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This is my first instructibles post so I will do my best to explain the steps and details involved in making this mask. Unfortunately I didn't take some pics but I will do my best to explain regardless. This mask was made for a friends son for Halloween. I measured the width and length of his face to make sure the mask would fit as it is not flexible. I also measured (roughly) from the top of his head to his eye level for the eye location on the mask. I purchased a styrofoam head and used some scrap foam I had to begin shaping the beak to look the way I wanted it to. I did some online research of other masks and found a particular look/shape I liked. The beak was carved with a steak knife :) and then sanded until I was satisfied with the look of it. I then attached the beak with expanding insulation foam (Home Depot) and let it dry. I cut and sanded away the excess. Next, I used foil and covered the top half of the mask as it's a good release medium for this application.I then whipped up a batch of simple paper mache glue (elmers glue and water) and began the tedious process of applying layers. I suggest playing some good music as you will be here awhile! :) I like to apply the layers in one direction first and then switch to the opposite direction with each layer. I believe I did three layers of paper mache. I waited a day, flipped the head upside down and did the same process. Before moving on to the next step let it dry completely. Usually 2-3 days Once dry, I trimmed up around the mask opening with scissors. I then filled the beak with expanding foam for durability. Probably not necessary but that's what I choose to do. Next, I used some black plastic plumbing fittings (P trap fittings) which I purchased from Home Depot. I unscrewed the two pieces and placed the male fittings at the appropriate level for the eyes on the face of the mask. Using a sharpie I drew around fitting and then used my Dremel tool to cut the eye openings (pictures not included, sorry about that). I made sure both pieces fit properly and then removed.This step I do not have pics of but it's a pretty simple process. I took the female screw on fittings and used some gold and white spray paint and spritzed some paint on to the fittings to give it a textured/aged look (see pics). I also purchased a pair of cheap goggles from Home Depot and cut out lenses to fit inside the goggle eyes. (Sorry, didn't take pics of this step but I think it's a pretty simple step to figure out). Now it's time for paint! While probably not a necessary step I decided to paint the mask with flat black paint prior to applying the burlap. Burlap is a weaved material and I didn't want any newspaper showing through, even a little. Once dry I taped off the inside of the mask and eye holes. I then precut the black burlap to fit roughly. I left some excess as I didn't want to not have enough and any excess can be trimmed after. I believe I ended up with 5 pieces of burlap (sorry for lack of photos here). I used 3M spray adhesive and did one area at a time. Make sure you have a good layer of the adhesive on each section and then press/rub the fabric in place. I did not let each section dry before doing the next. I just did one at a time and then let it dry for a day. Using scissors and a razor blade (or exacto knife) trim off excess burlap I then used the same spritzing process I used on the eyes on the mask. This adds a nice simple textured/aged look. Once everything was dry I assembled the goggle eyes into the mask. I realized that with the mask on (only for a few moments) the lenses started to fog up. So I decided to drill some holes on the edges of the p trap fittings to allow them to vent. I then took the small vent pieces that came on the goggles from Home Depot and cut them off, painted them to match and epoxied them into place. The final step was not photographed but we used Velcro straps that were epoxied into place in order to hold the mask on the face. It worked out nicely. Well, that's it! Hope you enjoyed this instructible. I do have other projects to share that I will eventually post here. If you have any questions regarding this mask feel free to ask. Thanks,Paul Make an easy Plague Doctor mask, with Happythoughts DIY mask template. The PDF includes three authentic color ways, a 3D paper Plague Doctor mask to color in plus a Plague Doctor fact sheet.Available to Happythought members to download. Perfect for Cosplay, DIY Halloween costumes, creative and educational play.Watch the video tutorial and make your own paper plague doctor maskYOU WILL RECEIVE:PDF HIGH RESOLUTION (300 dpi) file contains the following templates/patterns:1) Plague Doctor mask template and instructions in 3 color ways2) Plague Doctor mask black and white color in template3) Plague Doctor factsheetPrintable mask templates to download instantlyIncludes instruction sheets with step-by-step photo instructions showing how to assemble your mask. Our digital templates are designed to be easy to make. We like things simple too!During the 17th-century bubonic plague physicians who tended to plague victims wore beaked masks, leather gloves, and long coats in an attempt to protect themselves from the disease. These doctors carried a rod to poke and fend off patients.European towns, gripped by the plague, hired plague doctors to practice their medicine on rich and poor residents alike. These physicians prescribed what were believed to be protective concoctions and antidotes all whilst wearing the distinctive beak shaped masks. The uniform is usually credited to Charles de Lorme, a physician who tended to the needs of European royals during the 17th century.Plague doctors filled their masks with theriac, a concoction of