

## [It's Sew Easy TV Series 1300](#)

### Spa Robe with Shell Tuck Trim



**Presented by: Joanne Banko**

[www.letsdosew.com](http://www.letsdosew.com)

Use your sewing skills to create a beautiful robe like those found at luxury spas and resorts. In fact, your robe will be so much better since you can adjust the fit to your liking, add a custom monogram, and trim the seams with the technique featured on this show. You can use this trim as a decorative substitute in areas that would usually feature piping. The featured robe is constructed from high quality [waffle weave fabric](#). It's comfortable, absorbent, and has the classic look of a high-end spa robe. Pamper yourself and make this robe for your next resort get-away, or for your own Spa Day at home!



Click on the links below and check out these Bonus Projects from the official Brother Stitching Sewcial Blog!

[Embroidered Spa Basket](#)

[Eye Mask for Spa Set](#)

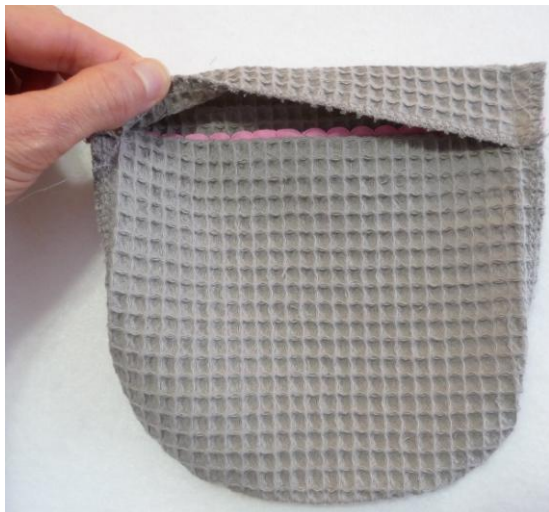
## Materials and Supplies featured in this episode:

- [Brother Sewing Machine](#) with Shell Tuck Stitch
- [Brother Serger](#)
- Embroidery machine and embroidery supplies for monogram
- [Brother Embroidery](#) Thread
- [Coats Surelock](#) thread for serger
- Basic sewing notions
- Robe pattern - review the pattern for notions and fabric requirements
- [Silver Waffle Weave Fabric](#) by Shannon fabrics. This fabric is 100% Turkish cotton, comes in an economical 58/60-inches width and is available in silver grey, white, and ivory. Be sure to pre-shrink yardage before cutting.
- Bias cut strips of lightweight fabric measuring at least 1-inch wide for contrast trim. To determine length you need to measure areas where you want to insert trim and add several extra inches for joining the ends. Prepare a few extra pieces for testing your stitch. Review general instructions before you begin.

**Tip:** I used pre-packaged bias tape for my trim.

## General Instructions for Robe:

- Decide where you want to insert trim. Obvious places are anywhere two seams come together such as along the band at the center front and back neck. You can easily add trim to any other area such as the pocket top or sleeve cuffs. Simply cut the pattern apart and add a ¼-inch seam allowance to each edge. See pocket example below:

