

Black Puffy Dress

SHORT DESCRIPTION

Made from 100% organic cotton fabric sourced from factories that work with deadstock textiles.

This garment remains a symbol of inner darkness and emotional grief.

ARTISTIC INSPIRATION

The puffiness represents emotional excess, the weight and feelings that grow and take up too much space. Furthermore, I also want to represent the distortion of the self, as the silhouette is altered, unnatural.

The weight of the garment is the key element; through its weight, I represent the mental burden, anxiety, sadness, persistent thoughts, and the difficulty of moving forward, as every step is a struggle.

Finally, it represents emotional gravity, as everything pulls us down, toward the darkness.

It's not just being in the dark, but the weight of the burden you carry.

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.

We are committed to creating fashion consciously—fashion that is accessible, transparent, and responsible. That's why we work with local suppliers, valuing the knowledge and tradition of the textile sector in our region.



Users Participating in the project

Intrás Day Center Users



Black Puffy Dress
/ finished garment



Black Puffy Dress
/ design process

Black Puffy Dress

METHOD AND PROCESS

The most complicated part was the design process, sketching to convey the intended sense of darkness. Once the design was finalized, we moved on to creating the pattern

on a table with the corresponding measurements, followed by its construction. We located the appropriate fabric and finally adapted the pattern to the silhouette, making the necessary alterations. Painting it by the users was the most delicate part of the process; they did a fantastic job, as the finished garment made the process more complex.

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.

