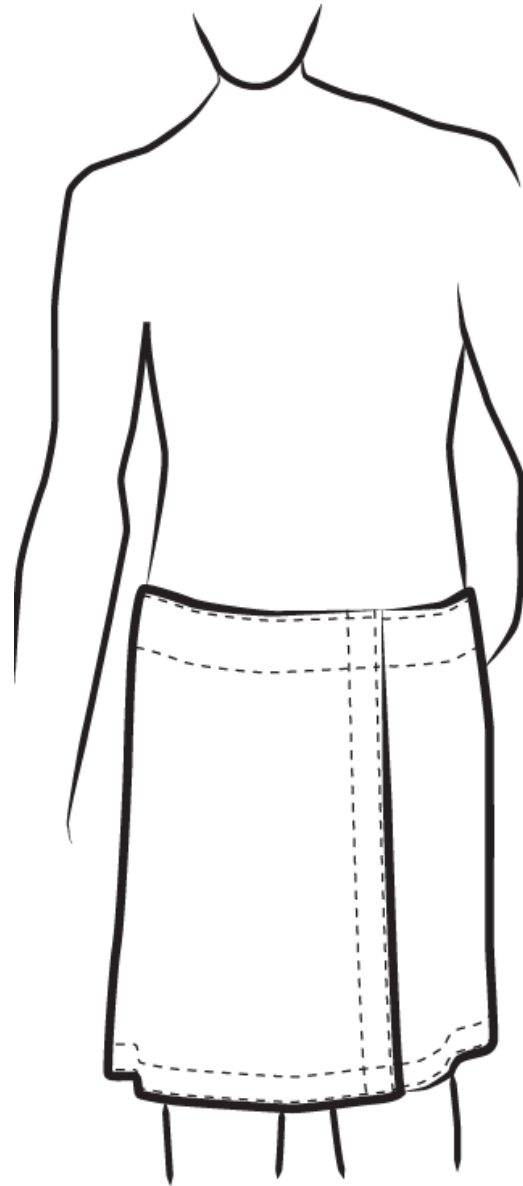
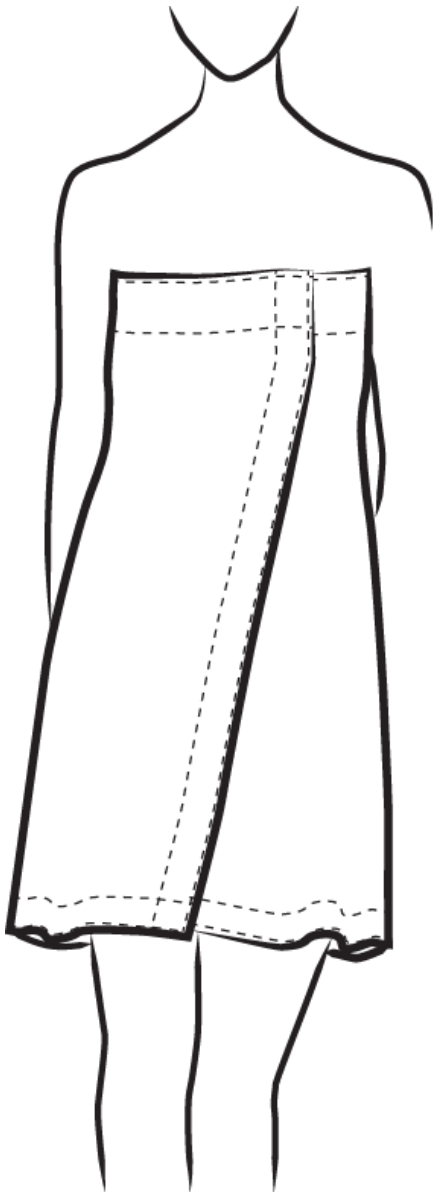


# Body Towel Wrap



## Materials Needed

- Terry cloth fabric (or a thin towel)
- 1 meter of Nonroll wide elastic - 20 mm (3/4")\* minimum width up to 3.8cm (1 1/2") width. You might want thicker elastic if your toweling is heavier or if it is longer.
- 18 cm (7") of 5 cm (2") wide sew-in velcro tape (hook and loop fastener)
- Sewing machine
- Scissors
- Pins
- Two safety pins
- Co-ordinating thread
- Iron

## Tips

- Make sure to pre-wash your fabric
- Thinner fabric works much better than heavier weight fabrics.
- \*20 mm (3/4") is the minimum width for the elastic you can use up to 3.8cm (1 1/2") width. if your towelling material is is heavier.
- You can adjust the length to your preference
- You can finish the edges by folding under twice and topstitching (as listed below), with 2" double fold bias binding tape, or by overlocking the edge. It will depend on the bulk of your fabric and the finished look you desire.

