

Supplies

Choosing the right fabric

Honey must be made in a fabric with a stretch between 30 and 50%. If the stretch of your fabric is less than 30%, size up by one size. Conversely, if your fabric's elasticity is greater than 50%, size down.

In order to know the elasticity percentage of your fabric, it is not enough to look at the elastane rate that composes it. Take your fabric in the most stretchy direction and put a pin (be careful not to place the pin at the edge of the fabric). Then, put another pin 25 centimeters from the first and stretch your fabric. The number of extra centimeters corresponds to your elasticity rate. For example, if the swatch measures 25cm x 25cm, the calculation will be: $31.25 - 25 = 6.25$ $6.25 / 25 = 0.25$ $0.25 \times 100 = 25\%$.

As for the type of material, you can use any stretchy fabric for the dress as long as it has good recovery. That is, when you stretch it and release it, the fabric returns to its original size. I do not recommend a fabric that is too loose such as viscose jersey. For the swimsuit version, choose a suitable fabric that is resistant to salt and chlorine such as lycra.

To help you choose the right fabric, find below the references of the fabrics used in the realization of my own models:



Ieva Black
98% Cotton | 2% Elastane



Golden Fall
95% Cotton | 5% Elastane



Heavy Lycra Polyamide Black
68% Nylon | 32% Elastane

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Using a measuring tape, take the following measurements:

- Your chest : Place your tape measure at the height of your bust, passing by the tips of your breasts. Make sure the tape is straight in the back.
- Your waistline : Place your measuring tape at the lowest point, parallel to the ground, taking care not to tighten the ribbon.
- Your hips : Place your measuring tape at the widest part of your hips.

Compare the measurements obtained in the following table and choose your size by selecting the number that comes closest to your measurement. If you are between several sizes, use the method explained in the "Adjustments" chapter.

Table of measurements (in inch)

Size	2	4	6	8	10	12	14	16	18	20
European sizes	32	34	36	38	40	42	44	46	48	50
Bust	29.5	31	32.5	34	36	37.5	39	41	44	46
Waist	21.5	23	24.5	26	28	29.5	31.5	33.5	36	38
Hips	32	33.5	35.5	37	38.5	40	42	44	46	48.5

Honey was designed for a height of 168 cm. To adapt it to your size, refer to the "Adjustments" chapter.

Dress version (width of 55 inch)

Size	2	4	6	8	10	12	14	16	18	20
European sizes	32	34	36	38	40	42	44	46	48	50
Short version	43.5	43.5	47.5	47.5	47.5	51.5	55.5	63	63	63
Midi version	51.5	51.5	55.5	55.5	55.5	60	75	75	75	75
Long version	63	63	67	67	67	71	83	83	84	84

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Swimsuit version (width of 55 inch)

Size	2	4	6	8	10	12	14	16	18	20
European sizes	32	34	36	38	40	42	44	46	48	50
Main fabric	35.5	35.5	40	43.5	47.5	47.5	51.5	63	63	63
Lining	20	20	20	20	20	20	20	20	20	20

Clear elastic or swimsuit elastic

Indispensable for your garment to last over time, the clear elastic also will be important to support your breast and keep the top in place. To sew the dress version, use clear elastic. For the swimsuit version, use swimsuit elastic. Swimsuit elastic is resistant to salt water and the treatment of swimming pools. **Allow 5.5 yards for the dress version and 6.6 yards for the swimsuit version.**

Appropriate needles

To sew jersey, you need so-called **"jersey" or "stretch" needles**. Indeed, their rounded tip makes it possible to pierce the fabric without damaging it. You can also use a **twin needle** for nicer finishes on the topstitching.

Bra cups (*optional*)

Honey does not allow for a bra to be worn. On the other hand, if you wish, you can add **bra cups**. This step is explained in the assembly section.