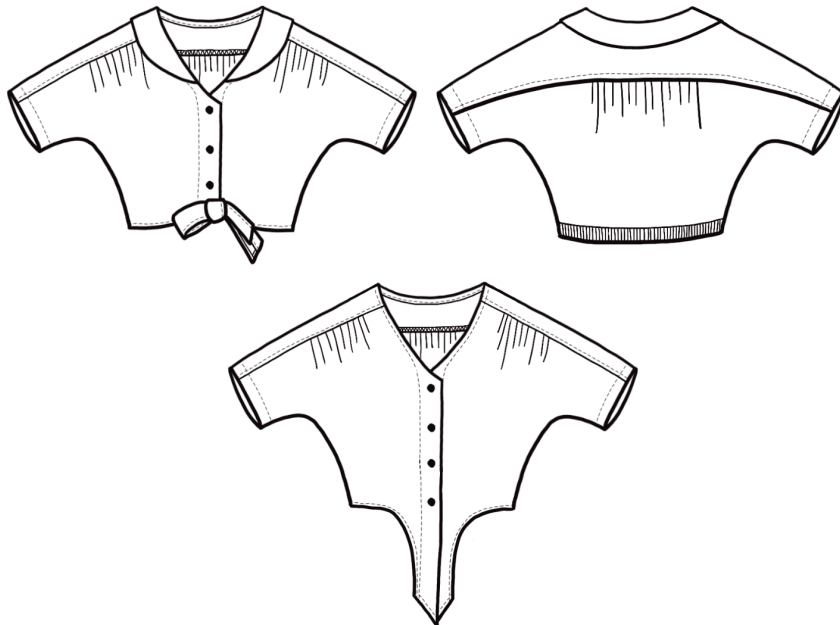


Confident Beginner to Intermediate | US 0 - 24 | UK 4 - 28 | EU 32 - 56

ARLES TOP

TIE-FRONT | SOFT GATHERS | EASY SILHOUETTE



SEWING THERAPY

CONFIDENT BEGINNER TO INTERMEDIATE

US SIZE 0 - 24 | UK SIZE 4 - 28 | EU SIZE 32 - 56

#SEWINGTHERAPYPATTERN #SEWINGTHERAPYARLESTOP

We have a detailed step-by-step sewalong video available on our YouTube channel, so we have kept photos and illustrations in these instructions to a minimum.

[SEWING THERAPY YOUTUBE](#)

SEWING THERAPY
P A T T E R N S

DIFFICULTY

Confident Beginner to Intermediate

GENERAL IDEA ABOUT ARLES TOP PATTERN

The Arles Top is a relaxed and romantic blouse inspired by the warm, sun-soaked charm of Arles—a southern French town made famous by Vincent Van Gogh. Arles is incredibly special to me as it is the principal destination of my dream trip with my mom. She has always loved Van Gogh, especially his works from Arles, and her entire life she has dreamed of visiting this charming city.

Designed to feel as whimsical as a tranquil afternoon in Provence, the Arles Top features a softly rounded collar that adds a gentle yet sweet touch to the blouse. Additionally, the gathered details above the bust and at the back yoke give the top a feminine shape, while the overall fit remains effortless across all sizes.

The optional front-tie waist and back elastic channel help create an even softer silhouette with hints of casual charm, making the Arles perfect for multiple vacation outfits, or for simply feeling extra lovely at home. And just like the best holidays, the Arles Top does not demand attention, and instead is ready to create unforgettable memories of halcyon days.

View A includes a front tie and back elastic for an adjustable fit and playful finish.

View B features a no-collar design for a crisp, minimalist look that pairs effortlessly with any bottoms.

As a bonus, the collar is compatible with the Roma Top, offering even more options for you to mix, match, and personalize your look.

Whether you're imagining foreign cobblestone streets or mornings at the office, the Arles Top fits in beautifully everywhere, bringing a touch of radiance and tenderness to everyday wear.

SUGGESTED FABRIC

The Arles Top works best with lightweight woven fabrics that offer **soft structure and gentle drape**. Since the design includes delicate gathers and a casual, easy silhouette, choosing fabrics that move well without adding bulk will help maintain its breezy charm.

