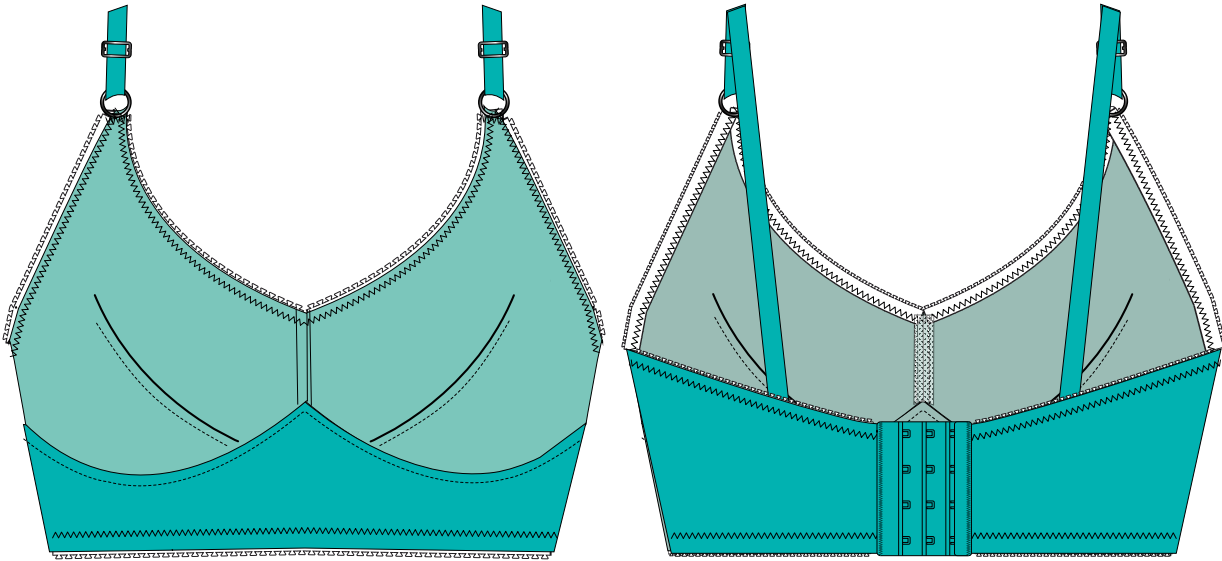
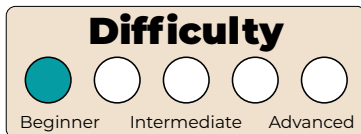




A-DD



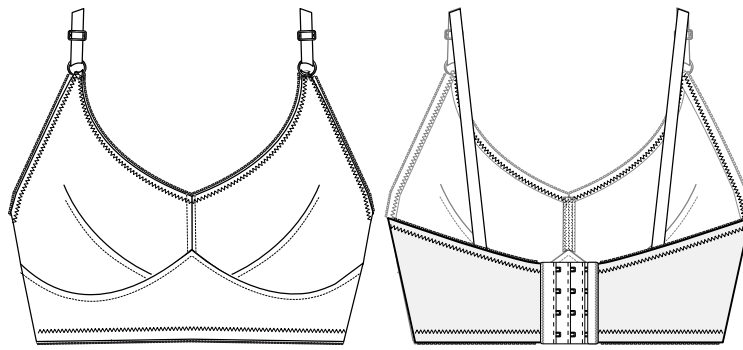
MYSA

LOUNGE BRALETTE PATTERN

26" - 52" Ribcage Band
2.9" - 6.2" Bottom Cup Depth
7.2" - 13.8" Horizontal Hemisphere

66 - 132 cm Ribcage Band
7.3 - 15.7 cm Bottom Cup Depth
18.3 - 35 cm Horizontal Hemisphere

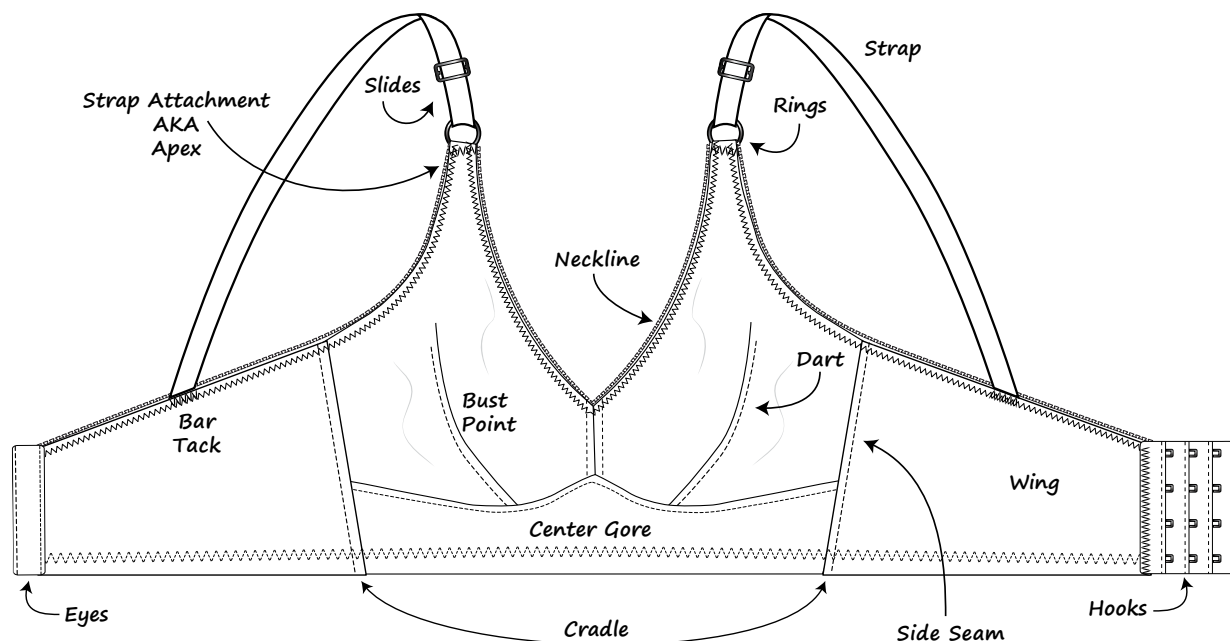
The Mysa Lounge bralette is a simple stretch bralette with a darted cup to provide cozy coverage and comfort. This pattern is well suited for beginner sewing skills and a great way to try out our sizing system.



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Recommended Fabric Details	Page 3
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Anatomy of a Bra



FABRICS & NOTIONS

Fabric for cup, cradle and wing	$\frac{3}{4}$ yd	0.7 m
$\frac{5}{8}$ " (15mm) strap elastic	1 $\frac{1}{4}$ yd	1.2 m
$\frac{3}{8}$ " (10mm) plush back elastic	1 $\frac{1}{3}$ yd	1.3 m
$\frac{3}{4}$ " (19mm) plush back elastic	1 $\frac{1}{3}$ yd	1.3 m
Hook & eye (3x3)	2" x 2"	5 x 5 cm
Rings and Sliders	$\frac{5}{8}$ "	15 mm

RECOMMENDED FABRIC DETAILS

BRA CUPS AND CRADLE

This pattern is suitable for fabrics with 50-60% stretch with lycra/elastane and good recovery

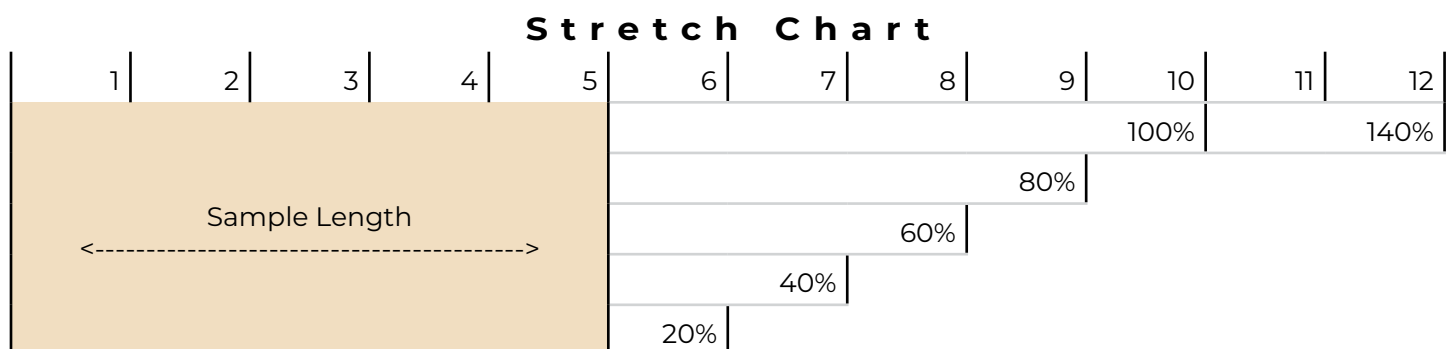
Stretch fabrics: cotton lycra, medium powernet, techsheen, athletic knits

ELASTICS

Elastics with 50-60% stretch such as a firm plush elastic or denser fold over elastic. For a firmer band, select a plush elastic with a smaller stretch percentage or size down in the back band/wing pattern piece only.

