

FROM THE FOUNDER OF THE #VIKISEWS BRAND

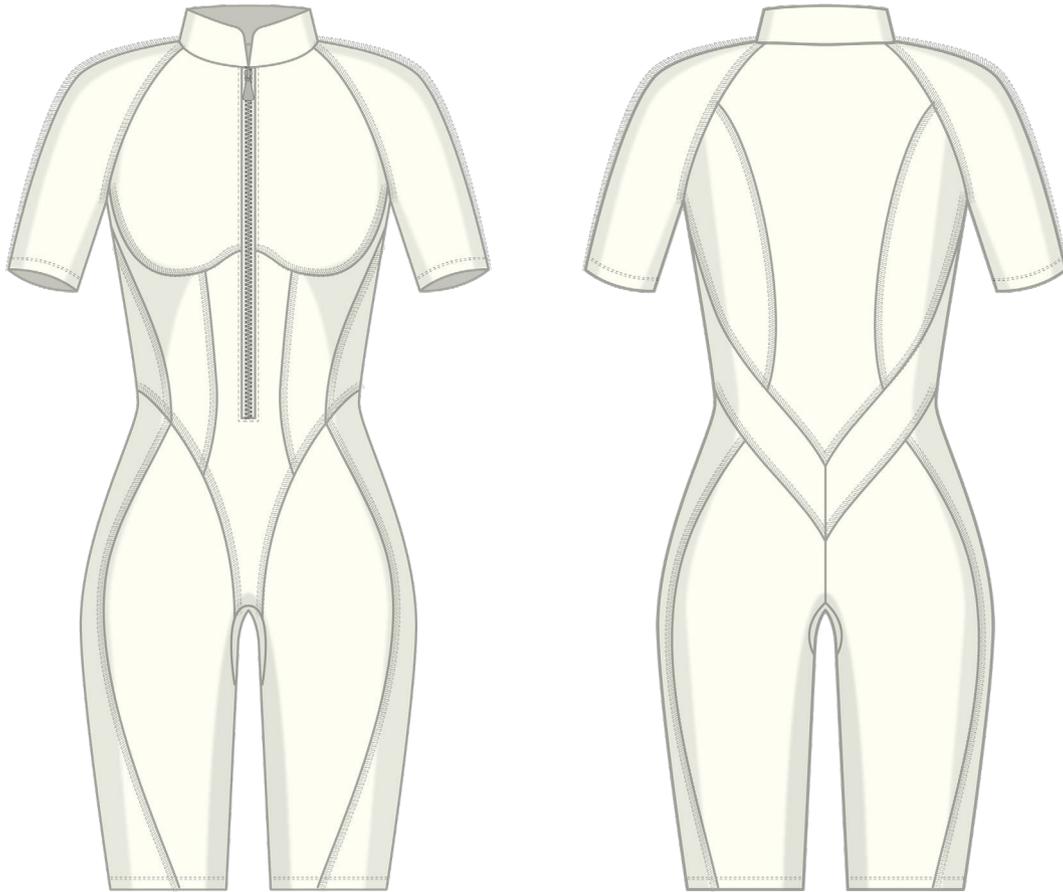


Back in 2016, when I was working on my first set of sewing instructions, I was trying to write them in such a way that even a complete beginner could easily understand and use them to create their very first garment. These instructions laid the foundation for the Vikisews brand, its vision and its mission. I wanted to create modern patterns with the utmost detailed and clear instructions.

Now, with each new collection we are constantly improving our instructions, amending them and adding more relevant details. By the time the final product reaches you, our drafters, correctors, and editors would have spent weeks perfecting every word and every photograph. If you compile a few of our instructions together, you will get a sewing manual that will assist you in sewing all kinds of garments at any difficulty level.

And I would be very happy if these instructions helped you to turn your hobby into a lifelong passion... Enjoy the process! Create your ultimate dream wardrobe! Wear your garments proudly for years to come!

If you have any questions, please contact us at info@vikisews.com — we are always there to help.