Lightweight linen or washed linen for a fresh, naturally textured look

Double gauze to highlight the top's relaxed feel with soft volume

Rayon, viscose, or Tencel for a fluid and slightly dressier version

Light chambray to give a casual, travel-ready vibe

The Arles Top pairs beautifully with solids, micro florals, classic stripes, or yarn-dyed gingham—especially patterns that feel sweet, soft, and sun-ready.

PREPARATION

Pre-wash and dry all your fabrics as this will prevent your garment from shrinking. We recommend you read the instructions thoroughly before sewing.

We have kept the written instructions as simple as possible as we have created a sewalong video that takes you through each step of the process.

www.youtube.com/c/sewingtherapy

SIZING (INCHES/CM)

The Arles Top is a relaxed-fit blouse designed to offer both comfort and a flattering silhouette.

If your bust and waist fall into different sizes, we recommend choosing the size that corresponds to the smaller measurement.

The top includes plenty of ease and is adjustable with a back elastic, making it forgiving and easy to fit.

US SIZE	0	2	4	6	8	10	12	14	16	18	20	22	24
UK SIZE	4	6	8	10	12	14	16	18	20	22	24	26	28
EU SIZE	32	34	36	38	40	42	44	46	48	50	52	54	56
BUST	30" 76cm	32" 81cm	33" 84cm	34" 86cm	35" 89cm	36" 91.5cm	38" 96.5cm	40" 101.5cm	42" 106.5cm	44" 111.5cm	46" 117cm	48" 122cm	52" 132cm
WAIST	24" 61cm	25" 63.5cm	26" 66cm	27" 68.5cm	28" 71cm	29" 73.5cm	30" 76cm	32" 81cm	34" 86cm	36" 91.5cm	38" 96.5cm	40" 101.5cm	42" 106.5cm

FINISHED GARMENT MEASUREMENTS (INCHES/CM)

These measurements reflect the finished garment when sewn as instructed.

The Arles Top is designed as an oversized shirt with a front tie and soft gathers, offering generous ease at the bust. The waist is adjustable thanks to the front ties and back elastic casing. The waist measurements shown represent the fit when tied snugly.

US SIZE	0	2	4	6	8	10	12	14	16	18	20	22	24
UK SIZE	4	6	8	10	12	14	16	18	20	22	24	26	28
EU SIZE	32	34	36	38	40	42	44	46	48	50	52	54	56
BUST	46" 118cm	48" 121cm	49" 124cm	50" 126cm	51" 129cm	52" 132cm	53" 135cm	54" 137cm	55" 140cm	56" 143cm	57" 146cm	58" 148cm	60" 151cm
WAIST	25 ½" 65cm	26 ½" 67cm	27 ½" 70cm	28 ½" 72cm	29 ½" 75cm	30 ½" 77cm	31 ½" 80cm	33 ½" 85cm	35 ½" 90cm	37 ½" 95cm	39 ½" 100cm	41 ½" 105cm	43 ½" 110cm
LENGTH	17 ¾" 45cm	17 7/8" 45.5cm	18" 46cm	18 ¼" 46.5cm	18 ½" 47cm	18 ¾" 47.5cm	19" 48cm	19 1/8" 48.5cm	19 ¼" 49cm	19 ½" 49.5cm	19 ¾" 50cm	19 7/8" 50.5cm	20" 51cm

FABRIC REQUIREMENTS (YARD/METRE)

The fabric amounts listed below include all pattern pieces as drafted.

Because the Arles Top features dolman sleeves, fabric that is at least 54" wide is recommended.

If you choose the no-collar version, you will save up to half a yard of fabric.

US SIZE	0	2	4	6	8	10	12	14	16	18	20	22	24
UK SIZE	4	6	8	10	12	14	16	18	20	22	24	26	28
EU SIZE	32	34	36	38	40	42	44	46	48	50	52	54	56
54-56" 140cm Wide Fabric	2 yard 1.8 metre	2 yard 1.8 metre	2 yard 1.8 metre	2 yard 1.8 metre	2 yard 1.8 metre	2 yard 1.8 metre	2 yard 1.8 metre	2 yard 1.8 metre	2 yard 1.8 metre	2 yard 1.8 metre	2 yard 1.8 metre	2 yard 1.8 metre	2 yard 1.8 metre