more than 55 herbs and other components such as viper flesh powder, myrrh, cinnamon and honey. De Lorme thought that the beak shape of the mask would give air sufficient time to be infused with the medicinal and protective herbs before it reached the doctors lungs and nostrils.Check out more printable crafts from Happythought!Want more mask costume ideas?Popular Happythought Printable Animal Masks set plus B&W masks to color in, plus animal activity fact sheets. Easy Printable Halloween mask/costume ideas, super hero masks and a set of calavera masks for Day of the Dead celebrations.We hope you enjoy our Plague Doctormask template and factsheet. If so, please give us a little love; by liking us on facebook, pinning us on pinterest or following us on twitter. Thank you!SaveSaveSaveSaveSaveSave Digital file, .pdf, instant download, printable.You can use this plague doctor mask pattern to make your own mask on any material, from paper to metal! But if you want a look similar to our masks, we recommend using: Vegetable tanned cowhide leather. Waxed thread. Acrylic lenses. Belt buckle.You can also opt for a vegan and cheaper option using 100% synthetic PU artificial leather.Do it yourself! Spend a fun time with the family, making paper masks with the children for Halloween or Carnival. Yes, even children can make their own masks!You can also make your own beak mask for Halloween. Just choose the materials and use this downloadable plague doctor mask templateto shape the necessary pieces.This pattern has been broken down into A4 size pieces that can be printed out and stuck together.DIY! The pattern includes a guide and instructions in the PDF.Of course, if you have doubts about how to use the pattern template or how to make the mask yourself, please contact us via email. Create a hauntingly authentic Plague Doctor costume with our free pattern! Craft your own medieval-style mask and cloak for a DIY Halloween masterpiece.This epic DIY Plague Doctor Costume is going to be a hit this Halloween! Its super easy to create an authentic plague doctor mask with this free printable pattern. Too busy to make this right away? Pin it for later! Pin this post to your favorite board onPinterestand it will be there when youre ready! Every year my kids challenge me to create unique DIY costumes and this year was no exception! In the past weve made a Functioning Demogorjon Mask, Beeker Costume, Mario & Luigi Go Kart Costumesand a whole family of Angry Bird Costumes! When youre growing up in the middle of a global pandemic, dressing up for Halloween as a Plague Doctor is very appropriate in my opinion!I think that this will be a classic, popular costume this year. Plague Doctor History These were medical professionals who treated people for with the bubonic plague. They worked in the middle ages during the black death during the 17th and 18th centuries. Plague doctor attire included: beaked masks, a wooden cane, leather hat, black cloak and leather boots. The full-face mask was a kind of respirator that housed aromatic substances like lavender to counter the smell of death and prevent them from becoming infected Charles de Lorme was one of the first doctors to treat plague patients in a beak-like mask. I have detailed every step of how to create this plague doctor outfit for you. Its very easy with this step-by-step tutorial, promise! (affiliate links) I have included photos along the way but if you have any questions at all be sure to drop me a message. Print the pattern onto 8.5 x 11 paper. Cut it out and tape it together to be sure that the fit is correct for your mask. I used a large black leather bag that we found at the thrift store. The bag does not need to be genuine leather, just have the look of leather. We scavenged all of the embellishments off of the bag to use for costume details later. This is not necessary but makes for an awesome finished look! 2. Use a white chalk pen to trace the pattern onto the leather. Important: add 1/4 to each piece of the pattern. When tracing simply draw the line 1/4 away from the edge of the pattern. This gives us a salvage edge to wrap around our base and stitch together. Dont forget to add 1/4 when tracing the pattern onto the leather. 3. Cut out the mask pieces from the leather. 4. Trace the pattern onto card stock using a pencil. 5. Cut the pattern out of card stock. Now you should have two sets of the mask pattern. One set of card stock and one slightly larger set of leather. 6. Trim the corners of each leather piece at an angle. Basically you just cut off a tiny triangle so that the corners lay flat when glueing. 7. Use hot glue to wrap the edges of all of the leather pieces around all of the card stock pieces. We originally tried doing this with double sided tape but found hot glue to be the better choice. Now all of your mask pattern pieces are sturdy and ready to be assembled. I found these jar lids at Michaels to use as glasses. We used a sharpie to color in the clear plastic but still have it be see-through. The black acrylic paint was used to paint over the silver detail. Be sure to have something that is see-through for the eyes on this mask. You do not need these lids! You could use black mesh or plastic instead. I found leather working needles and black cording at Michaels. The leather needles are important because they make piercing through the material way easier! 