Massaging back scrubber

Regular · US terms



Finished size
About 4¾ in (12 cm) wide and 25¼ in (64 cm) long, and about 33¾ in (86 cm) long with the handles

Skill
Intermediate
Popcorns, ribs and firm sewing

Yarn
Medium (4), 2 colors

Hook
4 mm (US G-6)

Gauge
16 stitches and 18 rows to 4 in (10 cm)
In single crochet (UK double crochet).

What you need

Yarn A: aqua, main color — **about 160 yd (146 m), an estimate**
Yarn B: white, stripe — **about 90 yd (82 m), an estimate**
By weight: about 130 g in all, an estimate, where 100 g is 200 yd (183 m).
Fiber: cotton
Hook: 4 mm (US G-6), or the size that gives you the gauge. Also: a yarn needle, scissors, pins and a tape measure.

To find how many balls: divide by the length on your yarn's label and round up. Buy them from one dye lot. The estimate is from the stitches of this size at this gauge, with 15 percent added.

Sizes

Size	Finished size, about	Yarn, an estimate
Regular (this file)	**4¾ in (12 cm) wide, 25¼ in (64 cm) long**	**about 250 yd (229 m)**
Long	4¾ in (12 cm) wide, 32½ in (83 cm) long	about 295 yd (270 m)

Gauge

16 stitches and 18 rows to 4 in (10 cm) in single crochet. Along a row, count every stitch and every chain between stitches as one.

The rows with popcorns and the ribbed rows are as tall as plain ones. Check it on the strap itself, laid flat, when row 14 is done: the 19 stitches of a row are about 4¾ in (12 cm) wide and the 14 rows are about 3 1/8 in (8 cm) tall. If they measure more, start again with a smaller hook; if they measure less, with a larger one.

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Notes

- The ch 1 at the start of a row does not count as a stitch.
- Popcorns are worked on right side rows, toward you, and stand out on the right side. The other side of the strap is smooth.
- Leave a tail of about 6 in (15 cm) when you begin and when you fasten off, unless another length is given. The ends that are not sewn with are woven in.
- When a ball runs out, join the next at the end of a row: work the last yarn over of the last stitch with the new yarn, and leave a tail of about 6 in (15 cm) on both.
- Whip stitch: with the yarn on a yarn needle, pass the needle under both loops of a stitch on one edge and under both loops of the stitch that lies against it on the other edge, and pull the yarn through. Do the same in the next stitch of each edge. On a foundation chain edge, pass the needle under the lower strands of each chain that holds a stitch of row 1. Fasten a length where the sewing begins and where it ends: sew 2 or 3 times into the same place.
- To change yarn, work the last yarn over of the last stitch of the row before with the new yarn. In the striped part each yarn rests for 2 rows, so leave it hanging at the edge and bring it loosely up when you need it. After the last aqua rows cut A, leaving a tail of about 6 in (15 cm).
- BLO: in the white ribbed rows put the hook under the back loop only. The front loops of the aqua row below, left free, make a raised aqua rib across the right side. On the handles the rows turn, so the ribs show on both sides.
- Backstitch: bring the needle up one stitch length ahead of the place where the line begins and take it down where the line begins. For every stitch after that come up one stitch length ahead of the last one and go down where the last one ended, so that the stitches lie end to end.
- Use stout cotton yarn: it stands up to water and to washing.
- Buy whole balls from one dye lot.

Instructions

Regular. US terms.

ch chain, **sc** single crochet (UK double crochet), **dc** double crochet (UK treble), **st** stitch.

BLO: only the loop away from you. **FLO**: only the loop nearest you. **RS** right side, the one that shows.

[ ] 4 times: work what is inside 4 times in all.

(19 sc): the stitches you have when the row is done. **How to read a pattern**.