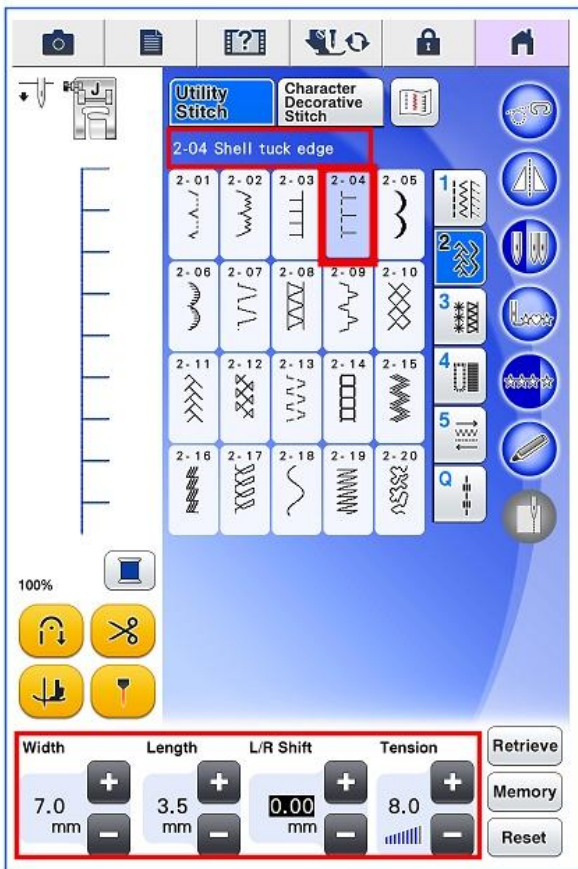


- Size is usually not an issue with a robe but I do like to customize the length to suit my preference. I suggest measuring a robe you like and adjusting the pattern for a similar length.
- This project is typical of what I call a **serge and sew** project. Use the sewing machine to create the trim and sew areas that require more precision, and then use the serger for the main part of the construction. Remember, the serger gives you speed and efficiency and the sewing machine gives you the ability to be very specific and precise. Combine the two machines together and you have the best of both worlds!
- Construct the robe using the serger set the machine for a balanced four-thread stitch. This produces a seam that is approximately ¼-inch wide. Since most patterns come with a standard 5/8-inch seam allowance you have three options for a project like this.

1. Trim off the excess seam allowance as you serge, so that the serger seam forms along the 5/8-inch seam line.
2. Disregard the 5/8-inch seam and serge all of the seams by just skimming the raw edge. Your finished garment will be slightly bigger but not by very much.
3. Trim 3/8-inch off the pattern tissue on all seams so you only have a 1/4-inch seam allowance remaining. You will need to do this for any seams where you plan to insert the shell tuck trim.

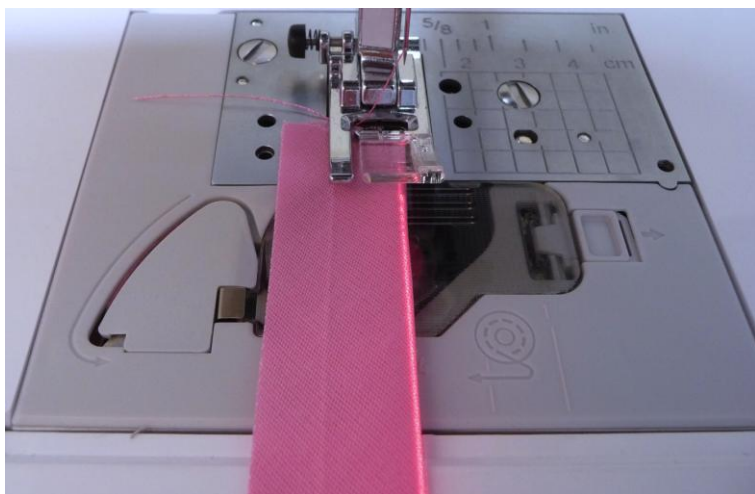
### Steps for Creating and Inserting Shell Tuck Scalloped Trim:

**Step 1.** Thread machine with polyester embroidery thread in the needle and the bobbin. **Note:** I used the same thread for the monogram accent. Set up machine for the shell tuck stitch. You'll find this stitch on many different machine models. Computerized machines often have the name of the stitch right on the screen. You can also check your machine manual to see if the name of the stitch is identified there. Below is an image of the stitch along with the settings I used for this technique.