8. Sew all the pieces of the mask together to create the beak shape of the mask. I used a basic stitch and laid each mask piece wrong sides facing before sewing them together. Work the needle in about 1/8 from the edge of the piece. Your finished seems should look like this. 9. Glue the eye pieces to the mask. This can be tricky as the eye hole will bend and move. Work slowly around the hole to glue the eye piece into place. Your eyes should look like this. Tip: we found super glue to work better than hot glue for this delicate area but use caution whenever you use super glue! 10. Stitch around each eye. This edge is purely decorative. I did not stitch the eye to the mask as the layers of leather would be difficult to get through. You can stop here and simply glue mesh or plastic to the back side of the eyes for a completed mask. At this point I use super glue to affix the spice jar lids to the mask. 11. Using the straps of the bag make a strap for the mask. 12. Glue the straps into place using hot glue. 13. Add coordinating embellishments to the rest of the costume. I used hot glue to glue pieces to the jacket and umbrella that we used as a staff. Costume details over the entire body and leather ensemble created our final image of the plague doctor. Our finished bird beak mask! I absolutely love how authentic this mask looks! These creepy masks brought around the early modern period of medicine. Using the embellishments from the leather bag really helped to add texture and detail to the whole medieval doctors costume. Can you imagine seeing this masked figure in a long black coat treating you for the black plague? We tested out paint, black marker and sharpie and found the Sharpie to be the best medium to use to colour the plastic black. And while stitching around the eyes was tedious, it was well worth the effort! We found our jacket at the thrift store, the hat at a local halloween store, the balaclava, gloves and umbrella (staff) at the dollar store. The costume all put together! I love how customizable this plague doctor costume is! You could add a cane or lantern, embellishments to the hat or mask to make it truly unique. Download the free printable mask pattern by filling out the form below: Enter your name and email below to get an instant download of the files! You are then registered for my weekly email Newsletter that is full of fun recipes, easy crafts, and free printables. All digital files on Homemade Heather are for personal use only. Please direct others to the original website link when sharing. Digital reselling, resharing, or distribution is prohibited and NOT allowed. If you like this DIY Plague Doctor Costume please help us by sharing on Facebook or Pinterest so that others can enjoy it too! Print This epic DIY Plague Doctor Costume is going to be a hit this Halloween! Its super easy to create an authentic plague doctor mask with this free printable pattern. Author: Heather Painchaud Printable patternLarge leather bagCardstockBlack Sharpie markerScissorsTapePencilWhite chalk penHot glue gunHot glue sticksTwo small black jar lidsBlack waxed cordingLeather needlesLong black jacketBlack balaclavaLeather black glovesWide brimmed hatCane or black staffPrint the pattern onto 8.5 x 11 paper. Cut it out and tape it together to be sure that the fit is correct for your mask.Use a white chalk pen to trace the pattern onto the leather.Important: add 1/4 to each piece of the pattern. When tracing simply draw the line 1/4 away from the edge of the pattern. 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I did not stitch the eye to the mask as the layers of leather would be difficult to get through.Using the straps of the bag make a strap for the mask.Glue the straps into place using hot glue.Add coordinating embellishments to the rest of the costume. I used hot glue to glue pieces to the jacket and umbrella that we used as a staff.{adhrive-in-post-video-player video-id=02f9p1KA upload-date=2020-10-14T00:00:00.000Z name=DIY Plague Doctor Costume Tutorial description=Easy DIY plague doctor mask with printable pattern} In the Long-ago times, during times of plague in the Long-ago times, it was believed that foul smelling air was responsible for the spreading of the sickness (so close). To combat this problem, doctors who worked in while plagues were rampant wore beak-like masks to hold aromatic items to filter the bad air and prevent infection. In theory, I wanna make one!trace your template onto your material and cut it out. I'm using one I got from my main. . . woman (doesn't sound quite right, does it?) at Vivid And Trivial, but you can use any you want, or make your own. I had to modify mine a bit, as my head seems to be bigger than hers. Once any alterations have been made, trace it onto your material and cut it out. I'm using a thin card for mine.Once you've done that, you'll need to put them together. This is simple enough but it can be a little tricky to stick the pieces together and maintain the dimension of the piece, so be patient. I also found that the two curvy bits that were supposed to make up the bottom of the mask wouldn't stick together if I was using a stiff material like card, so I had to make a new bottom. Heh, I said bottom. I did this by measuring the bottom edge of one of the large side pieces of the mask and then measuring the width of my jaw as far back as I could manage. Once i'd done this I used the dimensions to create an icosaes triangle using the bottom of the side piece for the sides of the triangle and my jaw width for the base of the triangle. I then taped this to the bottom of the mask. If you're doing the same, maybe add on a centemeter or two. This mask ended up a little too small for me.For what I wanted to do with the mask next, it would need more structural integrity, so I mad some fluted cardboard triangles to place inside the mask. I used the same method as with the bottom (heheh) in the last step, measuring the distance between the bottom of the mask and the bridge of the nose, and then measuring the width of the bottom in the same spot, doing this three times along the mask, then making triangles of cardboard with the