Special stitches

pc (Popcorn): 5 dc in the same st, take the hook out of the loop, put it from the front to the back under the two top strands of the first of these 5 dc, catch the loop, pull it through and draw it tight. The 5 dc close into one round knob that counts as one st; in the next row work 1 sc into its top, the place where the loop was pulled through. In UK terms: 5 trebles in one place, closed into a knob.

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Strap

Yarns in order of use: B, white; A, aqua.

Rows 1 to 14 and the last 14 rows are smooth and white: 6 of them are turned under as a hem. Row 13 and row 115 are worked in the front loops only; the back loops they leave free lie on the wrong side, and the hems are sewn to them. Between them lie 25 rows of popcorns in aqua, every fourth row, with two white rows between each two; the first of these leaves a raised rib. The popcorn rows have 4 and 5 popcorns in turn, and begin and end with 4.

☐ **Foundation**	With B, ch 20.	
☐ **Row 1 (RS)**	Sc in 2nd ch from hook and in each ch across	(19 sc)
☐ **Rows 2 to 12**	Ch 1, turn; sc in each st across	(19 sc)
	2 3 4 5 6 7 8 9 10 11 12	
☐ **Row 13**	Ch 1, turn; sc in FLO of each st across	(19 sc)
☐ **Row 14**	Ch 1, turn; sc in each st across	(19 sc)
☐ **Row 15**	With A, ch 1, turn; sc in next 3 sts, **[**pc in next st, sc in next 3 sts**] 4 times**	(15 sc, 4 pc)
☐ **Row 16**	Ch 1, turn; sc in each st across	(19 sc)
☐ **Row 17**	With B, ch 1, turn; sc in BLO of each st across	(19 sc)
☐ **Row 18**	Ch 1, turn; sc in each st across	(19 sc)
☐ **Row 19**	With A, ch 1, turn; sc in next st, **[**pc in next st, sc in next 3 sts**] 4 times**, pc in next st, sc in last st	(14 sc, 5 pc)
☐ **Row 20**	Ch 1, turn; sc in each st across	(19 sc)
☐ **Row 21**	With B, ch 1, turn; sc in BLO of each st across	(19 sc)
☐ **Row 22**	Ch 1, turn; sc in each st across	(19 sc)
☐ **Row 23**	With A, ch 1, turn; sc in next 3 sts, **[**pc in next st, sc in next 3 sts**] 4 times**	(15 sc, 4 pc)
☐ **Row 24**	Ch 1, turn; sc in each st across	(19 sc)
☐ **Row 25**	With B, ch 1, turn; sc in BLO of each st across	(19 sc)
☐ **Row 26**	Ch 1, turn; sc in each st across	(19 sc)
☐ **Row 27**	With A, ch 1, turn; sc in next st, **[**pc in next st, sc in next 3 sts**] 4 times**, pc in next st, sc in last st	(14 sc, 5 pc)
☐ **Row 28**	Ch 1, turn; sc in each st across	(19 sc)
☐ **Row 29**	With B, ch 1, turn; sc in BLO of each st across	(19 sc)
☐ **Row 30**	Ch 1, turn; sc in each st across	(19 sc)
☐ **Row 31**	With A, ch 1, turn; sc in next 3 sts, **[**pc in next st, sc in next 3 sts**] 4 times**	(15 sc, 4 pc)
☐ **Row 32**	Ch 1, turn; sc in each st across	(19 sc)
☐ **Row 33**	With B, ch 1, turn; sc in BLO of each st across	(19 sc)
☐ **Row 34**	Ch 1, turn; sc in each st across	(19 sc)