### Measurements you will Need

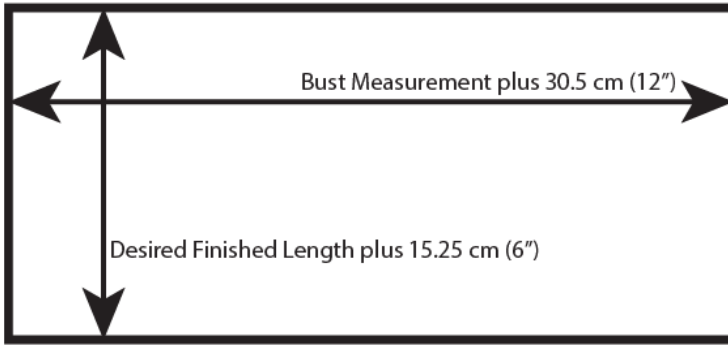
This towel can be made in two lengths:

- 1) Long: from underarms to above knees
- 2) Short: from waist to above knees.

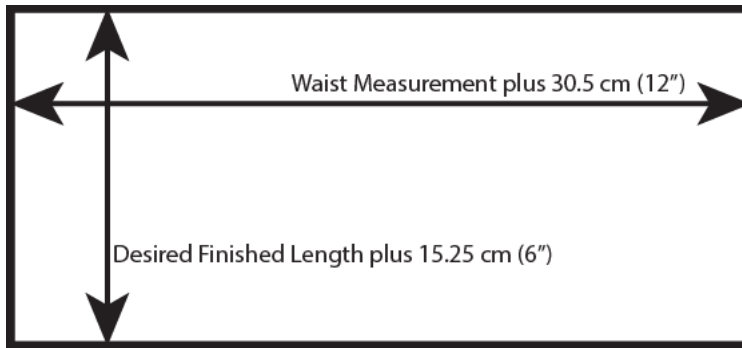
This is why the measurement for the width of the Long Body Towel Wrap is from the bust and for the Short Body Towel Wrap the width measurement is taken from the waist.

**Width:** Take your bust measurement (or waist measurement for the shorter version) and add 30.5 cm (12") to the measurement.

**Length:** Measure from under your arm to the length you desire for the finished Long Body Towel. Add 15.25 cm (6") to this measurement.



To get the length of the **Short Body Towel**, start measuring from the waist and stop at the desired length.



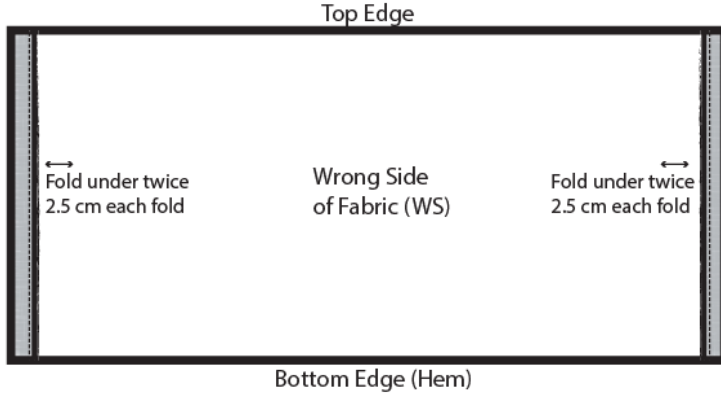
### **Cutting**

Using the above measurements: (bust plus 30.5 cm for width and desired finished length plus 15.25 cm) measure and mark out a rectangle on the terry cloth. If you are using a towel you can leave two of the finished edges of the towel or if the towel. I positioned my rectangle so that the top edge of the pattern piece was on the selvage of the fabric. I did this to reduce the bulk of the finished edge on the inside of the body towel.