ARISTA PATTERN DESCRIPTION

Arista is a close-fitting bodysuit. The silhouette is created with shaped princess seams both on the front and back. The garment features a stand collar, above-elbow raglan sleeves, and a center front zipper covered with plackets. The princess seams are exposed. Arista is above-knee length.



IMPORTANT!

The contents of this pattern are copyright protected and belong exclusively to Vikisews. You may use Vikisews patterns for personal use. It is prohibited to share Vikisews patterns and instructions with third parties, as well as to publish patterns and instructions online for public access. **Non-compliance with the mentioned rules is a violation of the US copyright law and may result in civil liability and criminal prosecution.**

You may use Vikisews patterns for commercial use, to sew custom-made garments and/or create fashion collections, on the condition that the patterns are solely used in a manufacturing setting and are not further shared with individuals.

TOTAL EASE ALLOWANCE

	Bust ease	Waistline ease	Hipline ease	Upper arm ease
cm	-11.3 to -9.4	-8.7 to -19.8	-22.4 to -32	-3.9 to -4.4
inches	-4 1/2 to -3 3/4	-3 3/8 to -7 3/4	-8 7/8 to -12 5/8	-1 1/2 to -1 3/4

GARMENT LENGTH, SLEEVE LENGTH

Height, cm	Side length from waist down, cm	Sleeve length including shoulder width, cm	Finished hem width, cm
1 (154–160)	45.7–48.3	33–39.2	15.2–17.3
2 (162–168)	48.3–50.9	34.6–40.7	15.3–17.3
3 (170–176)	50.9–53.5	36.1–42.2	15.4–17.3
4 (178–184)	53.5–56.1	37.5–43.7	15.6–17.4

Height, ft	Side length from waist down in	Sleeve length including shoulder width, in	Finished hem width, in
1 (5'1"–5'3")	18–19	13–15 3/8	6–6 3/4
2 (5'4"–5'6")	19–20	13 5/8–16	6–6 3/4
3 (5'7"–5'9")	20–21 1/8	14 1/4–16 5/8	6 1/8–6 3/4
4 (5'10"–6'1")	21 1/8–22 1/8	14 3/4–17 1/4	6 1/8–6 7/8

SUGGESTED FABRIC

To sew this bodysuit, choose soft, medium-weight, stretchy knit fabrics made of natural fibers, artificial fibers, blends, or synthetics.

The following fabrics are recommended: biflex, stretch jersey, neoprene, interlock knits.

Attention! We do not recommend lightweight and sheer fabrics since these are not structured enough, causing the bottom part of the garment to sag.

You can determine the stretch factor of the fabric yourself. Mark 10 cm (4") along the crosswise grain of the fabric, lay a ruler next to the marked section, and stretch the fabric. Divide the measurement you get by 10.

The bodysuit in the photo is made of neoprene fabric. The fabric is medium weight, soft, and stretchy. The fiber content is a blend of 38% modal, 27% polyester, 25% cotton, and 10% elastane. The fabric weight is 280 g/m². The stretch factor is 1.5.

FABRIC AND NOTIONS REQUIREMENTS

1.1 Main fabric, 140 cm wide, with a directional print/nap, in meters:

Height, cm	Size						
	34-38	40	42	44	46	48-50	52
1 (154-160)	1	1.1	1.1	1.15	1.2	1.25	1.25
2 (162-168)	1.05	1.15	1.15	1.2	1.25	1.3	1.35
3 (170-176)	1.05	1.15	1.2	1.2	1.3	1.35	1.35
4 (178-184)	1.1	1.25	1.25	1.25	1.35	1.4	1.4

Main fabric, 55" wide, with a directional print/nap, in yards:

Height, ft	Size				
	34-38	40-44	46	48-50	52
1 (5'1"-5'3")	1 1/8	1 1/4	1 1/4	1 3/8	1 3/8
2 (5'4"-5'6")	1 1/8	1 1/4	1 3/8	1 3/8	1 1/2
3 (5'7"-5'9")	1 1/8	1 1/4	1 3/8	1 1/2	1 1/2
4 (5'10"-6'1")	1 1/4	1 3/8	1 1/2	1 1/2	1 1/2