dimensions and placing them inside the mask, securing them with hot glue.At this point I joined the forehead pattern to the rest of the mask, but I had to modify it a bit to make it willing to conform to the rest of the mask. I did this by cutting out a small . . . thingey, and then taping the two sides of the thingey together. This gave it a bit of a bend and made it much easier to fit onto the rest of the mask. It may be a good idea to put a temporary support inside the mask near the face to keep the sides of the mask further apart during the next few steps. I didn't. Dont make the same mistakes I did.Now you're ready to prepare any materials you want to put over the mask. I decided to have one layer of soft material underneath a layer of textured materael to give a more interesting and genuine look. And no, I did not come up with that. For the soft layer I used coconut husk fibre and for the textured layer I used scraps of leather cut from a handbag. Mum never used it anyway. She'll be fine. But please don't feel restricted to whatever I used or did. You may make of this tutorial as you will. If you ARE doing something similar to this, then get your materials ready to put on. Gluing them is enough of a pain as it it without having to get them ready as you go. Also, if you want to make any adjustments to the shape of the mask or eyes or anything, now is the time to do it. Once you start putting the materials on, you won't be able to make any adjustments, so if there are any to make, make them now.When putting the materials on the mask, start with the eyes. If you don't they will be very difficult to build around later. I traced the inside onto small squares of fibe, then cut them out and glued them over the eyes. I then glued fiber over the rest of the mask, and cut off any that stuck over the edge of the mask.Once you've done that, it would be a good idea to paint the husk fiber whatever color the textured material is, so that no gaps between the pieces of textured material show up. Trust me, if you are glueing, you will almost certainly have gaps, so you don't want them to show up by having the underlying material a different color. Once you've done this, glue on the next material, again starting at the eyes. This is a very long process, so be patient. It helps to tape the pieces down while waiting for the glue to set. Also, don't try to do it all at once. Do it as the glue dries When you regain your sanity and the glue is dry, glue down any corners that have come up and patch up any holes or gaps you plausibly can. I also had to patch up around the eyes. I expect you'll also want to make something to keep it on your head. I'll let you figure that one out. I'm working on it, but I needed to get this tutorial published quickly. And now you've finished! Go and wear it while standing outside the house of someone you don't like. Send me pictures and chocolate.This is how to make a plague doctor mask with paper mache. I will not be including pictures of me making my mask for each of the steps in this how to, as I didn't know I was going to post this in advance. Here are the materials needed: paper or plastic maskpaperhot ghueliquid glue water scissorsnewsapert toilet paper paint cheesecloth small paper cups (or anything round that you wouldn't mind gluing onto your mask) tapecardboard You need to have a mask to start this project, and I used the one at the top. It can be any color, as you will not see the color from the outside. For size, the mask just has to fit your face where it is not too tight and doesn't slip. For creating the beak, use cardboard and cut two pieces to the size you would like the beak to be. I made mine about a foot long with the curve. Once you cut the pieces, glue them together by using hot glue. Then, Take the beak and make an outline of the bottom of it onto another piece of cardboard (this will be for the bottom of the beak). Once you've cut that shape out, bend it in half a bit and hot glue it to the bottom of the mask like in the picture at the top so that you have a curve when you look at it. After everything dries, put on a layer or two of the paper mache recipe on the beak (the paper mache recipe is on the next step). When the beak is done, hot glue it onto the mask right on top of the nose. Now, create a paper mache glue with 1 part glue and almost 2 parts water. You can apply this to the mask (but only use a thin layer) and put toilet paper/ paper on top of that. Keep making layers until you think it is good. I did about 6 to 7 layers for mine.After everything dries, cut a little "slice" (I marked it on the cup on the top (in green), and marked what you should use (in red)) of the small cup or whatever you are using and stretch cheesecloth over the top and glue it there. After that, hot glue the "goggles" over the eye sockets of the mask. Then, paper mache on the sides of the "goggles" after they are glued to the mask (about 2 or 3 layers).Now you should be able to paint your mask. I painted my black, brown, and red, but you can use any colors that you like. Your cheesecloth should be tight enough (but not too tight that you rip it) as you need to paint on it. Now you need to put a strip of tape from the elastic band to the top of your mask (see picture at top) so when you where the mask it doesn't hang down or anything because of the weight of the beak. And now you are done with making the Black Plague Doctor Mask! I hope you have enjoyed it! I want to give a shout out to Kuya Kenneth on YouTube, because his video helped me a lot! Thank you very much Kuya Kenneth! Here is a link if you want to check out his video: plague mask diy. How to make a plague doctor mask out of paper. Making plague doctor mask. How to make a plague doctor mask out of cardboard.