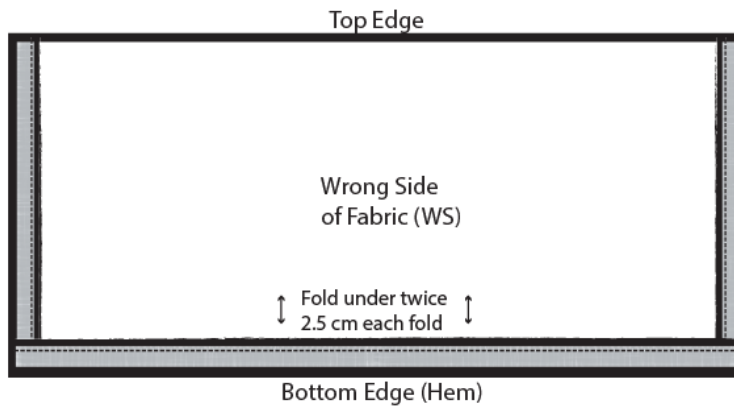


## Sewing

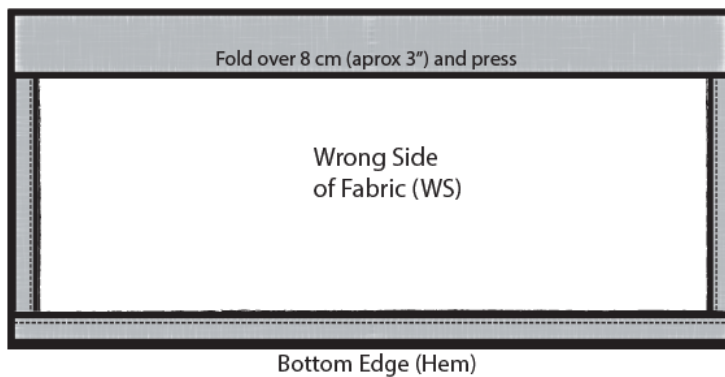
1. Hem the short sides of the rectangle by turning them under twice 2.5cm (1"). Press and then topstitch 5 mm from the edge.



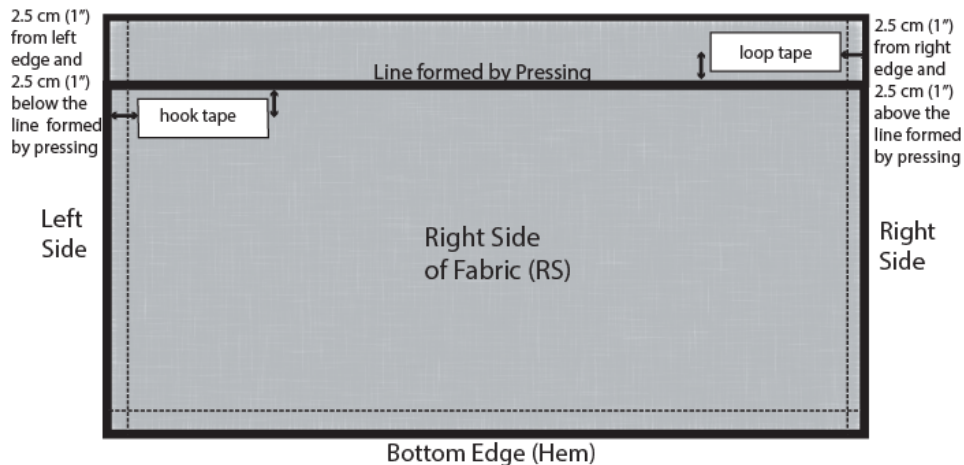
2. Hem the bottom edge of the towel by turning under twice 2.5cm (1"). Press and then topstitch 5 mm from the edge.
3. If the fabric is bulky you might want to topstitch the bottom edge of the fabric to keep the bottom edge looking crisp.



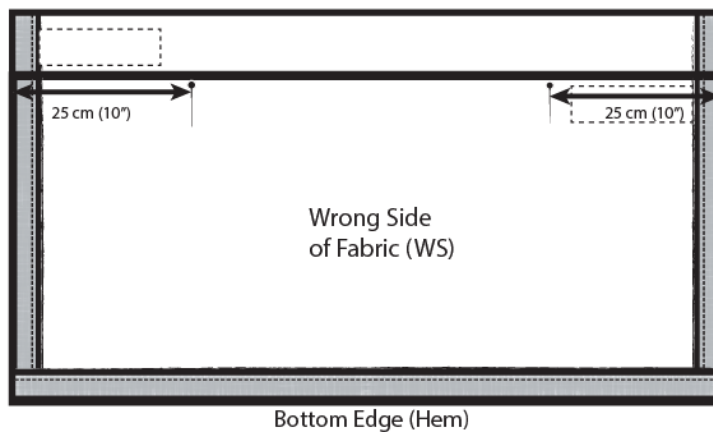
4. Fold over the top selvedge edge 8 cm (3") and press.