1.2 Main fabric, 150 cm wide, with a directional print/nap, in meters:

Height, cm	Size								
	34	36	38	40	42	44	46	48-50	52
1 (154-160)	0.9	0.9	0.95	1	1.05	1.05	1.1	1.2	1.25
2 (162-168)	0.9	0.95	1	1.05	1.05	1.1	1.1	1.25	1.3
3 (170-176)	0.95	1	1	1.1	1.1	1.1	1.15	1.3	1.35
4 (178-184)	1	1	1.05	1.1	1.15	1.15	1.15	1.35	1.35

Main fabric, 59" wide, with a directional print/nap, in yards:

Height, ft	Size							
	34	36	38	40-42	44	46	48-50	52
1 (5'1"-5'3")	1	1	1	1 1/8	1 1/8	1 1/4	1 1/4	1 3/8
2 (5'4"-5'6")	1	1	1 1/8	1 1/8	1 1/4	1 1/4	1 3/8	1 3/8
3 (5'7"-5'9")	1	1 1/8	1 1/8	1 1/4	1 1/4	1 1/4	1 3/8	1 1/2
4 (5'10"-6'1")	1 1/8	1 1/8	1 1/8	1 1/4	1 1/4	1 1/4	1 1/2	1 1/2

IMPORTANT! When purchasing fabric, please account for shrinkage and buy 5% more than required.

2. One molded plastic zipper No. 5, 65 cm (25 5/8") long
3. Matching thread — 5 spools (1 spool for the sewing machine + 4 spools for the overlocker / 3 spools for the coverstitch machine)

TOOLS AND EQUIPMENT

- sewing machine for construction
- one-sided foot for the sewing machine
- overlocker for construction and finishing raw edges. This may be replaced with a stretch overlock stitch or a zigzag stitch on the sewing machine (overlock or zigzag stitch width 2–3 mm, stitch length 2.5 mm)
- coverstitch or coverlock machine for finishing the garment hem and sleeve hems. If you don't have a coverstitch machine, it may be replaced with a twin needle on any regular sewing machine that can do a zigzag stitch

IMPORTANT! We recommend using specialty needles when working with knit fabrics (for example, *STRETCH*, *SUPER STRETCH*, *JERSEY*, etc.). When sewing, a ball-shaped needle point pushes the knit loops apart without piercing the threads.

PATTERN PIECES LIST

1. From main fabric:

- center front — cut 1 on fold
- middle front — cut 2
- cup — cut 2
- center back — cut 1 on fold
- middle back — cut 2
- top side — cut 2
- front leg — cut 2
- back leg — cut 2
- side leg — cut 2
- front sleeve — cut 2
- back sleeve — cut 2
- stand collar — cut 2
- gusset — cut 1
- zipper placket — cut 2

IMPORTANT! Don't forget to transfer all pattern markings and notches onto the fabric.