STRETCH PERCENTAGE

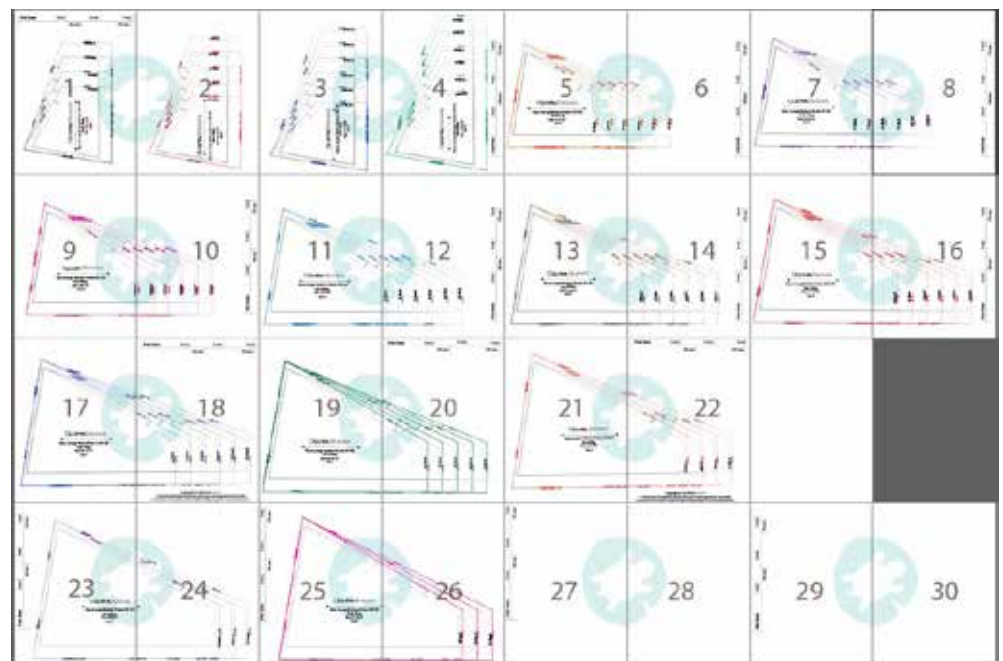
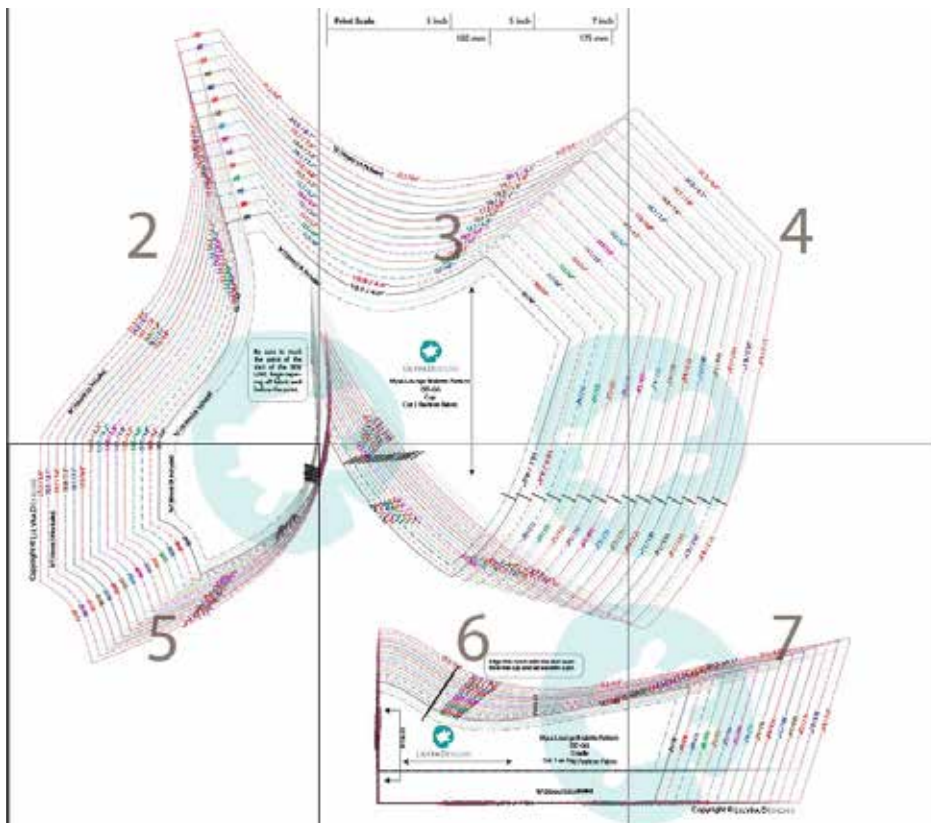
Use the chart below to determine the stretch percentage of your fabric or elastic. Place 2 pins sample length apart then stretch fabric/elastic until resistance is felt (NOT max stretch). Line one pin to the left side of the sample length and note how far the other pin stretches. This is your stretch percentage. For this pattern, aim for 50%.



PRINT INSTRUCTIONS

These patterns are designed to print on both US letter and A4 paper. Use a pdf viewer to open and print. Make sure the print dialog is set to print at 100% - make sure any Scaling or Fit to Canvas is turned OFF. It may be necessary to have "Fit to Page" on and manually set to 100%.

Adobe Reader is free to download: <http://get.adobe.com/reader/> and will allow you to "turn off" the sizes you don't need with the "Layers" tab. You can also turn on/off the seam allowance and sew lines. This is recommended if you need to make any pattern adjustments or modifications.



HOW TO MEASURE

The Mysa Pattern uses a combination of Bottom Cup Depth, Horizontal Hemisphere and breast root trace for more accuracy, better fit and fewer trials. Measurements are best taken without a bra on. Note that one breast may be larger than the other. This is normal and expected.

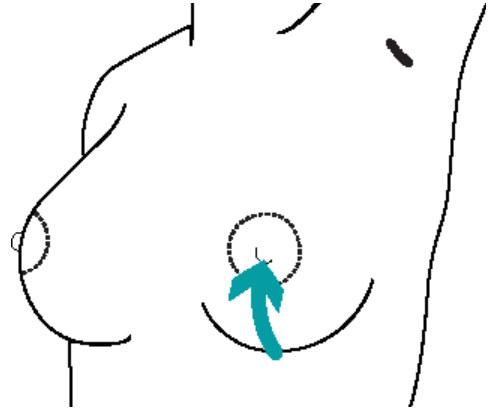
.....

BOTTOM CUP DEPTH

Measure the vertical distance between your nipple and the breast crease (wireline) following the contours.

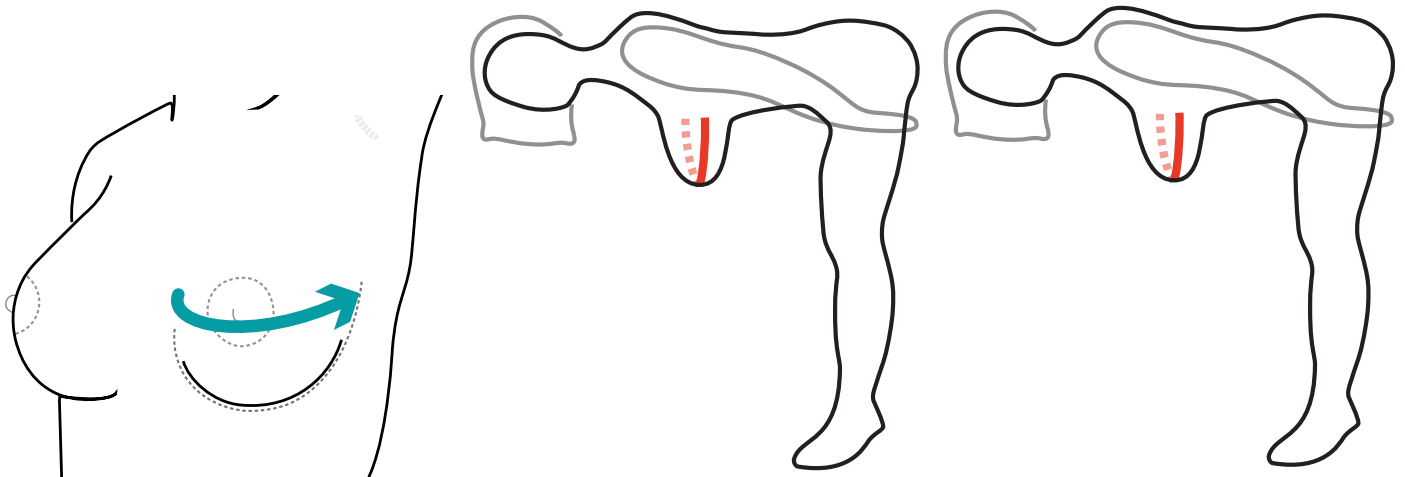
If well endowed, cup the breast from below with your hands as if wearing a supportive bra. Another option is to lean forward and let the breast hang. This may take a few tries to get a consistent measurement.

**Try to be accurate to the quarter inch or half centimeter.



HORIZONTAL HEMISPHERE

Measure the horizontal distance from the breast crease (near sternum) to breast crease (near underarm) while crossing the apex of the bust (usually the nipple). Try to keep the tape measure parallel to the ground then repeat for other breast, as they are often different measurements.



For those who are well endowed or measuring by yourself:

Lean forward and letting the breast hang so you have use of both hands.

For those who are very pendulous:

Method 1 - Take 2 measurements (one standing, one leaning) then average them.

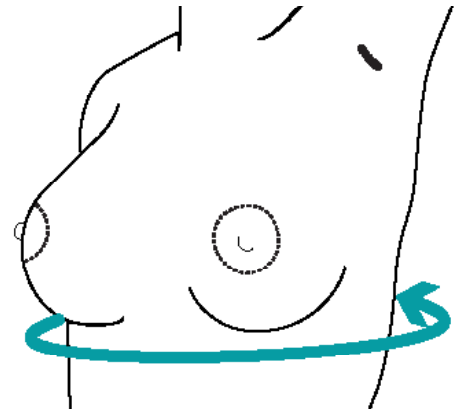
Method 2 - Measure leaning forward but pull the measuring tape back a bit to compress soft tissue. Some people find this measuring sling to be helpful.

<https://www.lilypadesigns.com/measuring-sling>

**Try to be accurate to the quarter inch or half centimeter.

UNDERBUST

Measure around the rib cage directly under the bust. Keep the tape measure as parallel to the floor as possible while pulling on the tape. This should feel about as tight as a well fitting bra.