- Open and pin the hook and eye tape to the right side of the towel according to the diagram below. It should be 2.5 cm (1") from the pressed edge in step 4 and 2.5 cm (1") from the sides of the towel. Take care to pin the hook and eye tape to the right side of the fabric. The loop tape will be below the pressed line on the left-hand side of the towel and the hook tape above the pressing line on the right-hand side of the towel.

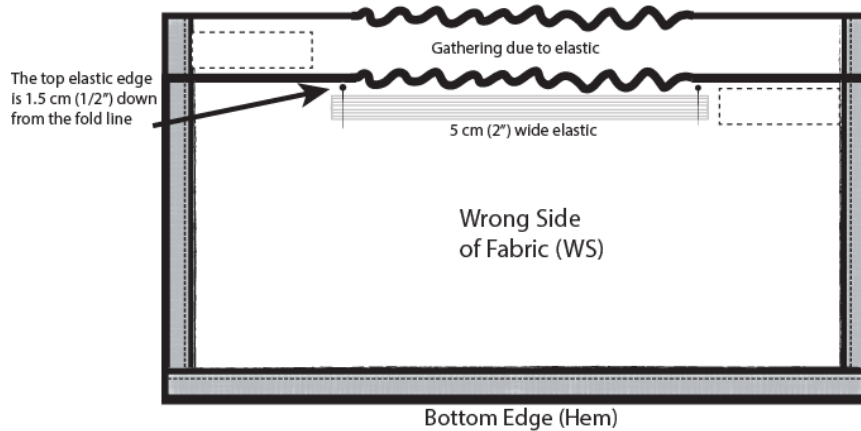


- Stitch around the edges of both pieces of the hook and eye tape to secure.
- Turn fabric back over to the wrong side. Just below the fold line measure and using pins mark 25 cm (approx 10") from each side.



- Using a safety pin one side of the elastic at one of the pins you placed in step 4 (approximately 1/2" down from the fold line)
- Stretch the elastic to the other pin. This should cause the fabric to gather between the two pins. To get the tension right the length between the two pins the should measure the same as your original bust measurement divided by 2/3". Example: If your bust measurement is 60 cm then pin 40 cm of elastic between

the two pins. Do not cut the elastic until you have checked it for fit.



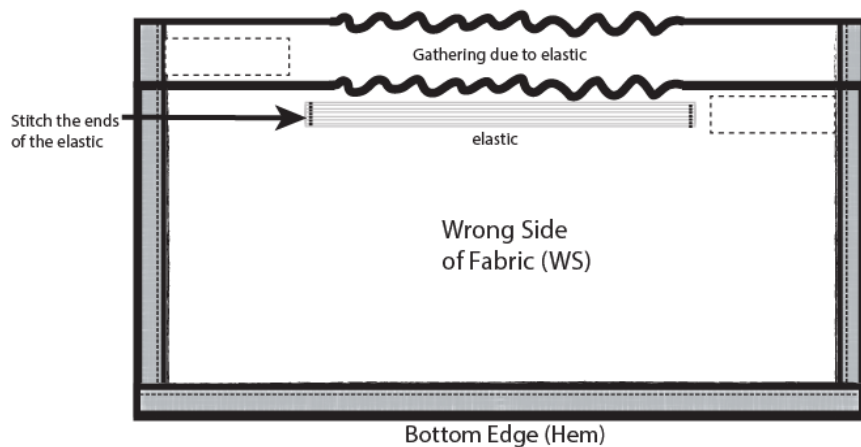
10. Once you have pinned both edges down try on the towel to see if it is too tight or loose.

\*If it is too tight unpin one side of the elastic and re-pin it so there is more elastic between the two original pins. This will cause the towel fabric to be less gathered between the pins and to be looser on your body. Try on again to make sure you are happy with the fit.