2. Templates:

- zipper template

SEAM ALLOWANCES

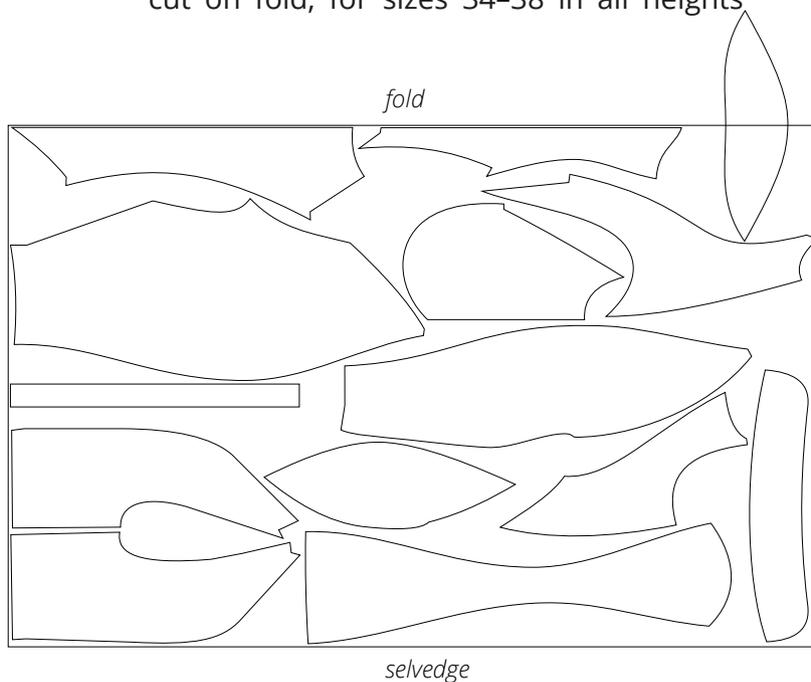
All pattern pieces include seam allowances as follows:

- sleeve hem allowance — 2 cm (3/4")
- garment hem allowance — 2 cm (3/4")
- all other edges — 1 cm (3/8")

Take this into account when laying out pattern pieces on the fabric.

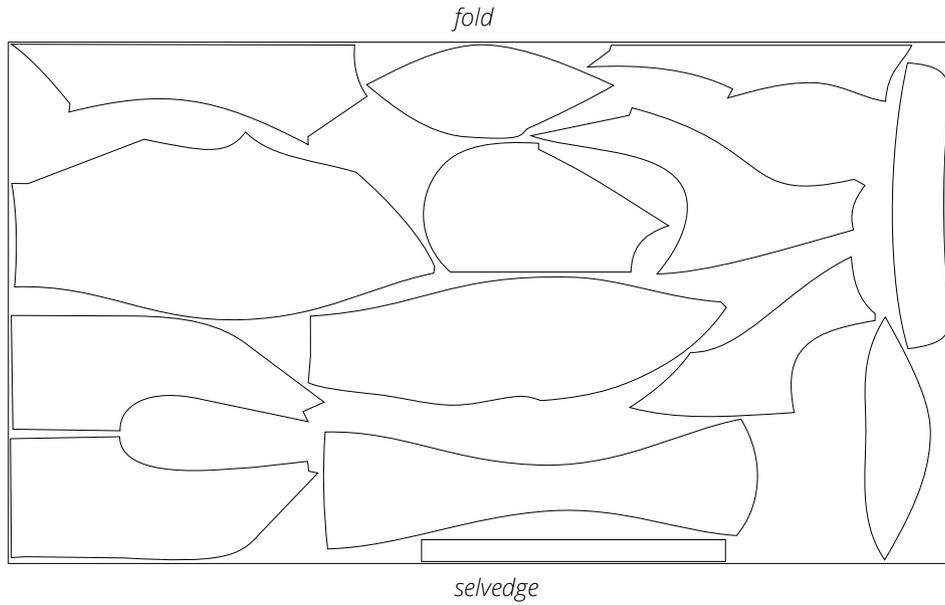
CUTTING LAYOUT

Main fabric, 140 cm (55") wide, with a directional print/nap, cut on fold, for sizes 34–38 in all heights