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☐ **Row 35**	With A, ch 1, turn; sc in next st, **[**pc in next st, sc in next 3 sts**] 4 times**, pc in next st, sc in last st	(14 sc, 5 pc)
☐ **Row 36**	Ch 1, turn; sc in each st across	(19 sc)
☐ **Row 37**	With B, ch 1, turn; sc in BLO of each st across	(19 sc)
☐ **Row 38**	Ch 1, turn; sc in each st across	(19 sc)
☐ **Row 39**	With A, ch 1, turn; sc in next 3 sts, **[**pc in next st, sc in next 3 sts**] 4 times**	(15 sc, 4 pc)
☐ **Row 40**	Ch 1, turn; sc in each st across	(19 sc)
☐ **Row 41**	With B, ch 1, turn; sc in BLO of each st across	(19 sc)
☐ **Row 42**	Ch 1, turn; sc in each st across	(19 sc)
☐ **Row 43**	With A, ch 1, turn; sc in next st, **[**pc in next st, sc in next 3 sts**] 4 times**, pc in next st, sc in last st	(14 sc, 5 pc)
☐ **Row 44**	Ch 1, turn; sc in each st across	(19 sc)
☐ **Row 45**	With B, ch 1, turn; sc in BLO of each st across	(19 sc)
☐ **Row 46**	Ch 1, turn; sc in each st across	(19 sc)
☐ **Row 47**	With A, ch 1, turn; sc in next 3 sts, **[**pc in next st, sc in next 3 sts**] 4 times**	(15 sc, 4 pc)
☐ **Row 48**	Ch 1, turn; sc in each st across	(19 sc)
☐ **Row 49**	With B, ch 1, turn; sc in BLO of each st across	(19 sc)
☐ **Row 50**	Ch 1, turn; sc in each st across	(19 sc)
☐ **Row 51**	With A, ch 1, turn; sc in next st, **[**pc in next st, sc in next 3 sts**] 4 times**, pc in next st, sc in last st	(14 sc, 5 pc)
☐ **Row 52**	Ch 1, turn; sc in each st across	(19 sc)
☐ **Row 53**	With B, ch 1, turn; sc in BLO of each st across	(19 sc)
☐ **Row 54**	Ch 1, turn; sc in each st across	(19 sc)
☐ **Row 55**	With A, ch 1, turn; sc in next 3 sts, **[**pc in next st, sc in next 3 sts**] 4 times**	(15 sc, 4 pc)
☐ **Row 56**	Ch 1, turn; sc in each st across	(19 sc)
☐ **Row 57**	With B, ch 1, turn; sc in BLO of each st across	(19 sc)
☐ **Row 58**	Ch 1, turn; sc in each st across	(19 sc)
☐ **Row 59**	With A, ch 1, turn; sc in next st, **[**pc in next st, sc in next 3 sts**] 4 times**, pc in next st, sc in last st	(14 sc, 5 pc)
☐ **Row 60**	Ch 1, turn; sc in each st across	(19 sc)
☐ **Row 61**	With B, ch 1, turn; sc in BLO of each st across	(19 sc)
☐ **Row 62**	Ch 1, turn; sc in each st across	(19 sc)
☐ **Row 63**	With A, ch 1, turn; sc in next 3 sts, **[**pc in next st, sc in next 3 sts**] 4 times**	(15 sc, 4 pc)

