

How-To Make a Flower Lei

by Helene Idels

Supplies:

- *Flowers: Approximately 50 flowers. (The flowers you select don't have to be plumeria, but they do need to have a sturdy stem/head and it is okay to have buds also.)
- *Dental floss or thin string: This is what you will string your flower lei with.
- *Scissors: Best to use garden scissors that are meant to cut flowers.
- *Sewing Needle: Long sewing needle with eyelet or hook.

Instructions:

1. Gather Your Materials:

Flowers: Choose flowers such as carnations or ranunculus or any of your favorites, ensuring they have sturdy floral heads. (you want them firm, not flimsy)

Thread/String: Use a strong thread or string, like embroidery floss, fishing line, or even sturdy yarn.

Needle: If using thicker thread, a needle can help you thread the flowers more easily.

Scissors: For cutting the thread/string and trimming stems.

2. Prepare the Flowers:

Remove excess leaves: Remove any leaves that might be too long or that will get in the way of stringing.

Trim stems: Cut the floral heads and floral buds from the stem at the neck, leaving no stem attached.

3. Stringing the Flowers:

Thread the needle: Thread the needle with the string, leaving a few inches at the end for tying.

String the first flower: Insert the needle through the center of the back of the first flower, from the bottom of the stem through the top/front.

Continue stringing: Continue stringing flowers until you reach the desired length of the lei.

Tie off the ends: Once you have reached the desired length, tie the ends of the string together securely.

4. Add Decorations (optional):

Ribbon: Add a ribbon to the lei to cover the ties and add a touch of color.

Beads: Thread beads onto the string before or after stringing the flowers.

Helpful Tips for Success:

Practice makes perfect. The first few leis might not be perfect, but with practice, you could become a lei-making pro. You might want to start out with a shorter length of string and then add on more string later if needed.

Check out a lei-making book from your local library! Have fun! Making a lei is a great way to express yourself and create something beautiful.

