

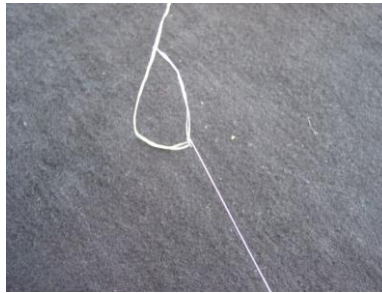


## How to Make a Spiral Plumeria Lei (Double Lei)

You can make your lei from all sorts of flowers and materials. For our lei, we are using Plumeria flowers. Collect medium sized flowers (Celedine flowers work well and have good lasting qualities). It is best to use all the same size flowers if you choose to use different colors. Store your finished lei in the fridge in a plastic bag or box with damp paper towels.



You will need approximately 200-300 flowers, 60 inches of dental floss and a needle. A long lei needle is nice, but a large regular one will do fine.



Fold the floss so one end is longer than the other. Make a slip not and hook the string onto the lei needle in the middle of the loop and pull tight. If you use regular thread, be sure to double the thread.



Start by stringing the flowers horizontally through the side of the stem. Pull the first flower down leaving 6 inches extra string at the end so you can tie the ends together when finished.



Continue stringing the flowers, pulling each flower all the way down to the previous flower.



The flowers will naturally twist creating the spiral double lei.



The finished lei will be approximately 40" long. You may choose to dress up your lei with a ribbon or just tie the ends together.