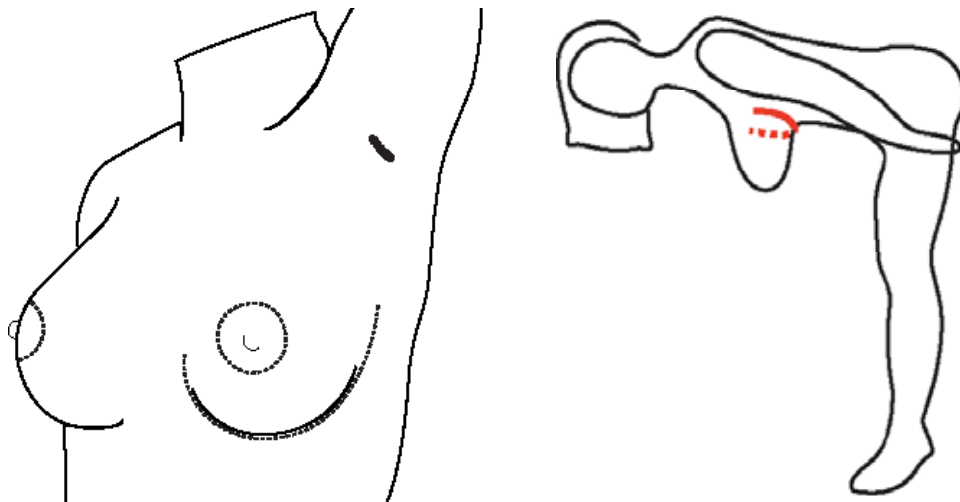


Check out the Beginner's Guide for additional info on breast root trace, fitting bands, omega adjustments and a glossary of terms!
<https://www.lilypadesigns.com/beginners-guide>

BREAST ROOT TRACE

Have paper, pencil and flexible ruler or copper wire ready. If one breast is larger than the other, begin with that breast and raise the corresponding arm above your head.

Using your free hand, place the flex ruler (or wire) under the breast and follow the crease (Inframammary Fold or IMF) and curve it around the breast root. Essentially, mold the ruler/wire to the shape.



If the IMF is not present or hard to find, try leaning forward and letting the breast hang (particularly helpful if well endowed, pendulous or measuring by yourself). You can also try pushing the breast mound toward the underarm to temporarily create a crease and mark it with a washable marker the trying the wire trace again.

Then quickly transfer the shape on to paper and trace. Once you have your trace, you can find your perfect underwire by comparing to the underwire charts. Additional Details
<https://www.lilypadesigns.com/breast-root-trace>

****Please remember to check both breasts as they may be different!****



FIND YOUR SIZE

Write your measurements from the previous pages in the box then circle the number in the chart. Measurements may span multiple sizes. This is normal and a better reflection of our individual needs as 2 people can have the same measurements but very different body shapes.

NOTE FOR BEGINNERS

We recommend using the HH size without any optional steps and pin/clip the cups to fit at the muslin tester stage instead of grading. <https://www.lilypadesigns.com/beginners-guide>

MEASUREMENT

Bottom Cup Depth (BCD) - This may need to be adjusted to your measurement

Horizontal Hemisphere (HH) - **This is determines your cup volume.**

Band - **Back Wing size group should match cradle size then band size.**

Cradle - Find your cradle size by comparing your breast root trace or favorite wire to the Cradle Size Chart on the last page of the Instructions. <https://www.lilypadesigns.com/breast-root-trace>

If your Bottom Cup Depth (BCD) and Horizontal Hemisphere (HH) indicates different sizes, use the HH size and grade the BCD up or down to match your measurements.

<https://www.lilypadesigns.com/sizing-suggestion>

A	B	
BCD	HH	PATTERN SIZE
7.3 cm	183 mm	7.3 / 2.9 "
7.9 cm	194 mm	7.9 / 3.1 "
8.5 cm	206 mm	8.5 / 3.3 "
9.1 cm	218 mm	9.1 / 3.6 "
9.7 cm	230 mm	9.7 / 3.8 "
10.3 cm	242 mm	10.3 / 4.1 "
10.9 cm	254 mm	10.9 / 4.3 "
11.5 cm	266 mm	11.5 / 4.5 "
12.1 cm	278 mm	12.1 / 4.8 "
12.7 cm	290 mm	12.7 / 5.0 "
13.3 cm	302 mm	13.3 / 5.2 "
13.9 cm	314 mm	13.9 / 5.5 "
14.5 cm	326 mm	14.5 / 5.7 "
15.1 cm	338 mm	15.1 / 5.9 "
15.7 cm	350 mm	15.7 / 6.2 "
**Sizes are Bottom Cup Depth measurements in cm/in.		

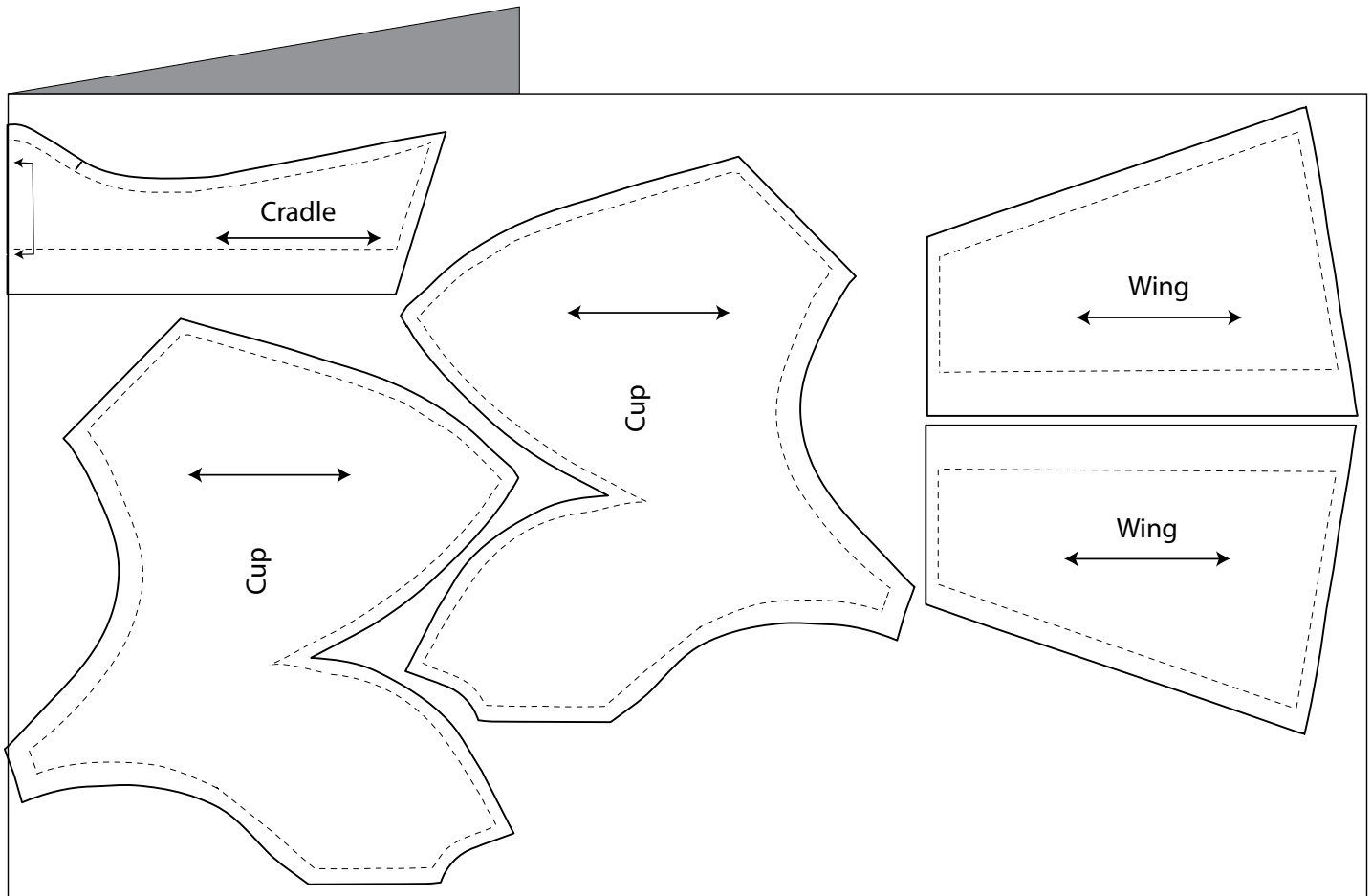
A	B	
BCD	HH	PATTERN SIZE
2.9 in	7.2 in	7.3 / 2.9 "
3.1 in	7.6 in	7.9 / 3.1 "
3.3 in	8.1 in	8.5 / 3.3 "
3.6 in	8.6 in	9.1 / 3.6 "
3.8 in	9.1 in	9.7 / 3.8 "
4.1 in	9.5 in	10.3 / 4.1 "
4.3 in	10.0 in	10.9 / 4.3 "
4.5 in	10.5 in	11.5 / 4.5 "
4.8 in	10.9 in	12.1 / 4.8 "
5.0 in	11.4 in	12.7 / 5.0 "
5.2 in	11.9 in	13.3 / 5.2 "
5.5 in	12.4 in	13.9 / 5.5 "
5.7 in	12.8 in	14.5 / 5.7 "
5.9 in	13.3 in	15.1 / 5.9 "
6.2 in	13.8 in	15.7 / 6.2 "
**Sizes are Bottom Cup Depth measurements in cm/in.		

C													
Band Size	28	30	32	34	36	38	40	42	44	46	48	50	52
IN	26-28	28-30	30-32	32-34	34-36	36-38	38-40	40-42	42-44	44-46	46-48	48-50	50-52
CM	66-71	71-76	76-81	81-86	86-91	91-96	96-101	101-106	106-111	111-116	116-121	121-126	126-131



CUTTING LAYOUT

Layouts depend on fabrics used. Low-stretch fabrics may be placed Vertically or Horizontally. Grain of all pattern pieces is the direction of greatest stretch.

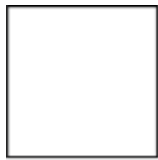


Stretch Fabric Layout

OPTIONAL BRA MODIFICATIONS

Check out our common pattern adjustments after the pattern instructions to better tailor the fit of your new bra!