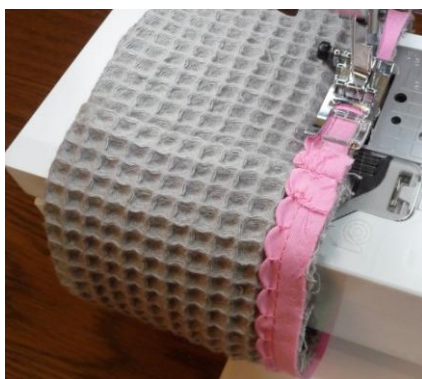
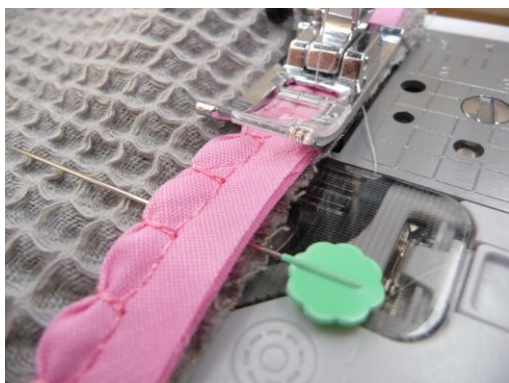


**Tip:** It's very important to set the upper tension to high number for the stitch to form properly. Practice on small pieces and adjust as necessary before creating all of your trim strips.

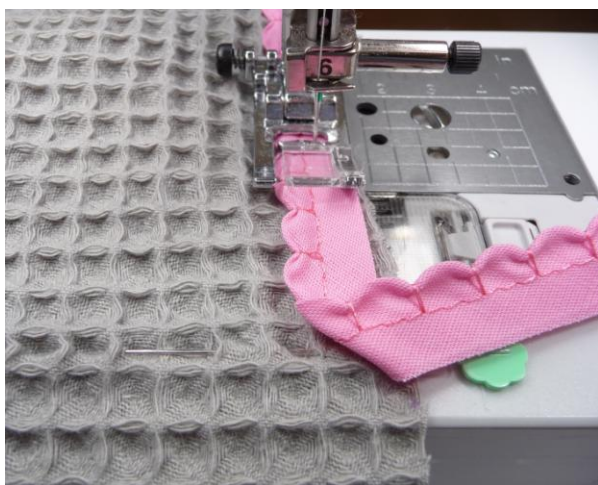
**Step 2.** Fold each bias strip in half with wrong sides together and press. If the strip is wider than ½-inch when folded you can trim the excess after you finish stitching. Place the strip under the foot so that the fold is on the right hand side. Stitch along the strip, having the stitch form so that the right hand “swing” of the needle pulls in the folded edge of the fabric, forming a scalloped effect.



**Step 3.** Machine-baste trim in place in the same way you would insert piping into a seam, placing right sides together with raw edges matching.



To finish ends you can fold back excess at each end and then close the gap with small hand stitches.



For another alternative, you can choose to turn back one end, overlap, and then trim excess.

### Finishing the Robe:

Construct the robe using the pattern instructions as a guide. I used the serger to stitch most of the seams and then used the sewing machine for topstitching pockets, hemming, and any other details that required more precision.

**Note:** if you choose to use the sewing machine for construction instead of a serger be sure to carefully finish all seam allowances to prevent fabric from raveling.

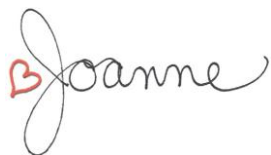


Customize your robe by adding a monogram to the upper left chest area for a high-end look. I used [Tear-Away](#) stabilizer on the wrong side and [Water-Soluble](#) stabilizer as a topping to prevent stitches from sinking into the fabric texture.

### Additional Resources:

- Visit [www.shannonfabrics.com](http://www.shannonfabrics.com) for more information about the Waffle Weave Fabric. Using this fabric will give your spa robe an authentic look.
- Visit the Brother web site at [www.brother-usa.com](http://www.brother-usa.com) for Free embroidery designs, project instructions, and tutorials. Be sure to visit the [Official Brother Blog](#) for even more great ideas and information!
- Visit your local [Brother sewing machine dealer](#) for Brother Machines, Brother software programs, and special machine accessories to help you create custom items.
- I invite you to visit me at my Sewing and Embroidery website, [www.letsdosew.com](http://www.letsdosew.com) for more tips, lessons, & free downloads. I would love to hear your thoughts, comments, and answer any questions you may have.
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Happy Sewing!

Joanne