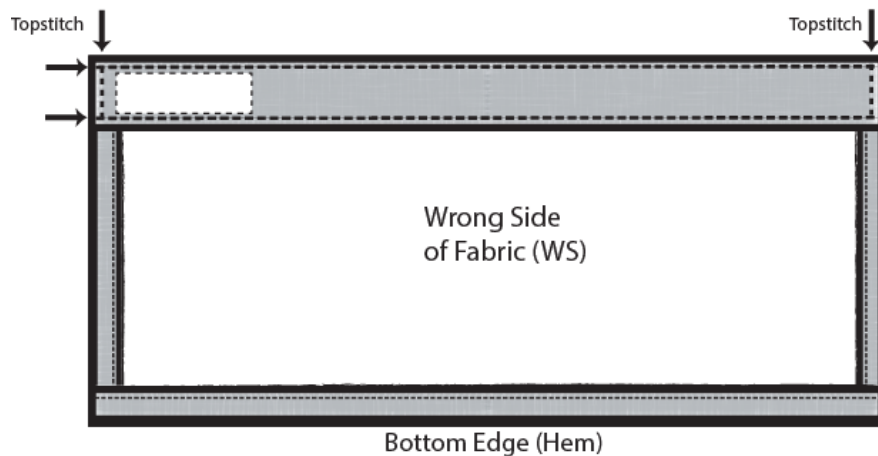
\*If it is too loose unpin one side of the elastic and re-pin it so there is less elastic between the two original pins. This will cause the towel to gather more between the pins and to be tighter on your body. Try on again to make sure you are happy with the fit.

If you want a uniform gather you can tack the elastic to the towel in a couple of spots along the elastic.

11. Stitch down the ends of the elastic to the towel once you are happy with the fit of the towel. Take care not to stitch over safety pins.



12. Fold the towel top edge where you folded it over in step 3. Topstitch from one side to the other along the selvage edge. Take care not to stitch on the elastic or the hook and eye tape. Topstitch from one side to the other along the top folded edge - this will reduce bulk at the top, provide stability and make the edge look crisp.
13. Topstitch the edges down on the folded over section to fully enclose the elastic. Take care not to stitch on the elastic or the hook and eye tape. The elastic will now be completely encased in the towel.



## Further Options

You can use Bias binding to finish the edges of the terry cloth.

Decorate the front edge with a strip of fabric, ribbon, or other trim

Put a patch pocket on the garment

Embroider your initials on the hem of the towel.

Put a hook in the centre of the towel at the hem or top edge to hang when not using.

Add an applique.

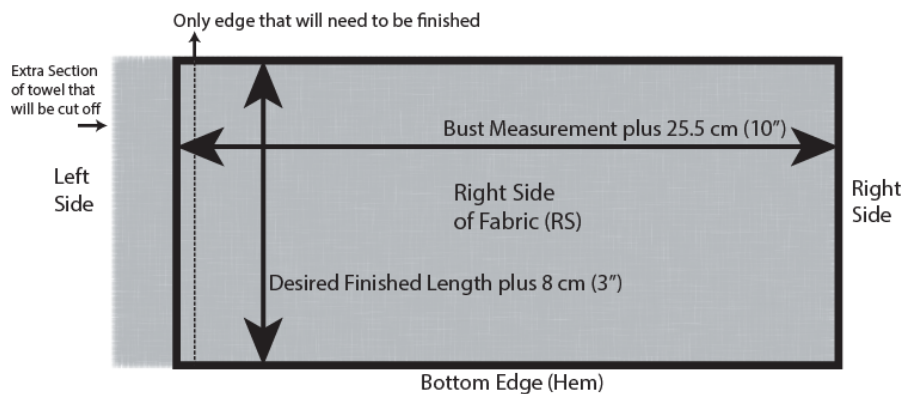
Add a decorative tie to the top front edge

## If Using a Bought Towel

Make sure the towel is a thin one.

**Width:** Take your bust measurement (or waist measurement for the shorter version) and add 25.5 cm (10") to the measurement. This is the ease and 5 cm (2") for the cut side of the towel.

**Length:** Try to get a towel that if you fold over the top edge 8 cm (3") it is the length you want the final garment to be. That way you will only need to cut (and finish one end of the towel).



### Sewing the Bought Towel Version

1. Hem the cut side (with the right side of the towel up this will be the left side) of the rectangle by turning it under twice 2.5cm (1"). Press and then topstitch 5 mm from the edge.
2. Follow steps 4 through to 13 above.