

## IT'S PILLOW TIME!

With all the pillow filling options out there, how does one begin to make a decision? Why, they consult me, of course!! In 30 years of reupholstering furniture, I think it's important to give careful consideration to the insert.

There are more options out there than ever before, allow me to give you a breakdown of some of my favourites.

### **Down**

Down cushion products will cradle you in a cloud of comfort. Modern down cushions contain various foundation inserts, which allow your cushion to maintain its shape. I can fabricate a customized down wrapped cushion ~ your very own "cloud on your couch". Our down cushions are covered with 100% natural cotton, 200+ thread count, down-proof ticking. Down cushions normally contain a combination of feathers and down. Feathers are an economical way to add volume, 50/50 or 70/30 is the industry standard for feather to down ratio.

### **Buckwheat Inserts/Fill**

This is a real favourite of mine. It's natural and offers such great support. It is ideal for people allergic to feathers and synthetic materials. Buckwheat is not actually a 'wheat' but a fruit related to the rhubarb plant. The hull or outer skin of the fruits used as a filling in the pillows. Our hulls are fully cleaned to ensure they are free from dust and debris.

We used 100% American grown organic buckwheat hulls inside a 100% (American grown & sewn) cotton 300 count down proof ticking. Over time, the hulls will break down and you may want to add more volume to the pillow. When using buckwheat as the

inner foundation in a feather/down cushion, this will not be an issue.

**Advantages of Buckwheat Pillows:**

- Amazing support
- Due to the nature of the hulls, you can shape this to fit your body, making it a dream come true for people with back pain or pregnant women
- No chemicals here! Natural & clean

## **WOOL BATTING**

Wool reduces common allergens. It is naturally mold and mildew resistant. Other natural fibers, such as down and cotton, do not readily release moisture. Wool is also naturally fire resistant.

**Advantages of Wool Inserts:**

- free of the potentially toxic materials found in foam
- breathable

## **COTTON**

100% raw natural cotton fiber. This product is made in the USA. This all natural raw cotton has been ginned, but not treated with chemicals. There are cottonseeds and may have a small piece of the cotton plant mixed in. Cotton is an all-natural choice for futons, cushions, pillows & mattresses. It makes for a heavier cushion,

with more of a weighty look and feel. I use 100% USA natural cotton batting.

Advantages of Cotton Inserts:

- safe: cotton pillows are free of the potentially toxic materials found in polyester fill and shredded foam pillows
- A cool natural aesthetic
- cruelty-free
- compostable and biodegradable