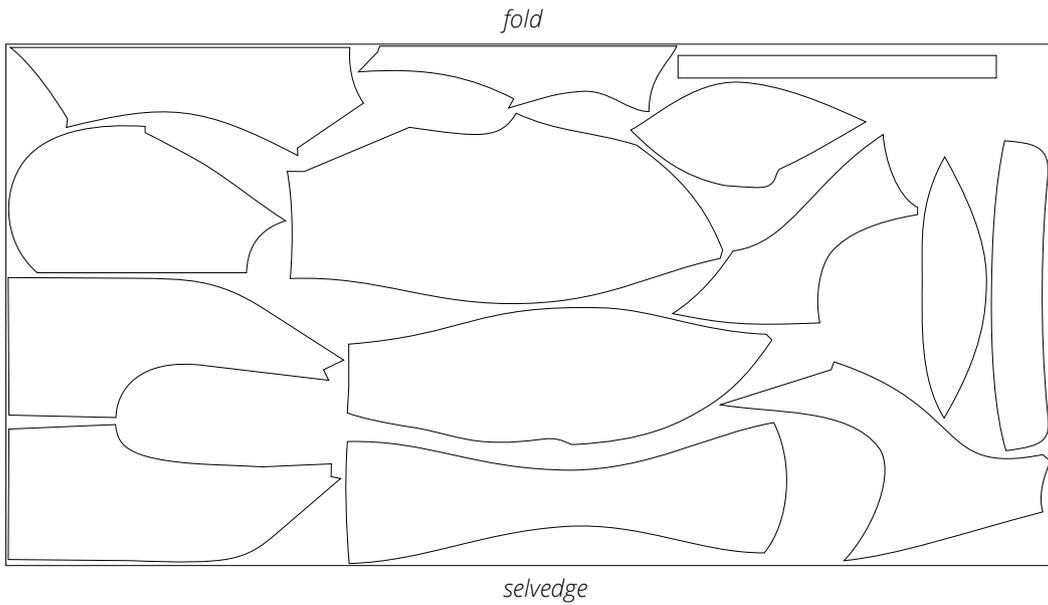
Important! Cut only one gusset piece on a single layer out of the leftover fabric.

Main fabric, 140 cm (55") wide, with a directional print/nap,
cut on fold, for sizes 40-44 in all heights



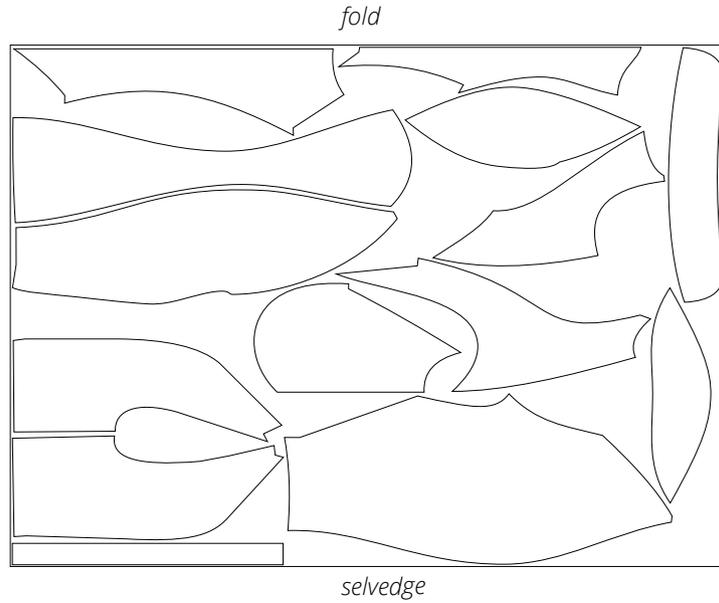
Important! Cut one gusset piece only.

Main fabric, 140 cm (55") wide, with a directional print/nap,
cut on fold, for sizes 46-52 in all heights