BRA SEWING INSTRUCTIONS



Wrong Side



Right Side

INCLUDED SEAM ALLOWANCES

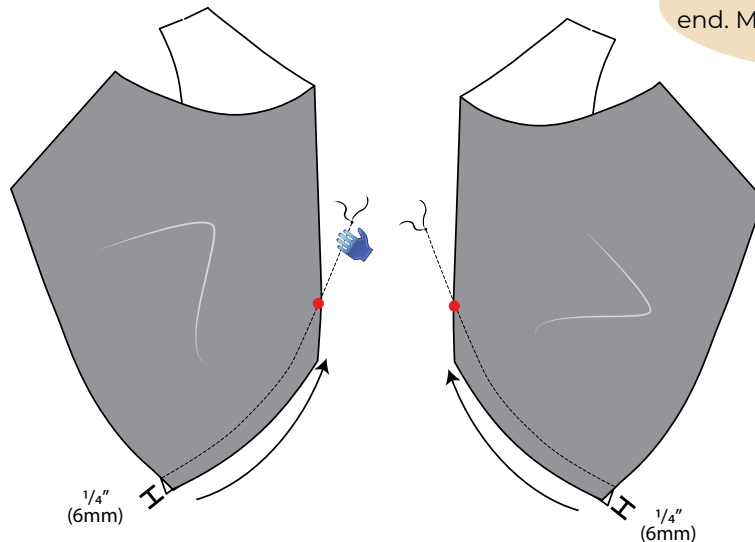
All joining seams are $\frac{1}{4}$ " (6mm). Upper elastic seam allowance is $\frac{3}{8}$ " (10mm). Lower band elastic seam allowance is $\frac{3}{4}$ " (19mm) unless otherwise noted.

STEP 1: Cups

Transfer all pattern marks onto the wrong side of the fabric.

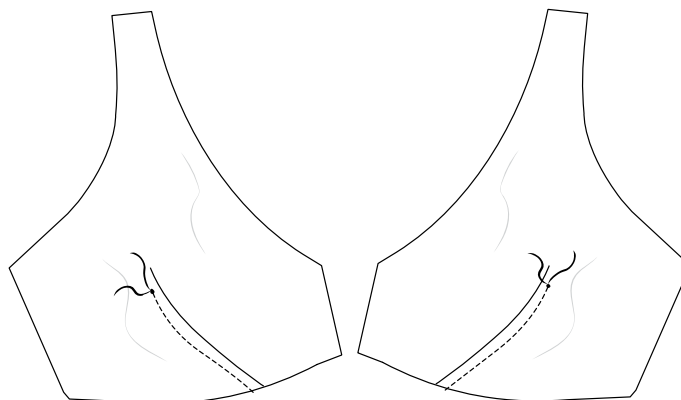
Fold and align the sew lines. Be sure notches on the sew lines match each other. The curves will match in length but not in shape - this creates the "cup" shape.

With right sides together, sew towards the tip of the seamline from the bottom of the cup towards the center. Aim to sew OFF the fabric and leave a thread tail. Tie a knot by hand as close to the fabric as possible. DO NOT backstitch.



****Tip - try shortening the stitch length towards the end. Make a few practice darts on scrap fabric**

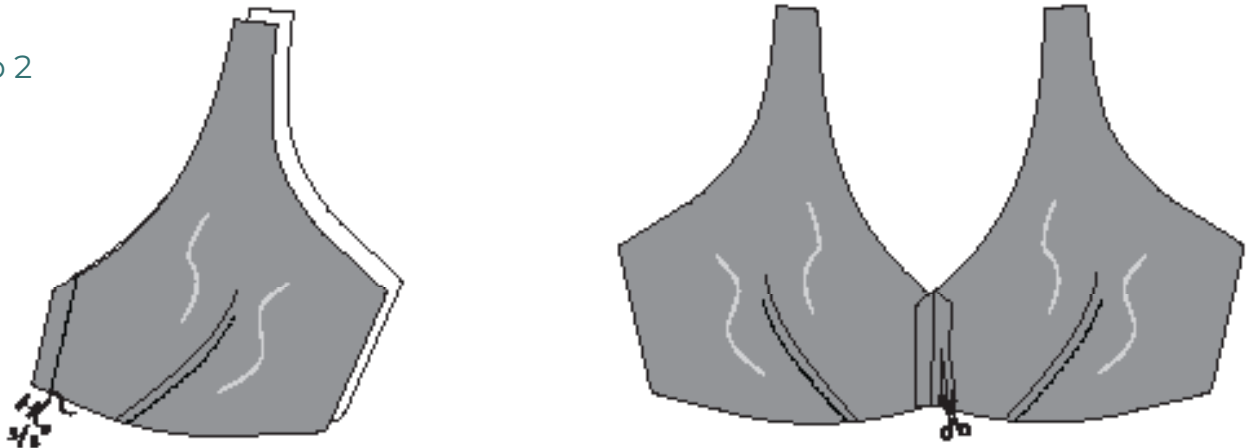
With right sides together, and dart seam allowance folded towards the side cradle, top stitch the seam allowances down. The topstitching should end slightly below the top point of dart. Carefully trim excess seam allowance.



STEP 2 - Center Front Seam

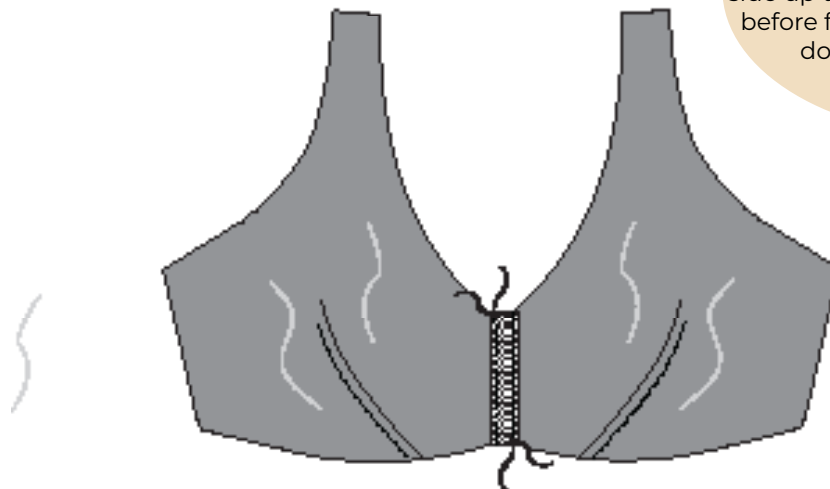
With right sides together, sew the left cup to the right cup along the Center Front seam with a $\frac{3}{8}$ " (10mm) seam allowance.

Step 2



Finger press or iron the seam allowance open and with the wrong side up, pin the stay tape along the vertical seam. Top stitch or 3-step zig zag along the seam making sure to catch both the tape and the seam allowance.

Trim excess seam allowance.



****Tip** - Beginners may want to first baste stay tape in with the wrong side up to insure catching all the edges before flipping the garment over and doing the final topstitching

Stay Tape

What - a narrow strip of fabric applied to seams and edges - often nylon tricot, sheer cup lining, silk organza.

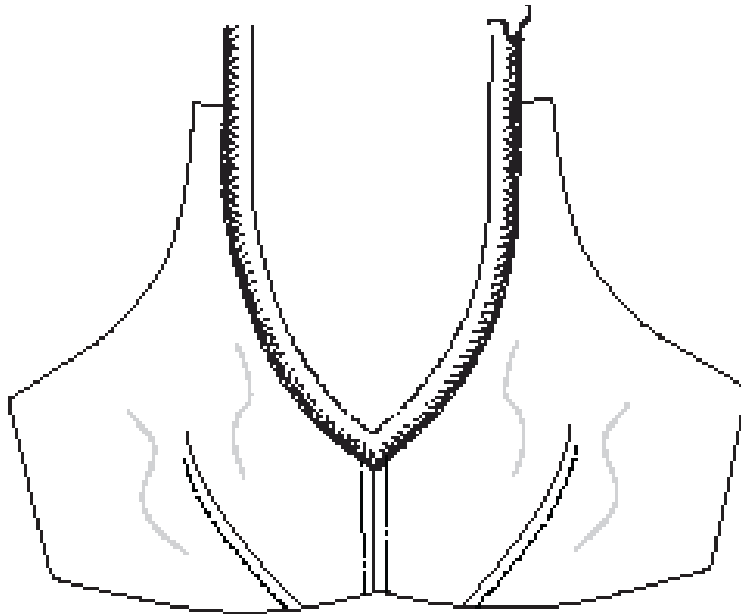
Why - To reinforce and/or stabilize

How - Application depends on type of Stay Tape. Common methods in bra making include applying like bias tape (stitch + fold over), like channeling (2 parallel rows) or like elastic (zig zag).

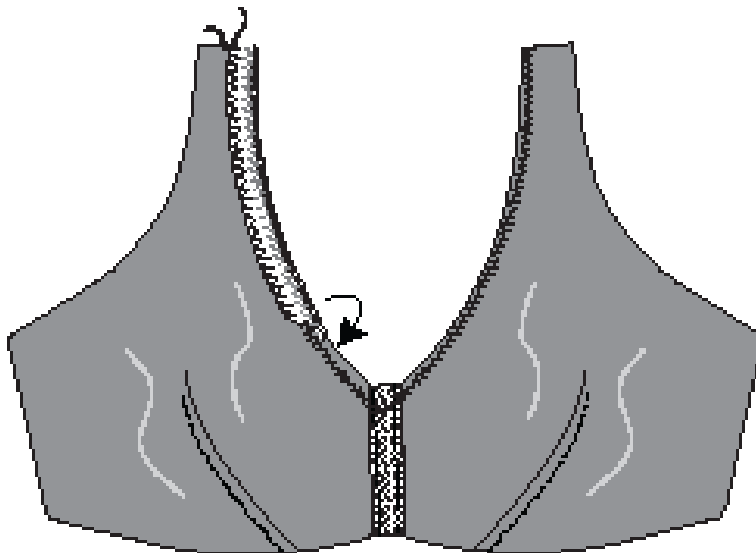
STEP 3 - Neckline

Sew on $\frac{3}{8}$ " (10mm) elastic at the neckline of joined cup pieces - place elastic right (fuzzy) side up with picots pointing down, on top of right side of upper cups. Align your zig zag stitch (2 wide, 2 long) along the decorative picot edge of the elastic while pulling VERY slightly on the elastic only.