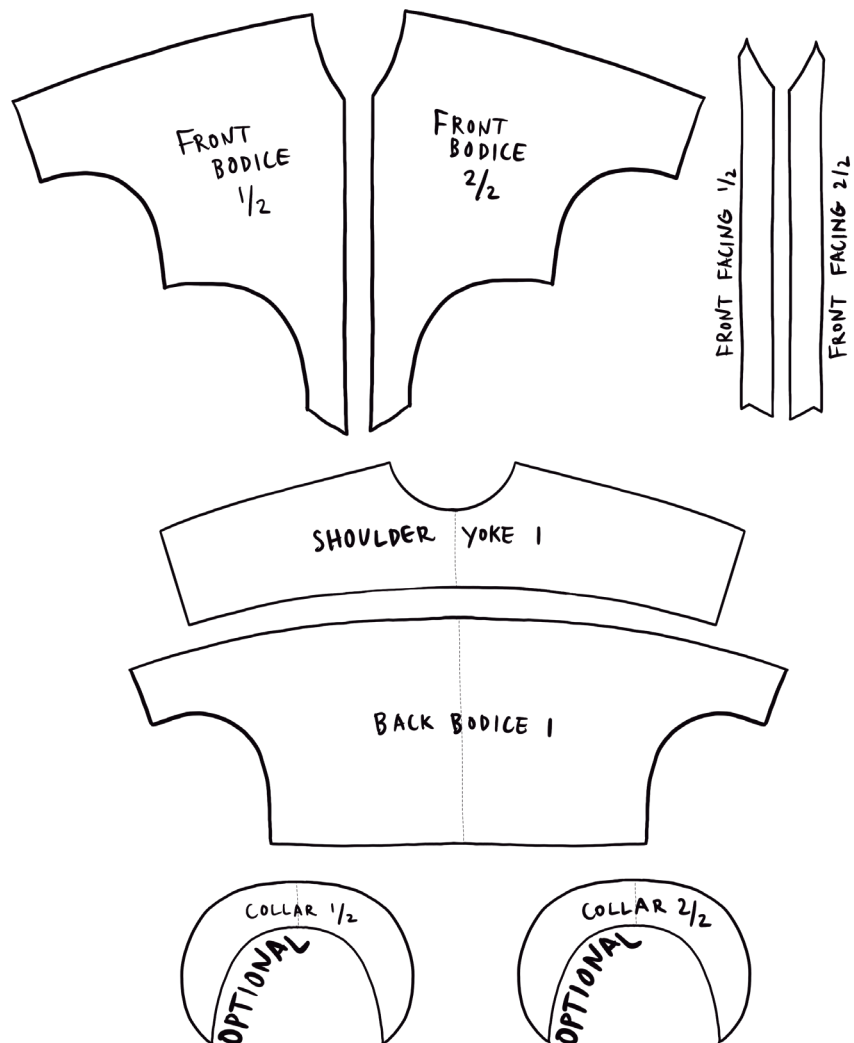
CUT THE PATTERN

1. Front Bodice - Cut 2 mirrored
2. Shoulder Yoke - Cut 1 on fold
3. Back Bodice - Cut 1 on fold
4. Front Facing - Cut 2 mirrored
5. Collar (Optional) - Cut 2 on fold

Notion

6. Fusible Lightweight Interfacing (Optional for Front Facing)
7. 1¼" (3cm) Wide Bias Tape - 25" (64cm) long
8. 1" (2.5cm) Wide Elastic
9. 4-5 Buttons

SIZE	1" WIDE ELASTIC CUT TO THE LENGTH
0	14" 35.5cm
2	14.5" 37.0cm
4	15" 38.0cm
6	15.5" 39.5cm
8	16" 40.5cm
10	16.5" 42.0cm
12	17" 43.0cm
14	18" 45.5cm
16	19" 48.5cm
18	20" 51.0cm
20	21" 53.5cm
22	22" 56.0cm
24	23" 58.5cm
26	24" 61.0cm