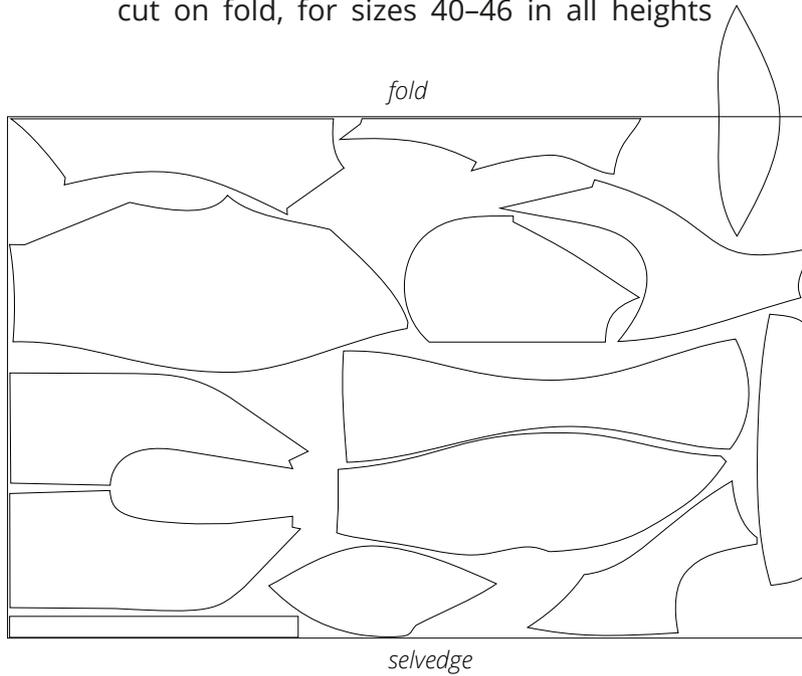
Important! Cut one gusset piece only.

Main fabric, 150 cm (59") wide, with a directional print/nap,
cut on fold, for sizes 34-38 in all heights



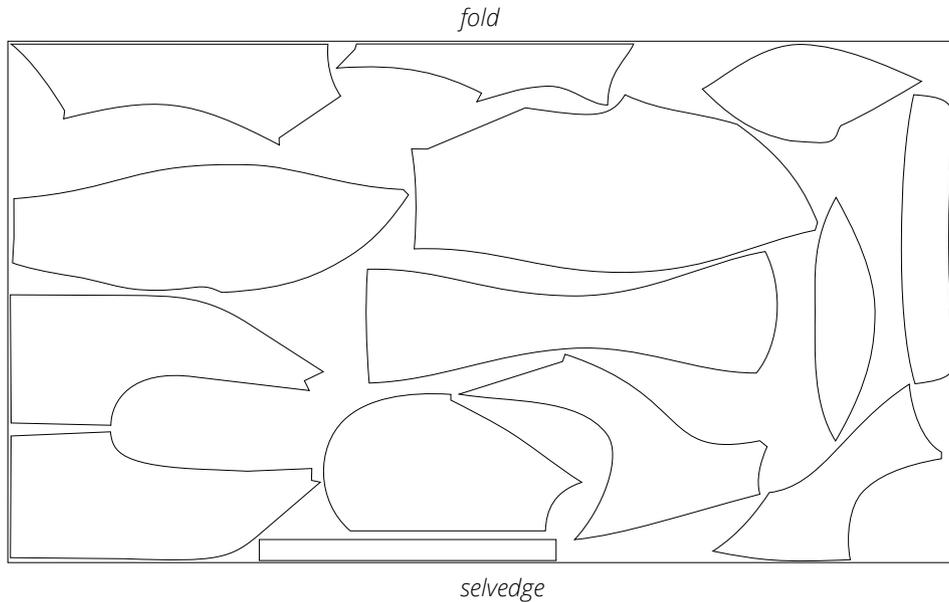
Important! Cut one gusset piece only.

Main fabric, 150 cm (59") wide, with a directional print/nap,
cut on fold, for sizes 40-46 in all heights



Important! Cut only one gusset piece on a single layer
out of the leftover fabric.

Main fabric, 150 cm (59") wide, with a directional print/nap,
cut on fold, for sizes 48-52 in all heights



Important! Cut one gusset piece only.

READY? LET'S GET SEWING!



Place the cup pieces wrong sides together with the assembled front piece. Align the shaped edges, match the notches, and pin.

Stitch on the overlocker, with the cup piece facing up. Press the seams flat.



Press the seam allowances towards the assembled front piece.



Place the front sleeve pieces wrong sides together with the assembled front piece. Align the armscye edges, match the notches, and pin.