

DIY Dress Form

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<http://www.burdastyle.com/techniques/diy-dress-form>



This is a pictorial of how to make a dress form out of polyurethane foam based on mytwindressforms.com Please refer to their instruction booklet for more specific details.

Step 1 — Make Your Plaster Mold-Cover With Plastic



Wear the undergarments you plan to wear under completed sewing project so that the fit will be right. Cover yourself with thin plastic bag like a drycleaner bag and wrap arms and neck with strips of plastic. Then place cardstock down the middle front and back to protect area under the cut-line. Secure with tape. Do not pull tape too tight or you will have bulges.

Step 2 — Apply Plaster



Begin wrapping with plaster 2-3 layers thick starting from the bottom. Follow instructions for the plaster. Dip in lukewarm water and remove excess water then apply. Smooth plaster over the mesh bandage. The longer the strips the less time spent going back and forth--dipping and applying. Strips over chest and will need to be shorter so that you can contour better.

Step 3 — Cut Plaster



Step 2 — Apply Plaster

Once completely covered and the plaster has set. Before cutting the mold, make horizontal lines 90 degrees to cut line to guide when you reassemble mold. Cut the mold off with bandage scissors. In order to allow breathing room may cut partially up to the chest as you are waiting for upper chest to harden.

Step 4 — Reassemble Mold



After thoroughly drying the plaster, you then reassemble the mold. First I brushed the Johnson Paste Wax over the inside the mold to help the release of the polyurethane foam. Then, I chose to sew the two halves together than placed 6 layers of plaster over the seam.

Step 5 — Pour the Polyurethane Foam



Before pouring the foam, I sprayed the inside of the mold with Pol-Ease 2300. Then I poured 3 lb rigid foam that comes in two cans. Mix equal parts quickly and pour into mold. It then expands. I poured in about 12 oz increments.

Step 6 — Remove Foam and Shape



After letting it rest for several hours (I waited overnight), remove the plaster and file off rough edges. Check measurements and file accordingly. I found I had to take some off the abdomen due to breathing. This takes a long time and is a real pain.

Step 8 — Pad and Cover with Plastic



I padded up an uneven shoulder and hip. Then wrapped the entire form with saran wrap which makes it easier to slip on the dress form cover.

Step 7 — Attach to Wood Base



Step 8 — Pad and Cover with Plastic

Wood base was cut to fit the shape of the bottom of dress form and glued.

Step 9 — Cover with Jersey Knit



Cover the dress form with jersey knit. I had a draw string at the bottom and cinched it down. It was then attached to the IV by a hole drilled in the middle of the wood base. Ribbon was pinned to the form to delineate waist and bust line.

Step 10 — The Completed Dress Form



Here's a dress on it showing perfect fit!

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