PATTERN PRINTING

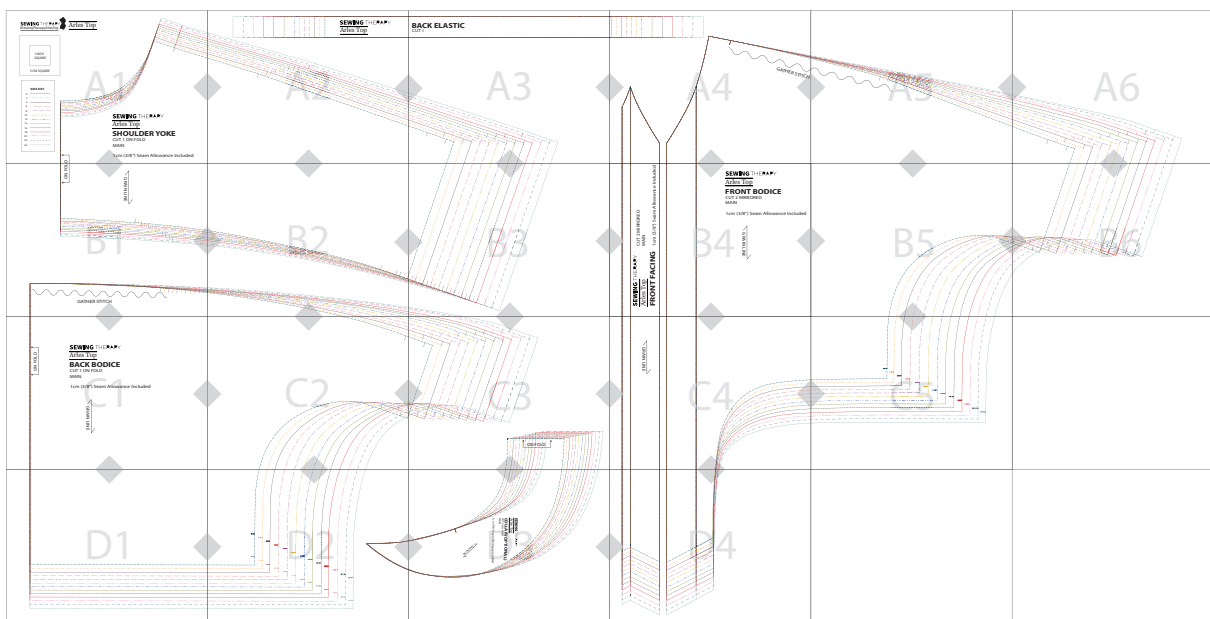
At Home (A4 | Letter) Option

For your convenience, layer options for each size are included in the pattern, allowing you to print your specific size only. Please ensure that your printer settings are adjusted to a scale of 100% or set to 'Actual Size' for accurate printing.

If you're new to printing PDF patterns and need guidance, feel free to check out my video on this topic on my YouTube Channel. It'll walk you through the process step by step.

<https://youtu.be/CT-W4P-cd2w?si=zs99Olu90W5978Tm>

To print at home, you will need to print all 21 pages, which include all the pattern pieces.



A0 (Copy Shop) Option

The A0 pattern file is located in the designated folder. For your convenience, it includes layer options for each size.

This file supports copyshop printing with a **2-page layout** that includes all required pattern pieces.

The file contains design elements and is therefore password protected for security. Please instruct the copy shop to open it using a common application like Adobe Acrobat Reader, rather than an editing app.

Projector Option

You can find the Projector file in the designated folder with layer options available for each size.

*** This pattern includes 3/8" (1cm) seam allowances.**

Please use a 3/8" (1cm) seam allowance unless otherwise stated.

PREPARATION

1. **DO NOT SKIP THIS STEP!** Staystitch the curved necklines of FRONT BODICE, BACK YOKE and COLLAR PIECES to prevent stretching.
2. Optionally, apply interfacing to the FRONT FACING. For a breezier look, you may skip the interfacing. On the long edge, fold the seam allowances with wrong sides together and press. Set aside.
3. Cut a 25" (64 cm) long bias tape, 1¼" (3 cm) wide. Fold it into thirds lengthwise using the double-fold method, press, and set aside.

BODICE

4. Sew gathering stitches along the wavy line indicated on the FRONT and BACK BODICE.
5. Pin and sew the BACK BODICE to the SHOULDER YOKE, RST. Then pin and sew the FRONT BODICE pieces to the SHOULDER YOKE, RST.
6. Finish the seams and press them toward the SHOULDER YOKE. Understitch/topstitch.

COLLAR

The Arles Top collar is designed to be compatible with the Roma Top collars, allowing you to mix and match styles.

