

1

Find an old cotton T-Shirt you are willing to cut. Fold it in half length-wise. Iron it flat to make your work neater.

2

Cut straight across the body from just under the armpole.

3

Cut from the mid-shoulder to just below the neckline.

4

Cut a wedge into the sleeve, to the seam between the sleeve and the body – about 5 or 6 inches. Leave about an inch above and below the sleeve opening. The bottom and top of the wedge will become the straps. You can make a deeper cut for longer straps, but leave enough in the middle to fully cover the face.

5

Remove the wedge cut-out.

6

Unfold length-wise.

7

The mask shape is complete. It has two layers of knit cotton fabric, from the front and back side of your shirt. Wrap the mask around your face. Tie the top straps around the back of your head.

8

Lift the bottom straps up and tie them on top of your head.

How to Make a Face Mask from a T-Shirt