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☐ **Row 64**	Ch 1, turn; sc in each st across	(19 sc)
☐ **Row 65**	With B, ch 1, turn; sc in BLO of each st across	(19 sc)
☐ **Row 66**	Ch 1, turn; sc in each st across	(19 sc)
☐ **Row 67**	With A, ch 1, turn; sc in next st, **[**pc in next st, sc in next 3 sts**] 4 times**, pc in next st, sc in last st	(14 sc, 5 pc)
☐ **Row 68**	Ch 1, turn; sc in each st across	(19 sc)
☐ **Row 69**	With B, ch 1, turn; sc in BLO of each st across	(19 sc)
☐ **Row 70**	Ch 1, turn; sc in each st across	(19 sc)
☐ **Row 71**	With A, ch 1, turn; sc in next 3 sts, **[**pc in next st, sc in next 3 sts**] 4 times**	(15 sc, 4 pc)
☐ **Row 72**	Ch 1, turn; sc in each st across	(19 sc)
☐ **Row 73**	With B, ch 1, turn; sc in BLO of each st across	(19 sc)
☐ **Row 74**	Ch 1, turn; sc in each st across	(19 sc)
☐ **Row 75**	With A, ch 1, turn; sc in next st, **[**pc in next st, sc in next 3 sts**] 4 times**, pc in next st, sc in last st	(14 sc, 5 pc)
☐ **Row 76**	Ch 1, turn; sc in each st across	(19 sc)
☐ **Row 77**	With B, ch 1, turn; sc in BLO of each st across	(19 sc)
☐ **Row 78**	Ch 1, turn; sc in each st across	(19 sc)
☐ **Row 79**	With A, ch 1, turn; sc in next 3 sts, **[**pc in next st, sc in next 3 sts**] 4 times**	(15 sc, 4 pc)
☐ **Row 80**	Ch 1, turn; sc in each st across	(19 sc)
☐ **Row 81**	With B, ch 1, turn; sc in BLO of each st across	(19 sc)
☐ **Row 82**	Ch 1, turn; sc in each st across	(19 sc)
☐ **Row 83**	With A, ch 1, turn; sc in next st, **[**pc in next st, sc in next 3 sts**] 4 times**, pc in next st, sc in last st	(14 sc, 5 pc)
☐ **Row 84**	Ch 1, turn; sc in each st across	(19 sc)
☐ **Row 85**	With B, ch 1, turn; sc in BLO of each st across	(19 sc)
☐ **Row 86**	Ch 1, turn; sc in each st across	(19 sc)
☐ **Row 87**	With A, ch 1, turn; sc in next 3 sts, **[**pc in next st, sc in next 3 sts**] 4 times**	(15 sc, 4 pc)
☐ **Row 88**	Ch 1, turn; sc in each st across	(19 sc)
☐ **Row 89**	With B, ch 1, turn; sc in BLO of each st across	(19 sc)
☐ **Row 90**	Ch 1, turn; sc in each st across	(19 sc)
☐ **Row 91**	With A, ch 1, turn; sc in next st, **[**pc in next st, sc in next 3 sts**] 4 times**, pc in next st, sc in last st	(14 sc, 5 pc)
☐ **Row 92**	Ch 1, turn; sc in each st across	(19 sc)

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☐ **Row 93**	With B, ch 1, turn; sc in BLO of each st across	(19 sc)
☐ **Row 94**	Ch 1, turn; sc in each st across	(19 sc)
☐ **Row 95**	With A, ch 1, turn; sc in next 3 sts, **[**pc in next st, sc in next 3 sts**] 4 times**	(15 sc, 4 pc)
☐ **Row 96**	Ch 1, turn; sc in each st across	(19 sc)
☐ **Row 97**	With B, ch 1, turn; sc in BLO of each st across	(19 sc)
☐ **Row 98**	Ch 1, turn; sc in each st across	(19 sc)
☐ **Row 99**	With A, ch 1, turn; sc in next st, **[**pc in next st, sc in next 3 sts**] 4 times**, pc in next st, sc in last st	(14 sc, 5 pc)
☐ **Row 100**	Ch 1, turn; sc in each st across	(19 sc)
☐ **Row 101**	With B, ch 1, turn; sc in BLO of each st across	(19 sc)
☐ **Row 102**	Ch 1, turn; sc in each st across	(19 sc)
☐ **Row 103**	With A, ch 1, turn; sc in next 3 sts, **[**pc in next st, sc in next 3 sts**] 4 times**	(15 sc, 4 pc)
☐ **Row 104**	Ch 1, turn; sc in each st across	(19 sc)
☐ **Row 105**	With B, ch 1, turn; sc in BLO of each st across	(19 sc)
☐ **Row 106**	Ch 1, turn; sc in each st across	(19 sc)
☐ **Row 107**	With A, ch 1, turn; sc in next st, **[**pc in next st, sc in next 3 sts**] 4 times**, pc in next st, sc in last st	(14 sc, 5 pc)
☐ **Row 108**	Ch 1, turn; sc in each st across	(19 sc)
☐ **Row 109**	With B, ch 1, turn; sc in BLO of each st across	(19 sc)
☐ **Row 110**	Ch 1, turn; sc in each st across	(19 sc)
☐ **Row 111**	With A, ch 1, turn; sc in next 3 sts, **[**pc in next st, sc in next 3 sts**] 4 times**	(15 sc, 4 pc)
☐ **Row 112**	Ch 1, turn; sc in each st across	(19 sc)
☐ **Row 113**	With B, ch 1, turn; sc in each st across	(19 sc)
☐ **Row 114**	Ch 1, turn; sc in each st across	(19 sc)
☐ **Row 115**	Ch 1, turn; sc in FLO of each st across	(19 sc)
☐ **Rows 116 to 126**	Ch 1, turn; sc in each st across	(19 sc)
	116 117 118 119 120 121 122 123 124 125 126	
☐ **End**	Fasten off.	