7. Pin and sew the outer edges of the COLLAR pieces, RST. Clip the curves, turn right side out, and press. *Skip this step if you're opting for the no-collar version.*
8. Place the COLLAR to the neckline of the BODICE, matching notches and baste. (Refer to Pic A or the sewalong video.) *Skip this step if you're opting for the no-collar version.*

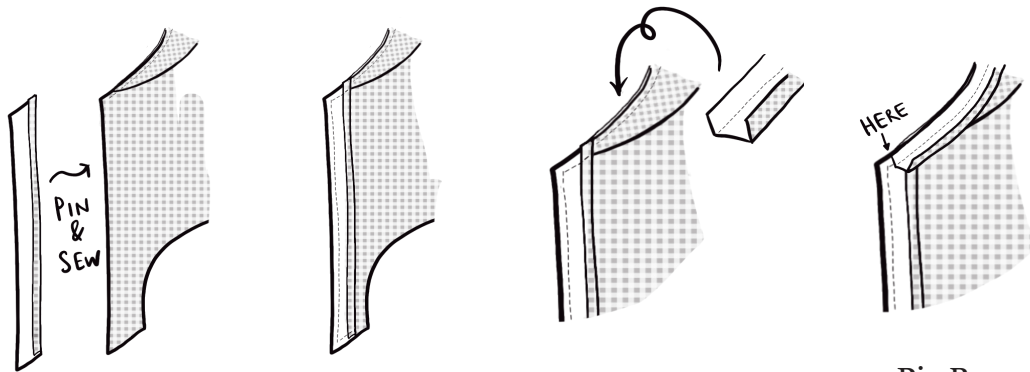


Pic A

FACING

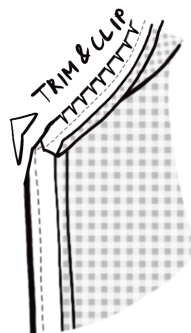
9. Keeping the FRONT FACING folded, pin and sew it to the front edge of the FRONT BODICE, RST. (Refer to Pic B or the sewalong video.)

10. Unfold the bias tape and pin one raw edge to the neckline of the BODICE, RST, sandwiching the COLLAR and FRONT FACING between the layers. Trim the bias tape so it ends at the centre of the other FRONT FACING. Sew along the pinned edge. (Refer to Pic B or the sewalong video.)



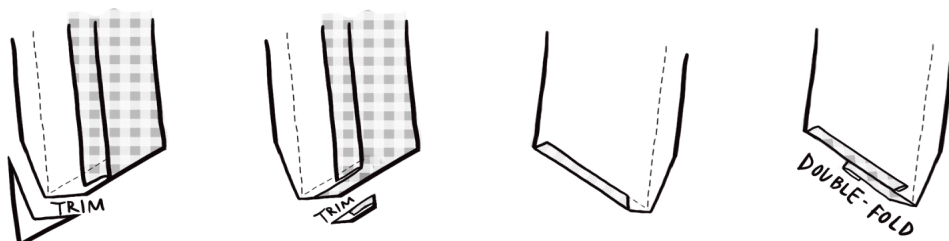
Pic B

11. Clip the neckline and the corner of the front edge. (Refer to Pic C or the sewalong video.)



Pic C

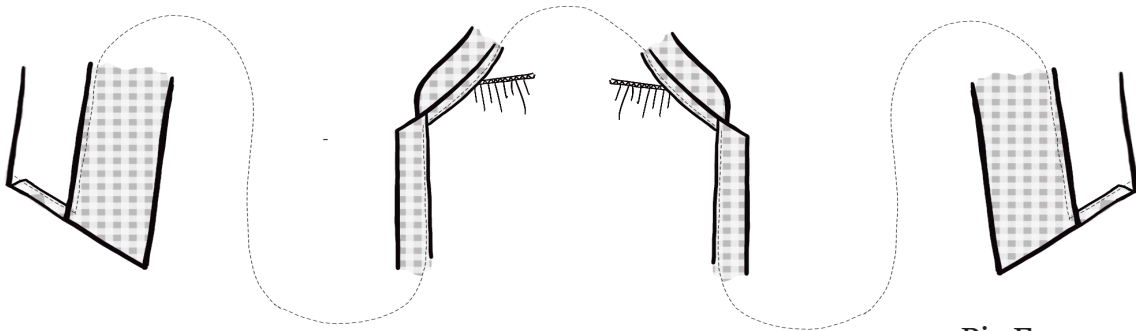
12. When clipping around the tie area, trim carefully. Then on the other side of the tie, double-fold the FRONT BODICE edge narrowly to create a baby hem toward the wrong side and press to set. (Refer to Pic D or the sewalong video.)



