

Empower Your Soul
By Molly Gkinham



Empower Your Soul

In the current situation we are all living in, it's more important than ever to find ways to calm your mind and deal with anxiety and depression. I will look into ways to empower your soul, gain control over our emotions and create a positive mental attitude. From chakras and healing stones to self care and art therapy, I'll research these coping tools and how they can benefit our daily lives, incorporating them into a feel good collection representing mindfulness and strength.

Colour is one of the main ideas visible in my work which comes from the study of colour therapy and how different colours can make us feel different emotions. This interests me as I strongly feel the effects of surrounding myself or working with certain colours and I believe that having small pieces of happy colours around you can greatly improve your mood.

Another area prevalent in the collection is yarn craft. Studies show that the action of rhythmically moving your hands while knitting or crocheting, can be therapeutic and aid in meditation. Therefore I want to show the importance of a craft that anyone can try and benefit from.

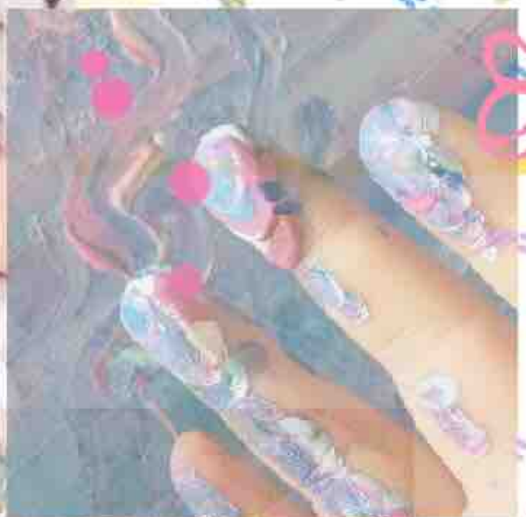
I am strongly influenced by designers such as Thom Browne and Viktor & Rolf, who have a very eclectic style. I wish to bring this into my own work by experimenting with fabrications and trims as I continue to work on my collection. My final collection is constantly evolving as I explore and develop new skills and techniques, and I hope to also show and reflect how working on this collection, and the research behind it, has helped myself with mindfulness and positivity in these challenging times, while I hope those looking at or wearing the pieces feel the same effect.



Healing Stones



Hygge



Art Therapy



Florals

YOU'RE DOING GOOD



THINK
HAPPY
THOUGHTS

LET THAT
SHIT GO

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Isn't afraid of colour



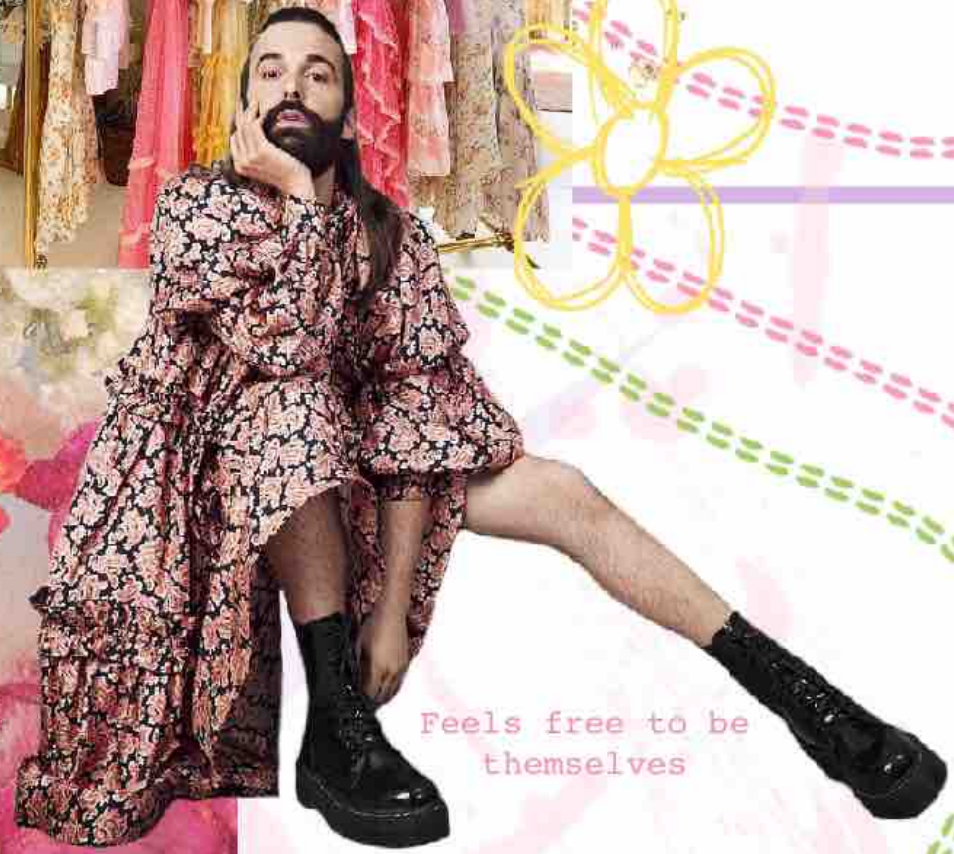
Nature
Lover



ive



Feels free to be
themselves



Interested in alternative fashion





Fabrics...