Step 3



The goal is to apply *just* enough stretch (approx. 5%) to the elastic so there are NO GATHERS/PUCKERS in the fabric and it lays perfectly flat on the table. Try to sew as close to the picots as possible while keeping the plain edge of the elastic aligned with the edge of the fabric.

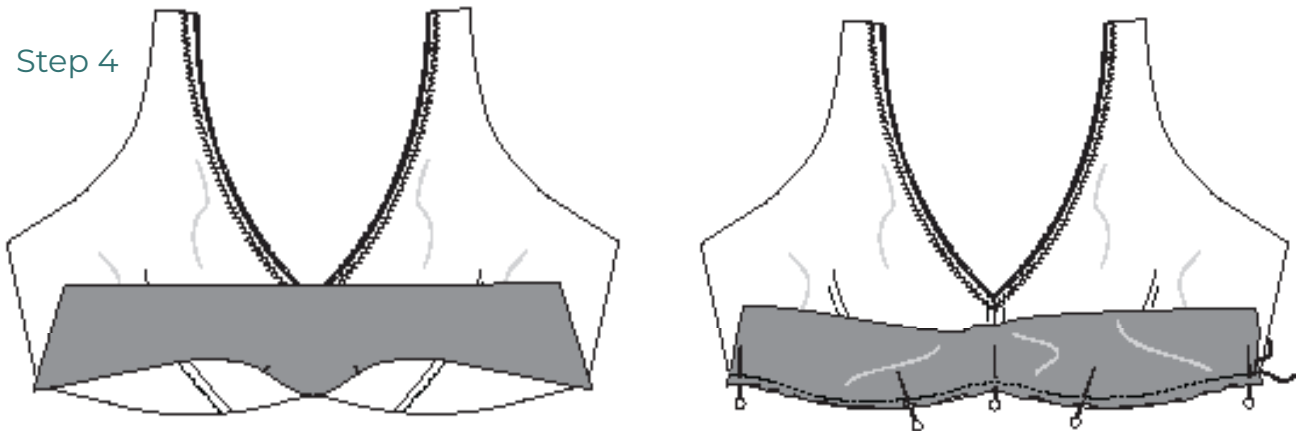


Fold elastic along the new stitches inside, towards the cups. With the wrong side of cups up, and fuzzy side of the elastic up, finish sewing the second pass of the bottom elastic with a wide zig zag (4 wide, 2 long) or a 3-step zig zag stitch. Stay as close to the plain edge of the elastic as possible and zig zag over any raw edges.

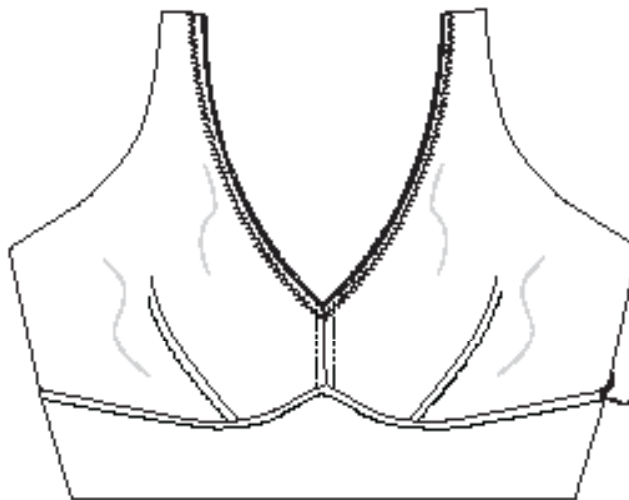
STEP 4 - Cradle

With right sides together, sew cups to cradle while keeping the convex and concave curves aligned.

Step 4



Be sure to match the notch on the cup to the notch on the cradle and use lots of pins. Allow the cradle to bunch up inside the cup as long as the sew line of the seam matches up.



As you get closer to the center, pause with the needle down and lift the presser foot to shift and flatten the lower layer periodically. Remember to align the sew line, not the cut line.

Sewing Curves

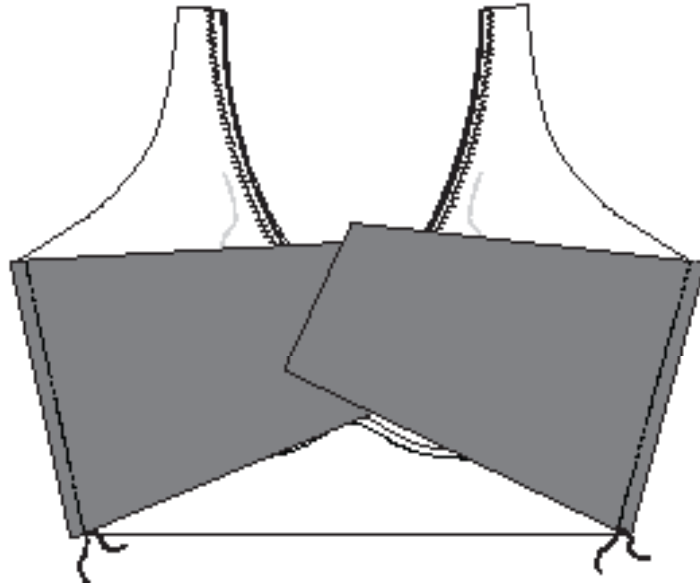
When sewing curves for the first time, pin the beginning, middle and ends first. If your pattern pieces have a notch, place a pin there. Be sure to line up the sew lines and not the cut lines!

When you start with these three points and ease the rest in, your curves will line up nicely even if your sewing machine doesn't have perfect tensioning.

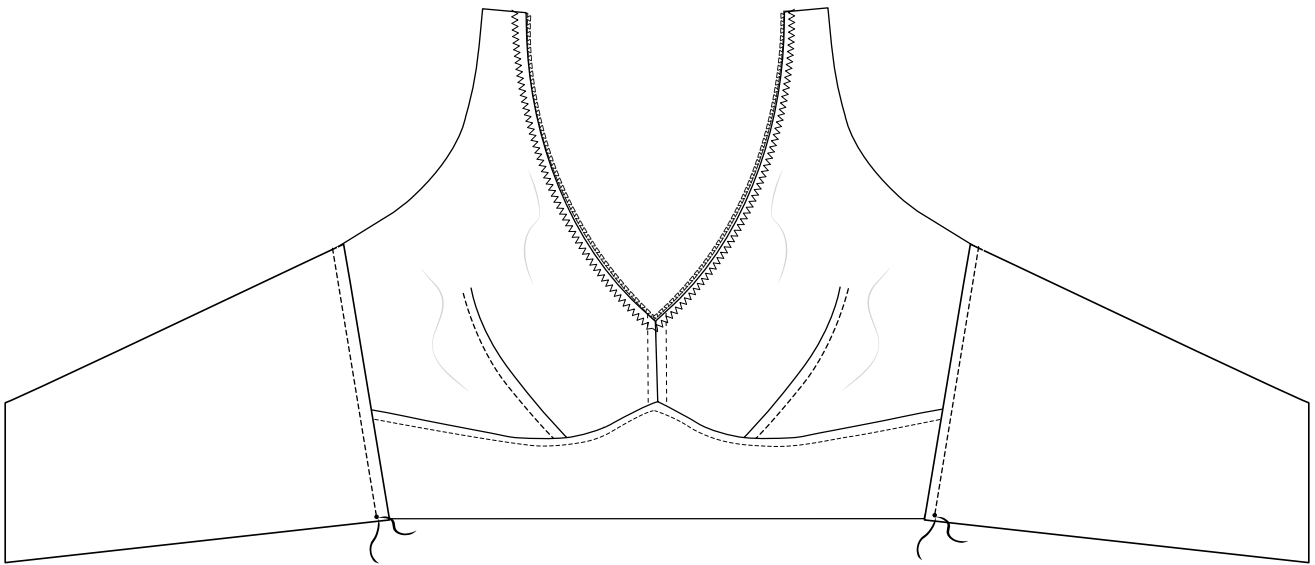
STEP 5 - Wing

With right sides together, straight stitch to the Back Wing to front at side seams.

Step 5



With right side up, fold seam allowance toward the back wing and top stitch along the seam making sure to catch the seam allowance. Trim excess seam allowance.

