

Explore

Wearing a Sari



The sari has been the traditional dress of Indian women for centuries. Six yards of continuous fabric, it might seem complicated to wear to the unpracticed Westerner. You may need assistance the first time you try to put on a sari. It may take more than just your two hands to get it right the first time.

Part of the secret of its success is the waist-to-floor length petticoat that forms the base for the sari. For costume purposes, any skirt with a tightly fitted waistband will work. A short-sleeved or sleeveless blouse will complete your typical outfit.

To wear the sari:

- 1) Spread your sari out in front of you, long end to your left.
- 2) Tuck the top right end of the sari material into the front waistline of the underskirt.
- 3) Wrap it around your waist left-to-right once. Make sure the lower end of the material touches the floor.
- 4) Hold the top edge between your forefinger and thumb of your right hand and beginning from the tucked-in end, start making 4-5 inch pleats with your hand, making sure the pleats fall evenly to the floor.
- 5) Make about half a dozen of them, holding them together so they fall straight and even in front of you.
- 6) If desired, pin your pleats together with a big safety pin before tucking them into the waistband.
- 7) Drape the remaining fabric all the way around, bringing it up under your right arm and draping it over your left shoulder so it falls on your back down toward your knees.
- 8) Secure the portion on your left shoulder with a small safety pin.

Try it! It may take a time or two to perfect. Do not give up. You will enjoy wearing this beautiful piece of clothing.



Try this

The material for a sari is typically 6 yards long! You can use a bed sheet or long blanket to try these instructions.