Handle: make 2

Yarn A, aqua.

☐ **Foundation**	With A, ch 49.	
☐ **Row 1 (RS)**	Sc in 2nd ch from hook and in each ch across	(48 sc)

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☐ **Rows 2 to 8**	Ch 1, turn; sc in BLO of each st across	(48 sc)
	2 3 4 5 6 7 8	
☐ **End**	Fasten off, leaving a tail of about 88 in (224 cm) to sew with.	

Assembly

1. Weave in all the ends of the strap and the beginning ends of the handles. The strap has 126 rows; the 25 rows of popcorns are on its right side.

2. Hems: lay the strap with its wrong side up. Fold rows 1 to 6 over onto rows 7 to 12, and the last 6 rows over onto the 6 rows before them. Cut a length of B about 38 in (97 cm) long, and use half of it for each hem. At the first end the foundation chain now lies along the 19 back loops of row 12, which row 13 left free: whip stitch the chain to them, 19 stitches, each one under the lower strands of a chain and under the one free loop that lies against it. At the other end the last row lies along the 19 back loops of row 114, which row 115 left free: whip stitch the two together in the same way, 19 stitches, each one under both loops of a st of the last row and under one free loop. Each end of the strap is now two layers thick over 6 rows.

3. Handles: fold a handle in half lengthwise, right side outside (row 1 is a right side row), so that its foundation chain lies against its last row. With its tail, whip stitch the 48 chains to the 48 sts of the last row and fasten the seam, but do not cut the yarn. The handle is now a band of two layers, about 7/8 in (2.2 cm) wide.

4. Lay the strap with its wrong side up and one hem away from you. Stitches are counted from the right edge. Lay the two ends of the handle on the hem, the seam of the handle toward the inside of the loop: one end over stitches 3 to 6 of the 19, the other over stitches 14 to 17. Both short ends lie level with the sewn edge of the hem, 6 rows in from the fold of the strap, and the handle stands out beyond the fold in a loop, without a twist. Pin the ends: each lies in four layers with the hem, two of the handle and two of the strap.

5. With the yarn of the handle sew the end it hangs at through all four layers with firm backstitch, round an oblong that lies 1/8 in (3 mm) inside the edges of the handle and, at the fourth side, 1/8 in (3 mm) inside the fold of the strap: 3 stitches along the short end, 5 along one long edge up to the fold of the strap, 3 along the fold and 5 back along the other long edge, 16 in all, each a little under ¼ in (6 mm) long. Go round once more in the same holes and fasten off. Cut a length of A about 104 in (264 cm) long and cut it in two: sew the second end of this handle down with one half in the same way, and keep the other half for the second handle.

6. Sew the second handle to the other hem in the same way. Each handle stands out beyond the strap as a loop about 4¼ in (11 cm) long.

Finishing

- After each use squeeze the water out and hang the strap up by both handles to dry.

In all: 3 pieces.

Found a mistake in this pattern? Tell us at flossfield.com, under Make a request.

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