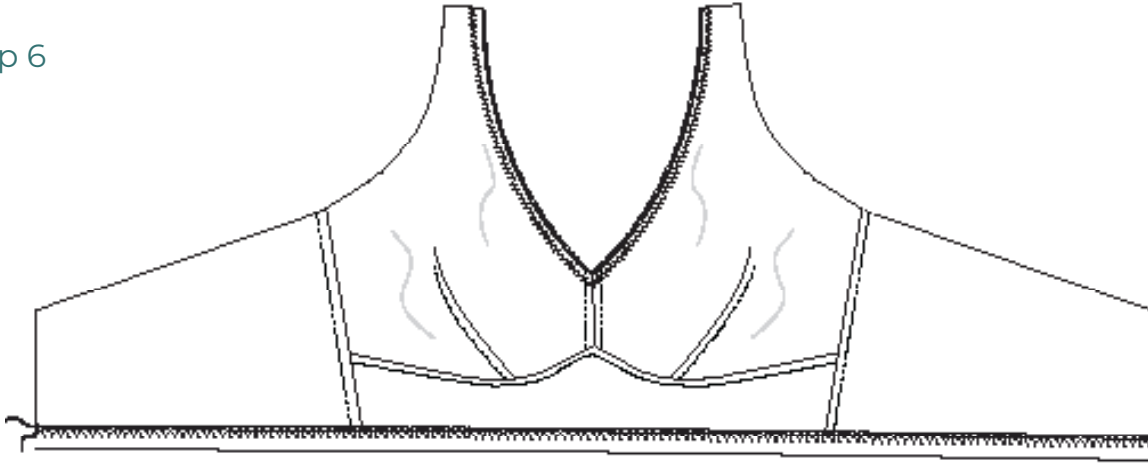


STEP 6 - Bottom Elastic (Part 2)

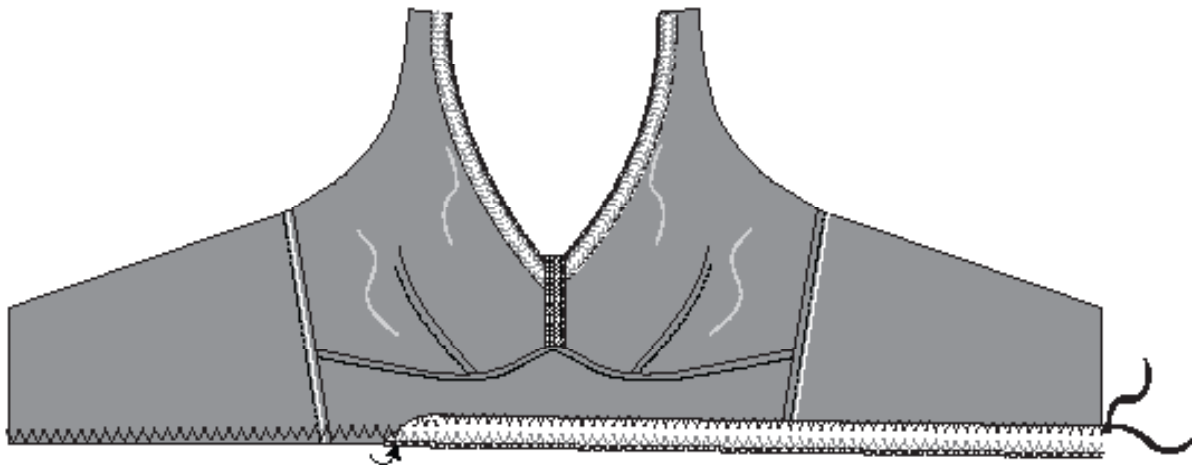
With the bralette facing up, align the wider $\frac{3}{4}$ " (20mm) plush elastic along the bottom edge, with the picots pointing in (up towards the bralette, furthest away from the cut edge) and fuzzy side up.

Zig Zag (2 wide, 2 long) the elastic to the fabric while pulling VERY slightly on the elastic.

Step 6



Fold elastic along the new stitches towards the cups. With the wrong side of the bralette up and fuzzy side of elastic up, sew the final pass of the bottom elastic with a wide zig zag (4 wide, 2 long) or a 3-step zig zag stitch. Stay as close to the plain edge of the elastic as possible and zig zag over any raw edges.

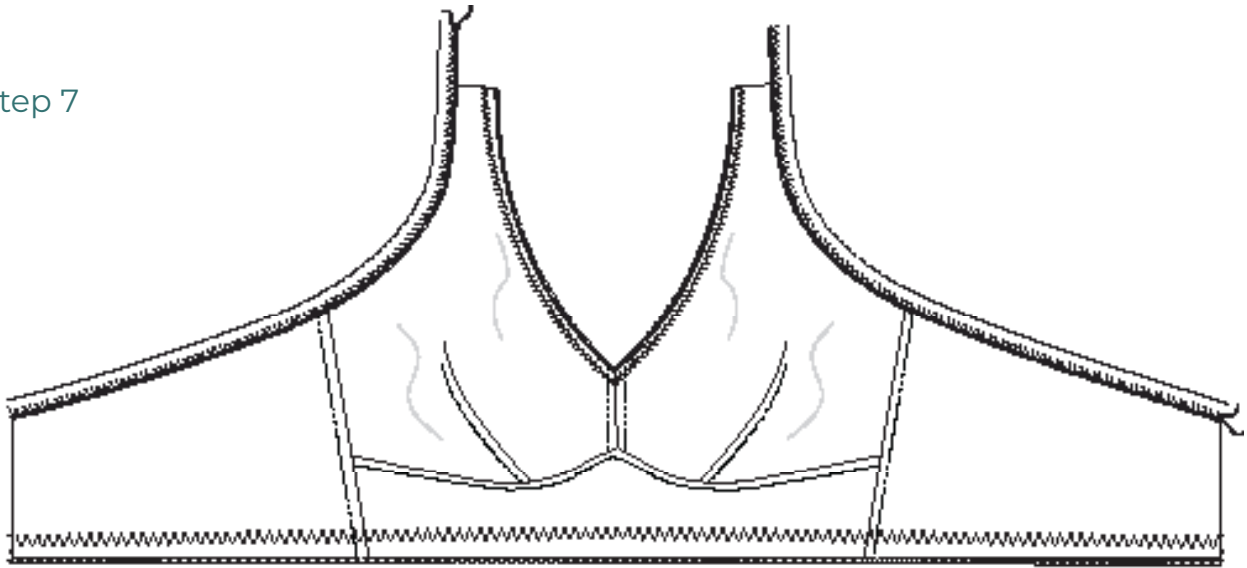


STEP 7 - Upper Elastic

With the bralette facing up, align the narrower $\frac{3}{8}$ " (10mm) plush elastic along the top edge with the picots pointing in (furthest away from the cut edge) and fuzzy side up.

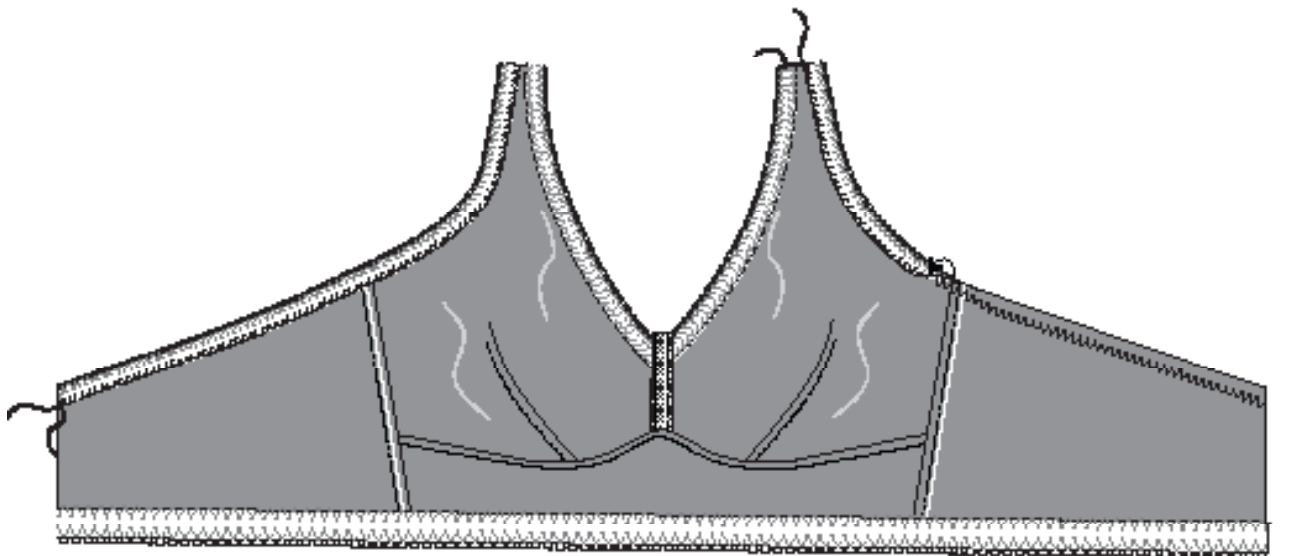
Zig Zag (2 wide, 2 long) the elastic to the fabric while pulling VERY slightly on the elastic.

Step 7



Fold elastic along the new stitches towards the cups. With the wrong side of the bralette up and fuzzy side of elastic up, sew the final pass of the bottom elastic with a wide zig zag (4 wide, 2 long) or a 3-step zig zag stitch. Stay as close to the plain edge of the elastic as possible and zig zag over any raw edges.

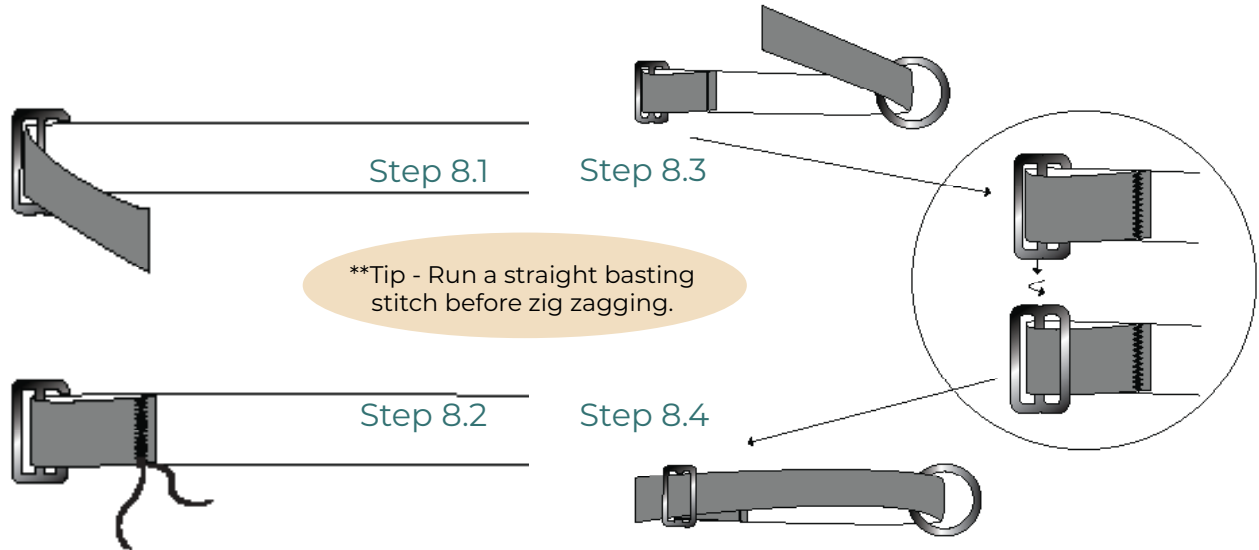
Repeat for the other side.



