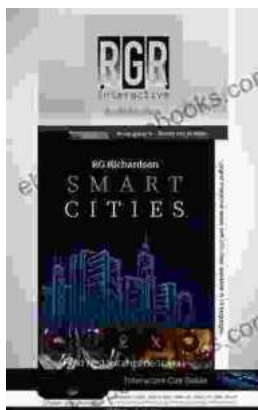
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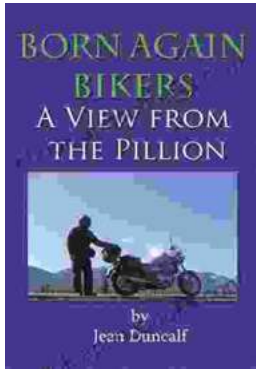
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