

Phainolai
Project Sheet
Lady Meghan Elphinstone

A phainolai is a ladies wrap that covers from the neck to lower hip. It appears to be at least 36" wide and needs to be approximately the length from the floor in front over the shoulder and down to the floor in back. Ten feet for a slender 5'8" person. Extra is recommended for more amply endowed ladies.



Purchasing fabric:

- Both sides of the fabric may show at times
- Fabric that slides may need to be pinned into position
- Light weight linen and silk are good choices.
- Soft white or bright colors in a plain weave or brocade with a stylized repeating design.

Construction:

- Hem any raw or rough edges

To wear the phainolai:

- Put it around the shoulders like a shawl. The left side should cover the arm and hang to the knee
- Fling the right side over the left shoulder and let it drape over the left arm with enough fabric over the shoulder to anchor it
- The end should hang to the back of the left knee

Note: if it is not long enough in back, it will not balance correctly

This is a simple project sheet meant for fabric layout and sewing instructions only. For more information on this garment, please refer to the downloadable PDF's on my web page:

Byzantine Court Ensemble, 5th-6th Century - female

Early Byzantine Clothing, Ornamentation and Accessories, 5th-6th Century – female and male

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