



Sumptuous Spa Wrap

Skill level: Beginner

Featuring: Dual Duty XP



Technique:	Sewing
Designed By:	Linda Turner Griepentrog
Brand:	Coats
Crafting Time:	Evening

Nothing is more relaxing than giving yourself a spa experience and this sumptuous Cuddle wrap is sure to set the stage for relaxation. It's also a perfect gift for someone you know who needs to just kick back and pamper themselves.

Finished Size: Custom

Supplies

Dual Duty XP® All Purpose thread
Cuddle* fabric or terrycloth, 60" (152.40 cm) wide (see measuring/figuring yardage below)
½ yard (45.72 cm) contrast fabric for trim (includes optional straps)
¾" (1.91 cm) elastic (amount determined below)
6"-12" (15.24 cm - 30.48 cm) sew-on hook-and-loop fastener, ¾" (1.91 cm) wide

Additional Requirements

Bodkin or large safety pin
Sewing Machine
Basic Sewing supplies
Walking foot (optional)

*Shown:

Extra-wide Solid Cuddle, Silver, from Shannon Fabrics

makeitcoats.com

CS0283

Page 1 of 3



Measuring/Figuring Yardage

The wrap can be made any size from child to adult by taking a two or three measurements. These will determine the amount of yardage needed for your project.

The wrap needs to overlap in the front—between 6" and 12". Determine the amount that works best for your comfort level.

Measure around the upper bust (under the arms) where you want the wrap to rest, plus the desired amount of overlap. Measure around the fullest part of the hip, plus the desired amount of overlap and some ease. Use the larger to these two measurements, plus 2" for hems, to determine the width of the wrap rectangle.

Measure the desired finished length—wraps can be short or long, depending on your preference. Add 3" to this measurement to determine the length of the wrap rectangle.

To figure yardage, use the rectangle measurements. If the fabric is wide enough, plan to cut your rectangle across the fabric width. If not, plan to cut it lengthwise, or piece rectangles at the center back to make the determined size.

If using terrycloth, purchase an extra ¼ yard to allow for shrinkage. Prewash it, as there is often considerable shrinking.

TIP

The wrap can also be made using a terrycloth towel. Since towels have pre-finished edges, there's no need to add for hems.

Cutting

From the Cuddle (or terrycloth), cut:

1 rectangle, using the measurements determined above.

From the contrast fabric, cut:

2 strips, 2½" x WOF (6.35 cm x WOF)

2 pockets, 6" x 7" (15.24 cm x 17.78 cm)

2 strips, 4½" x 23" (11.43 cm x 58.42 cm) (optional straps)

Preparation

If using terrycloth, zigzag or serge the wrap cut edges to prevent fraying.

Seam allowance is ¼" (.64 cm).

Assembling the Wrap

1. Turn under a 1" (2.54 cm) hem on the upper and lengthwise edges of the wrap rectangle. Topstitch ¾" (1.91 cm) from the folded edge.
Note: On Cuddle, press very carefully and hover the iron rather than touching the fabric surface.
2. Seam the trim strips together (if needed for length). Press under ¼" (.64 cm) on each long edge.
3. Pin the trim to the wrap right side, ¼" (.64 cm) below the hem stitching line and leaving a 1½" (3.81 cm) extension at each end. Edgestitch the long edges of the trim in place (leave the ends unstitched).

4. Using the overlap amount determined above, cut that length of hook-and-loop fastener. Sew the hook side to the rectangle underlap upper hem area right side, starting 1" (2.54 cm) from the hemmed opening edge. Sew the loop side of the fastener on the wrap overlap wrong side upper hem area, positioning it the same way.
5. Turn under a 2" (5.08 cm) hem at the lower edge and topstitch in place with two rows of stitching 1½" (3.81 cm) from the fold edge.
6. Thread a length of elastic through the trim casing, being careful not to twist it, and pin the ends in place. Try on the wrap and adjust the elastic length as needed for a comfortable fit; trim the excess length. With the elastic centered in the casing height, fold back the trim end and stitch across the elastic width, anchoring it to the wrap edge. Fold under the trim extensions and topstitch in place along the previous hem stitching line. Trim the excess casing fabric next to the stitching.

Assembling the Pocket

1. Place the two pocket pieces right sides together and sew around the edges; leave a small opening at the lower edge for turning.
2. Clip the corners and turn the pocket right side out. Hand stitch the opening closed. Press the edges.
3. Try on the wrap and pin the pocket in the desired location, either at an angle or vertically. Edgestitch the sides and lower edge in place, backstitching at the upper edges.

Assembling the Optional Straps

1. Fold the strap strip right sides together and sew the long edges. Turn and press.
2. To attach the straps, try on the wrap and pin them in the desired location, adjusting the length as needed for comfort.
3. Stitch the strap ends in place along the previous hem stitching line. Trim the excess length.