Pic D

13. Turn the FRONT FACING right side out and press. Fold the bias tape along the pressed lines to encase the neckline seam allowance and press in place. Press the bias facing and pin. (Refer to Pic E or the sewalong video.)

14. If you're adding a label, insert it at the centre back neckline and pin in place. Then, starting from one end of the tie, edgestitch/topstitch all the way across to the other end. (Refer to Pic E or the sewalong video.)



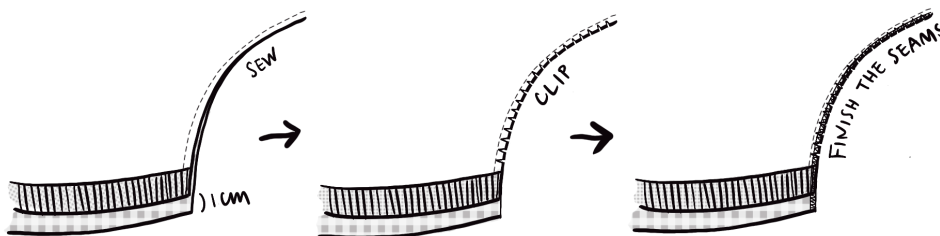
Pic E

BACK BODICE

15. To create the casing, use the notches as a guide: fold $\frac{3}{8}$ " (1cm) and then fold again by $1\frac{1}{4}$ " (3cm) along the bottom hem of the BACK BODICE. Press well and edgestitch along the inner folded edge.

16. Cut the elastic to the appropriate length as indicated in the chart, insert it into the casing, and baste both ends to secure.

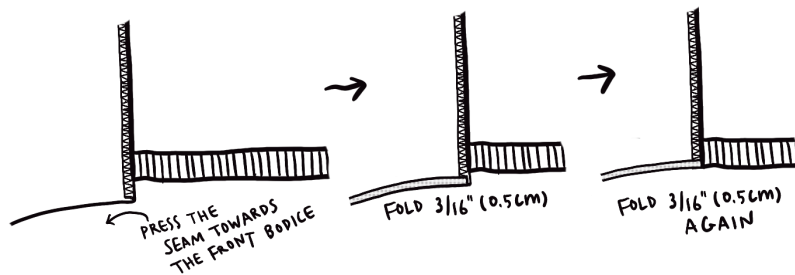
17. Pin and sew the side seams of the FRONT BODICE and BACK BODICE, RST. If cut and sewn correctly, the FRONT BODICE should extend about $\frac{3}{8}$ " (1cm) beyond the BACK BODICE at the hem. Clip the rounded edges. Finish the seams. (Refer to Pic F or the sewalong video.)



Pic F

HEM

18. Press the side seams towards the FRONT BODICE. Press a narrow baby hem along the bottom edge of the FRONT BODICE. At the side seam, tuck the side seams neatly inside the folded hem. (Refer to Pic G or the sewalong video.)



Pic G

19. Edgestitch/topstitch.

SLEEVE HEM

20. Using the notches as a guide, fold 1 cm (3/8") to the wrong side and press.

21. Fold again by 2.5 cm (1") and press.

22. Edgestitch/topstitch the folded edge.

BUTTONHOLES AND BUTTONS

23. Buttonhole placement is up to your personal preference. Start by tying the front ties in a way that feels comfortable to you. Add one buttonhole at the bottom where the bodice starts to pull apart, and another at the top to keep the neckline secure. From there, adjust the number and spacing of buttonholes to maintain visual balance.

If you're unsure where to place them, please refer to the video tutorial.

24. Position each buttonhole midway between the front edge and the topstitch.

25. Once the buttonholes are complete, mark the corresponding button positions. Sew the buttons so that they are also centred between the front edge and the topstitch.

Give the finished garment a final press and you're done!

Please share your photos or videos with us by tagging [@yoursara_k](#) [#SewingTherapyArles](#) [#SewingTherapyPattern](#) so we can celebrate your make with you!

*RST: Right Sides Together / WST: Wrong Sides Together

If you want to suggest any edits to this tutorial, please contact me via hisewingtherapy@gmail.com. Your input is much appreciated!

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