STEP 8 - Straps

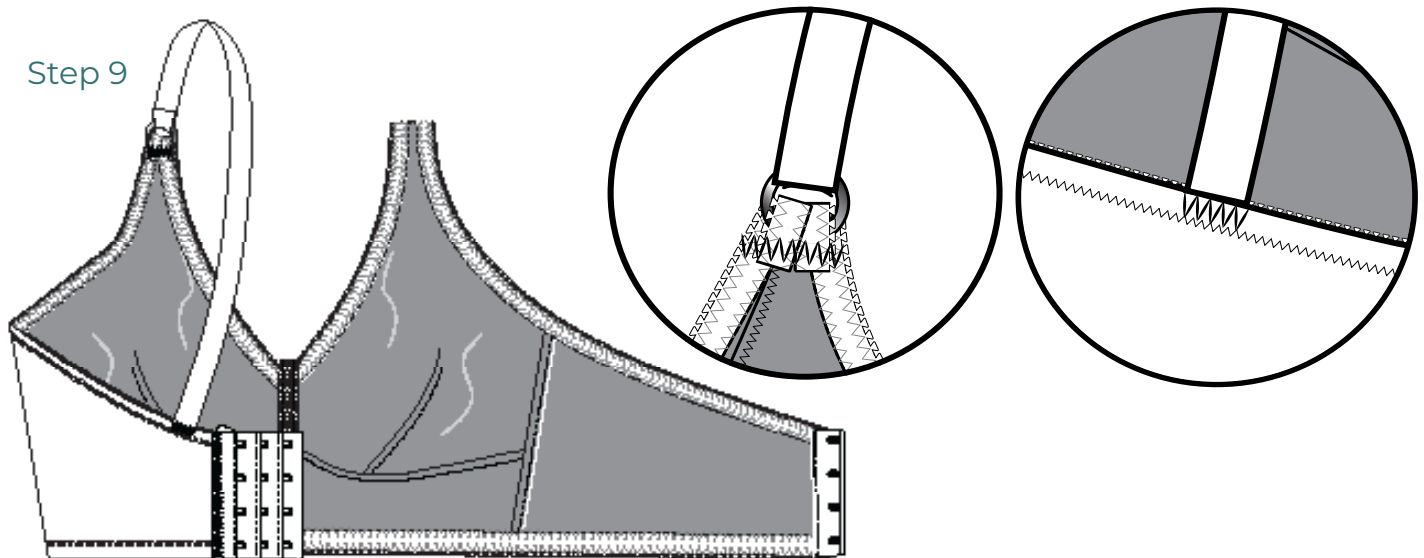
Make adjustable straps with rings and sliders with a 18" piece of strap elastic. Slip the elastic around the middle slider bar so the end is folded on top. Bartack (narrow zigzag) near the slide and trim excess.

Slip a ring on via the other end and slide the same cut end through both slide openings (like a belt) creating a loop.



STEP 9 - Strap Attachment

With right sides up, slip the excess elastic away from the upper elastic (Step 7) through the ring and fold under. Be sure the strap is not twisted, then bartack in place. Trim raw excess elastic.

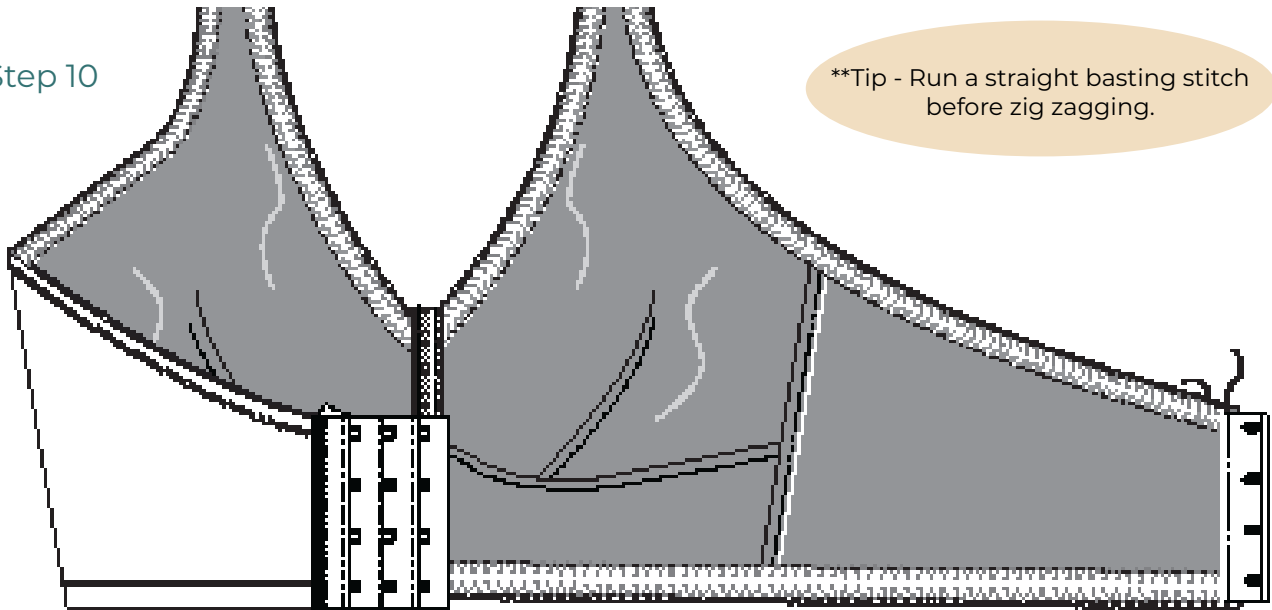


Sew the other strap to the top of the back panel at the notches. Bartack in place, then trim excess raw elastic. If your straps are longer, you may wish to secure them at the top and bottom of the back panel to prevent it from stretching out.

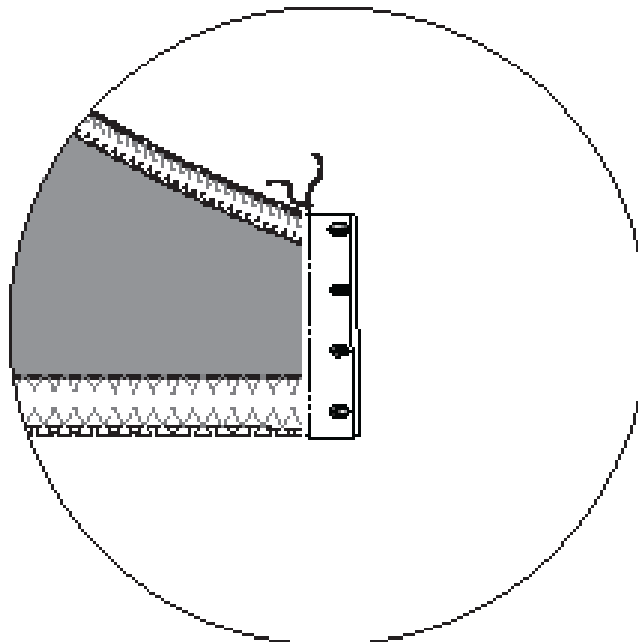
STEP 10 - Hook and Eye

Lay bralette face down with the Center Back aligned in the center as if you are getting ready to put it on. Lay the Hook & Eye next to the raw edge and trim as necessary so the Center Back of Back Wing fits neatly into hook & eye pieces.

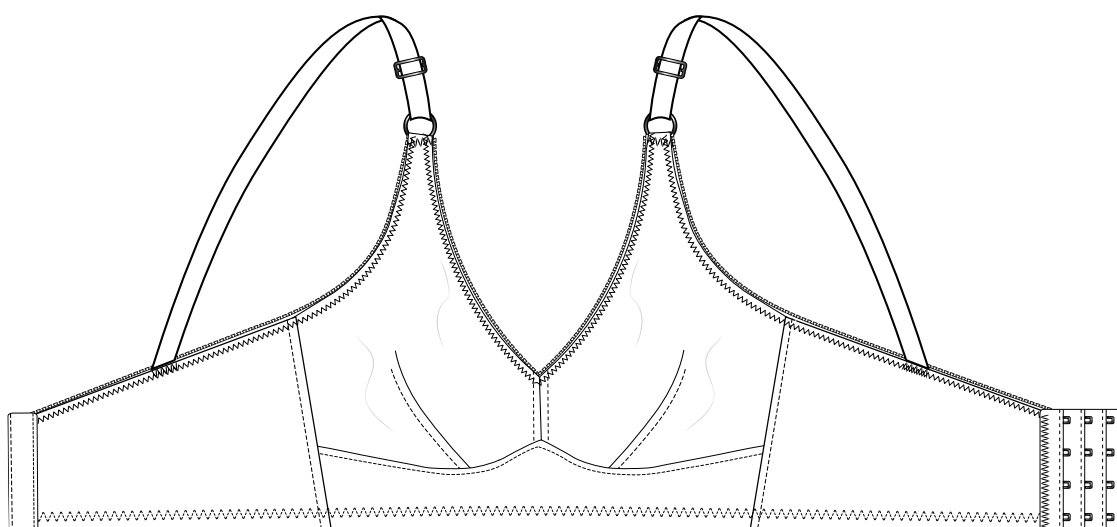
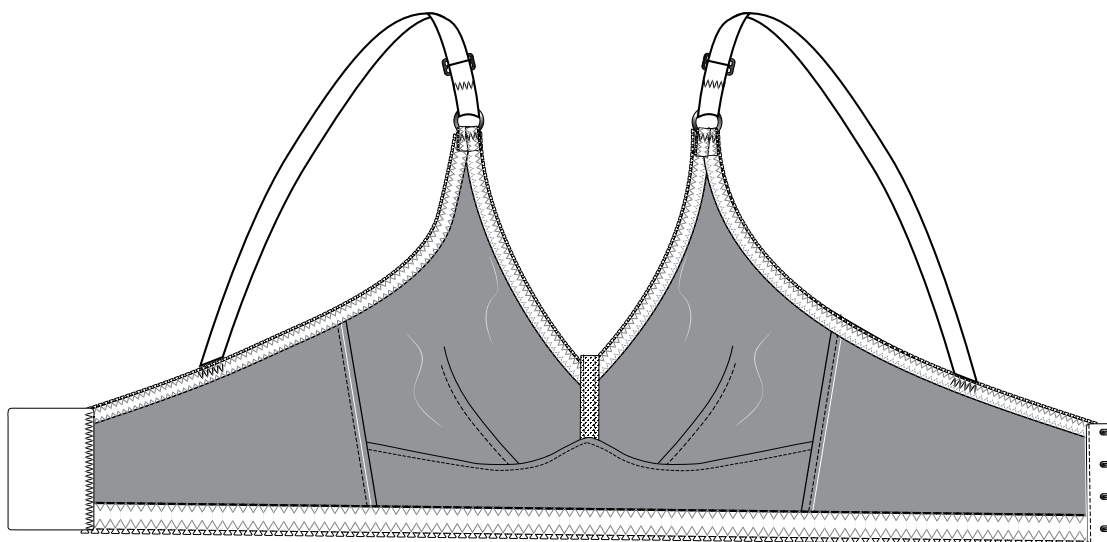
Step 10



