



SHORT DESCRIPTION

Made from 100% organic cotton fabric sourced from factories that work with deadstock textiles. These trousers feature pleats and an asymmetrical elastic waistband created by several strategically placed seams that symbolize knots.

ARTISTIC INSPIRATION

From a conceptual standpoint, and to connect with the psychological perspective, this garment aims to convey that clothing not only adorns the body but also represents a state of mind. The knots, which are currently present, could be undone, representing the process of healing and the journey toward enlightenment. This garment represents a mind trapped in its own conflicts, undergoing a process of liberation and transformation toward clarity, acceptance, and light.

SUSTAINABILITY

Made with sustainable and reused materials: 100% certificated cotton headstock. All the garments were made using reclaimed materials (deadstock), instead of manufacturing with new fabric.

We used certified fabrics with trust seals and upcycled discarded textiles.

When cutting the pieces for each garment, I aimed for zero or minimal waste to avoid creating any unnecessary items.

I implemented a conscious production process, making each garment locally and ethically.



PARTICIPANTS



Eulalia Mateos

Fashion designer, artisan, art historian, and professor at ESI Higher School of Design in Valladolid and at the Castile and León Crafts Center. She has her own brand, a brand identified by a unique concept based on contemporary design where each piece is born from careful reflection, seeking its own identity.

We respect the art of craftsmanship, where, by combining modernity, pattern making, lines, tradition, and skill, each piece achieves value.



Users Participating

Fundación Intras day
center users

Black Knotted Trousers / finished garment



Black Knotted Trousers

METHOD AND PROCESS

A basic pair of trousers was made with triple pleats and a wide width to allow for seams that resemble knots. Experimenting with the trousers once they were made was the most fun and enjoyable part of the process. Pattern making on the table, cutting, and subsequent sewing were followed by alterations and experimentation with the garment.

CULTURAL RELEVANCE

In this part of the experimental fashion project "From Darkness to Light," developed by users of the INTRAS Foundation, we have used design as a therapeutic and social inclusion tool, deeply connecting it with the local cultural heritage of Castile and León.

The project not only creates garments but also establishes a dialogue with the region's identity through the symbolism of transition, evoking processes of overcoming adversity that are reflected in local history. It links this transition between the shadows of mental illness and the light of social inclusion, similar to the rebirth of traditions in modernity.

Black Knotted Trousers / design process

