



Upcycling Panel

VALERIA & CLIO



General Upcycling Tips

01

REUSE

Everything possible from old bras like underwires, rings and sliders, foam cups, bows

02

REPURPOSE

From old garments, like removable cups from sports bras or hardware like zippers and buttons

03

FABRIC TYPE*

Knit jersey tops are great for underwear and soft bralettes, Woven fabric can be used to cover preformed foam cups, Viscose cut on bias creates a bit of give

04

FINISHES

woven edges with decorative stitch, Knit edges with overlock or hem

05

PATCHWORK

The tiniest pieces can be sewn together to create a larger canvas of fabric ready to use

06

STRETCH

Make sure 1/3 of panties has stretch in front and back
When not having stretch front or back use ribbons at the side for an adjustable fit

07

LEFTOVERS

Keep FOE leftovers to use as decoration
Add scraps of contrasting fabric as cut outs

08

PATTERNS

Make patterns out of your own underwear
Try new patterns by using leftover fabric as a muslin

09

MENDING

Alter existing pieces that no longer fit or are worn out

Great Patterns for Upcycling

01

PENNY KNICKERS AND BLOOM PANTIES BY SEW PROJECTS

02

KOKO SHORT BY LOVE AND LACE DIY

03

MINNIE TAP PANTS BY EVIE LA LUVE

04

BOYLSTON BRA AND ESPLANADE BRA BY ORANGE LINGERIE

05

SCRAP SPORTY THONG BY LORE PIAR

06

AMPERSAND UNDIES BY GARALA STUDIO

07

JANE KNICKERS, PERIDOT BRALETTE, GRACE PANTIES, MIYU ANIMAL
KNICKERS BY OHHH LULU

Extra Resources

01

CRADLE TO CRADLE

Book by Michael Braungart & William McDonough

02

BLOG: MAKING LINGERIE OUT OF AN OLD KNIT TOP:

<https://www.cliosatelier.com/blog/lingerie-maken-uit-een-oude-top>

03

BLOG: SEWING LINGERIE WITH WOVEN FABRICS:

<https://www.cliosatelier.com/blog/sewing-lingerie-with-woven-fabrics>

04

BRA MENDING

<https://www.cliosatelier.com/blog/bra-mending-from-halter-neck-to-straps>

05

BLOG: FROM OLD LEATHER SKIRT TO NEW BRA:

<https://blog.bernina.com/nl/2020/11/redesign-in-no-time-van-leren-rok-naar-bh/>

06

BLOG: PASTEL LEATHER LINGERIE SET:

<https://www.cliosatelier.com/blog/pastel-leather-lingerie-set>

07

BLOG: EASY PANTIES WITH COTTON KNIT SCRAPS:

<https://blog.bernina.com/nl/2021/11/gemakkelijk-slipje-maken-met-restjes-katoentricot/>

08

BLOG: MAKING YOUR OWN PATCHWORK FABRIC:

<https://blog.bernina.com/nl/2021/08/accessoire-van-de-maand-patchworkvoet-37/>

09

BLOG: USE A DECORATIVE STITCH TO COVER EDGES ON A BRALETTE:

<https://blog.bernina.com/nl/2021/06/bralette-randen-afwerken-met-decoratieve-steek/>