With eyes facing up, sandwich the raw edge of the left Back Wing (as worn) inside the Hook piece, then zig zag (2 wide, 2 long) closed. Consider basting (by machine, hand, or glue stick) before zig zagging.



Open out the right side (as worn) of the Back Wing. With the Hooks fabric up, sandwich the raw edge of the fabric inside, then straight stitch with a zipper foot or a quarter inch foot. You may need to reposition the needle to align to the right and keep the presser foot OFF the hooks.



Trim off any excess thread and try on your new bra!

Please email us with any questions or comments:
customerservice@lilypadesigns.com

Share your makes on the web!

Facebook Page: [fb.me/Lilypadesigns.phenomenal.foundations](https://www.facebook.com/lilypadesigns.phenomenal.foundations)

Facebook Pattern Group: <https://www.facebook.com/groups/LilypaDesignsPatternGroup/>

Instagram: <https://www.instagram.com/lilypadesigns/>

OPTIONAL BRA MODIFICATIONS

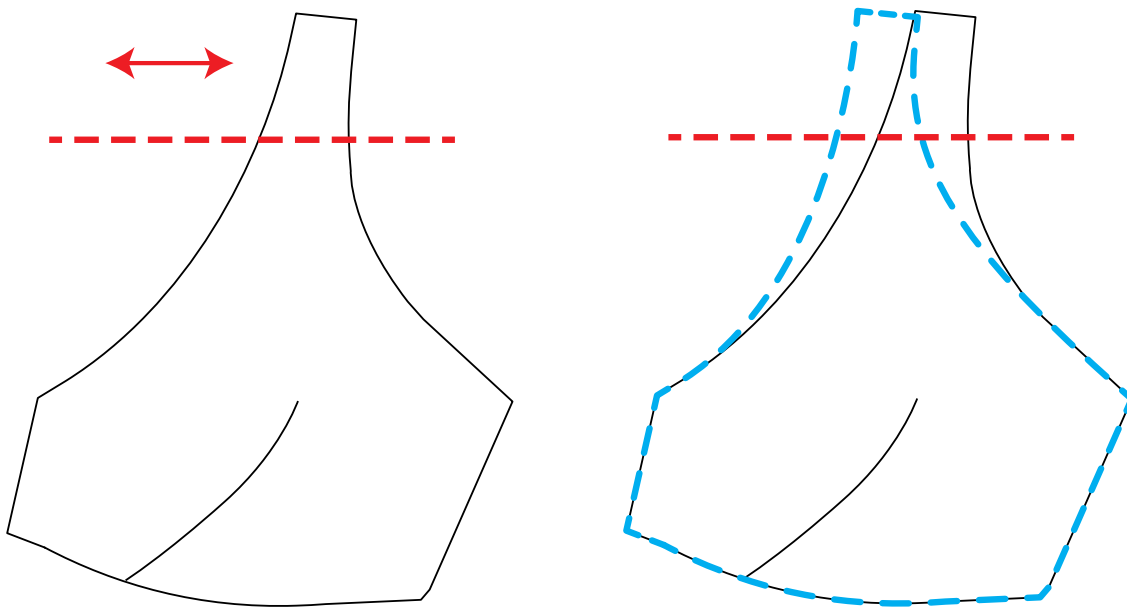
Below are some common modifications. The ones included are not meant to be an extensive list of alterations. We highly suggest making a Fitting Band to help determine if any modifications are needed/preferred. For additional customized fit options including how to grade between different BCD sizes and how to make a fitting band, see our website: <https://www.lilypadesigns.com/blog/>.

MOVING THE STRAP ATTACHMENT POINT - Great for those whose strap are too wide set or narrow set.

SA - STEP 1

Determine HOW MUCH and WHICH DIRECTION you need to move the strap attachment points. Remove the seam allowance from the cup piece.

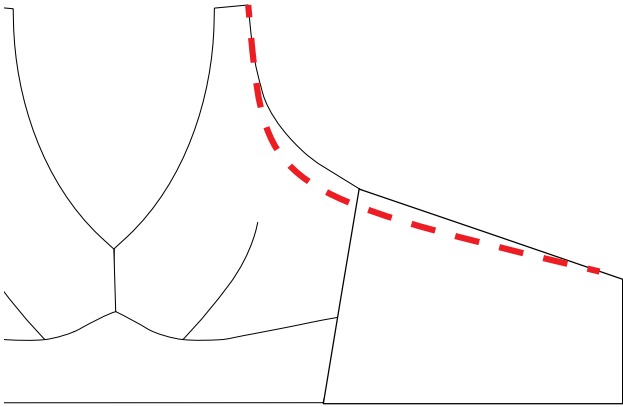
Draw a horizontal line below the strap attachment point and slide left/right along that line so it the the correct distance away.



SA - STEP 2

Draw new curved lines connecting the new location of the strap attachment.

LOWERING UNDERARM HEIGHT - Great for those who have short roots, are higher set and/or more petite.



UA - STEP 1

Line up the cup and wing along the seam lines of the underarm.

Determine how much you need to remove and mark on the pattern.

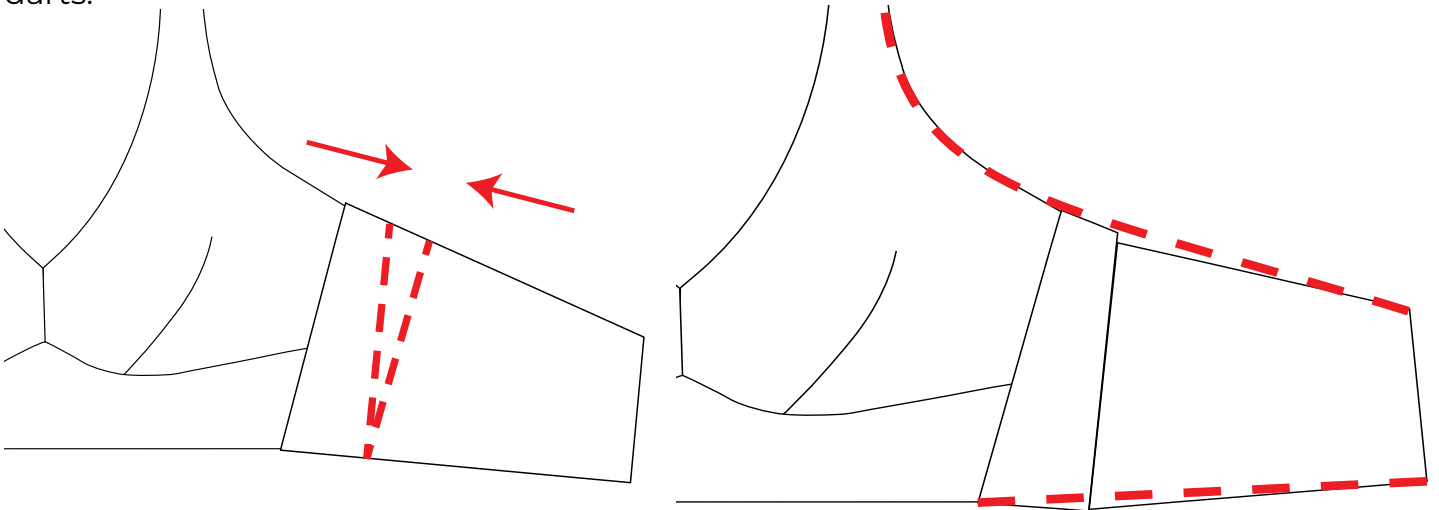
Draw a new curved line through both pieces.

WING DROP - Great for those with more cylindrical ribcages or gentler curves. Also good for those whose waist is larger than the underband.

WING DROP - STEP 1

Remove seam allowance from side seam and determine HOW MUCH and WHERE a wedge is needed at the upper edge of band.

Shorten the upper band by removing dart(s) from the full height of the back wing. If more than one is needed (recommended for darts larger than $\frac{5}{8}$ " or 16mm), split into multiple darts.



If you "pinched out" a dart on your muslin, simply measure this amount and draw on both pieces [red].

WING DROP - STEP 2

If the upper band is too loose, REMOVE a wedge from the top while maintaining the bottom. If the upper band is too tight, ADD a wedge to the top while maintaining the bottom.

Redraw the bottom band with a straight line then add seam allowance back on.

Apply changes to the other side, true the lines and add the seam allowance back on.

Check out our other sewing patterns on our website:

www.lilypadesigns.com/patterns

