

Constrained Sleeves

SHORT DESCRIPTION

A pair of oversized, voluminous sleeves made from recycled fleece, featuring an internal iron structure that restricts movement. The surface is printed with hand-drawn galactic motifs and partially hand-colored, symbolizing a gradual healing process.

ARTISTIC INSPIRATION

The piece explores the tension between restriction and healing. The rigid structure inside the sleeves represents emotional and physical limitation—the feeling of not being able to move freely or act naturally.

At the same time, the printed surface, based on Margarita's imaginative and expansive drawings, introduces an inner world full of possibility and escape.

The gradual introduction of color, hand-painted onto the lower part of the sleeves, symbolizes the healing process. While the base print remains in black and white, the color emerges slowly, suggesting that recovery is not immediate but grows over time.

SUSTAINABILITY

The piece is made using recycled fleece and canvas fabrics. The printed materials are newly produced but derived from recycled sources, aligning with responsible material use.

Eco-responsible Methods:

The project combines recycled textiles with a design approach that maximizes creative value from existing resources. By transforming hand-drawn artwork into a repeat print, the design extends the life and impact of the original drawings.

The use of hand-coloring and collaborative production reduces reliance on mass manufacturing processes, supporting a more conscious and low-impact creative practice.



PARTICIPANTS



Inge Bolen
Supervisor

I am a textile designer and artist with over 20 years of experience in fashion design, graphics, and prints. I have decided to return to my roots in textile art, my true passion, exploring new techniques and creative approaches to grow as a creator and connect emotionally with the audience.



Users Participating in the project

Inge, Noemi, Luisa,
Margarita



Constrained Sleeves
finished garment

Constrained Sleeves/ design process

Constrained Sleeves

METHOD AND PROCESS

The process began with group discussions about darkness and light, followed by free drawing exercises to unlock creativity.

These drawings were later translated into embroidery. Each participant created their own portrait, which was then integrated into a collective garment.

The final dress was composed using recycled tulle and fabric scraps, layered in a vibrant and expressive composition.

Working with sewing techniques was initially challenging for some participants, but over time they gained confidence and creative freedom.

CULTURAL RELEVANCE

The piece reflects contemporary textile practices that merge illustration, digital printing, and handcrafted intervention. While not directly referencing traditional Spanish garments, it builds on the country's strong textile culture by combining craftsmanship, material awareness, and expressive design.

The use of print as narrative and the transformation of drawing into textile aligns with evolving practices in contemporary fashion and art.

