

KNITTED BATH PUFFS



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A light massage in a shower with a bath puff in natural hemp can improve your blood circulation, dissolve muscle tension and give a comfortable feeling throughout the body. This is an easy and a fast-knitted bath accessory, also a nice give away.

Material: hemp **Number One Hemp**
(you will find it here www.stickabooden.se).

Yarn needed: 1 bath puff = 50 gr/1 ball.
1 ball is enough for one one-coloured bath puff.
2 yarn balls will give you 2 bath puffs in two colours.
3 balls will give you 3 bath puffs in three different colour combinations (as in picture).

Knitting needles: 3,5 mm round needles
Cast on 82 stitches.
Row 1: Knit all.
Row 2. Slip 1, *yarn over, knit 2 together, knit 1m repeat from *.
Row 3. Knit all.
Row 4. Purl all.
Row 5. Slip 1, *knit 1, increase 1 (pick up a loop between two stitches and knit one new stitch into the back of it), repeat from *.
Row 6. Purl all.
Row 7. Slip 1, * knit 1, yarn over, repeat from *
Row 8. Purl all.
Row 9. Slip 1, *knit 1, yarn over, repeat from *.
Row 10. Purl all.

Note. The bath puffs are around 10 cm in diameter. If you want to make them bigger (12 cm) you can repeat row 9 and row 10 once more before binding off.

Row 11. Now change to a contrasting colour if you want the same effect as in the image above, otherwise you will continue in the same colour. Bind off purlwise (I think it looks better that way).

Cut the yarn, but leave a long tail. Thread the yarn through the holes on the straight side of work and pull the yarn together to form a round puff. Make sure you attach the yarn firmly.

Make a small braid or crochet around 20 chain stitches to make a loop.

After use, leave the puff in a well-ventilated place as it needs some help to dry. Enjoy!