Fabrication and
Embellishments

First hand
floral
painterly
shapes

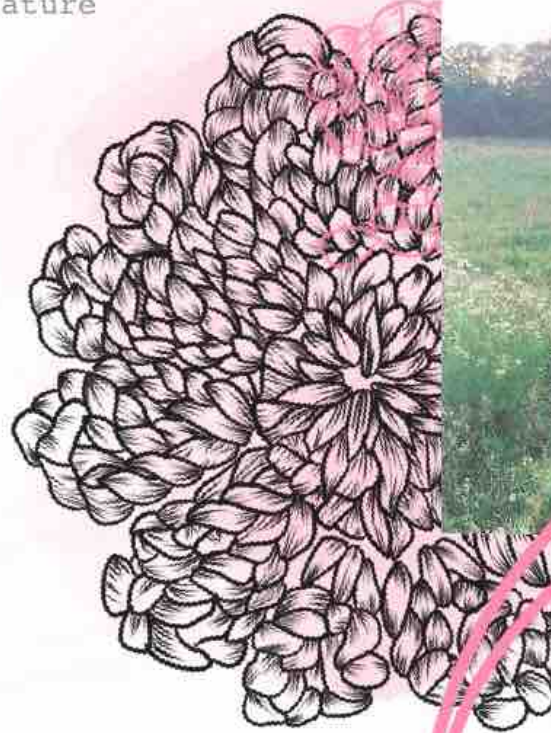
Art Therapy

Yarn Craft

Artwork by Marina Matkina



Texture brought through with
crochet in floral shapes
from nature



In every walk in
nature one receives far
more than he seeks.



Painting in nature
inspired these painterly
flowers



Inspired by the
sense of
mindfulness
created when
being around
nature



Peaceful meadows
inspired designs



Tranquility & zen lines
inspired my zen print

Every morning we
are born again.
What we do today is
what matters
most.
Buddha



Full on
flowers



Soothing
floral shapes



Beaded
florals





Design
Development

Greta Constantine
Resort 2020



Skirt attached like the
bootcamp dress, with
frill on top



High and
low Shape



Giambattista
Vali
Spring 2019



Flowing Fabric

Layered
Frills



Possible print
or ruffle
placement idea

Inspired by the natural volume
of blooms such as the Iris



Gown Development



Development from
toile

Addition of
frill to emphasize
the curve

Trying out
length changes



Panels of different
lengths



Aelis,
Spring 2020



Frills from natural floral shapes

Collage artwork by
Greet Helsen, 2015



Embellishments in a
collage aesthetic



Matty Bovan
Spring 2019

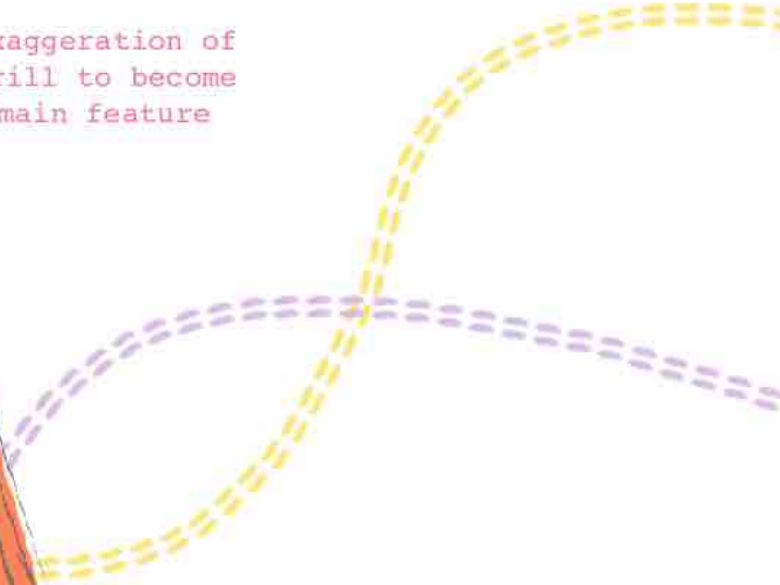


Heavily
embellished with
crochet flowers



Exaggeration of
frill to become
main feature

Incorporating print
inspired by zen lines





Inspired by the bootcamp project: Recreating Viktor & Rolf's SS20 look 5

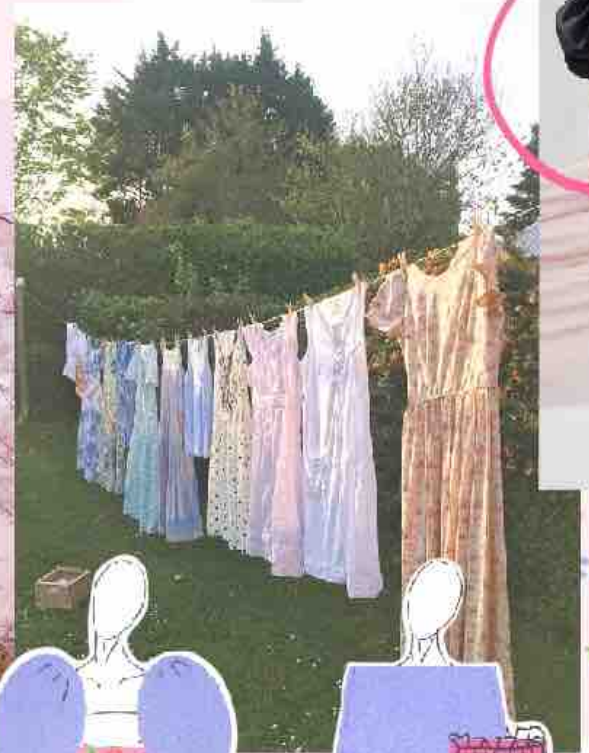
Style reminiscent of childhood dresses

Rasario Resort 2021



Initial design

Childhood summer nostalgia - The idea of reverting back to our childish ways, embracing our inner child to have a more positive outlook on life

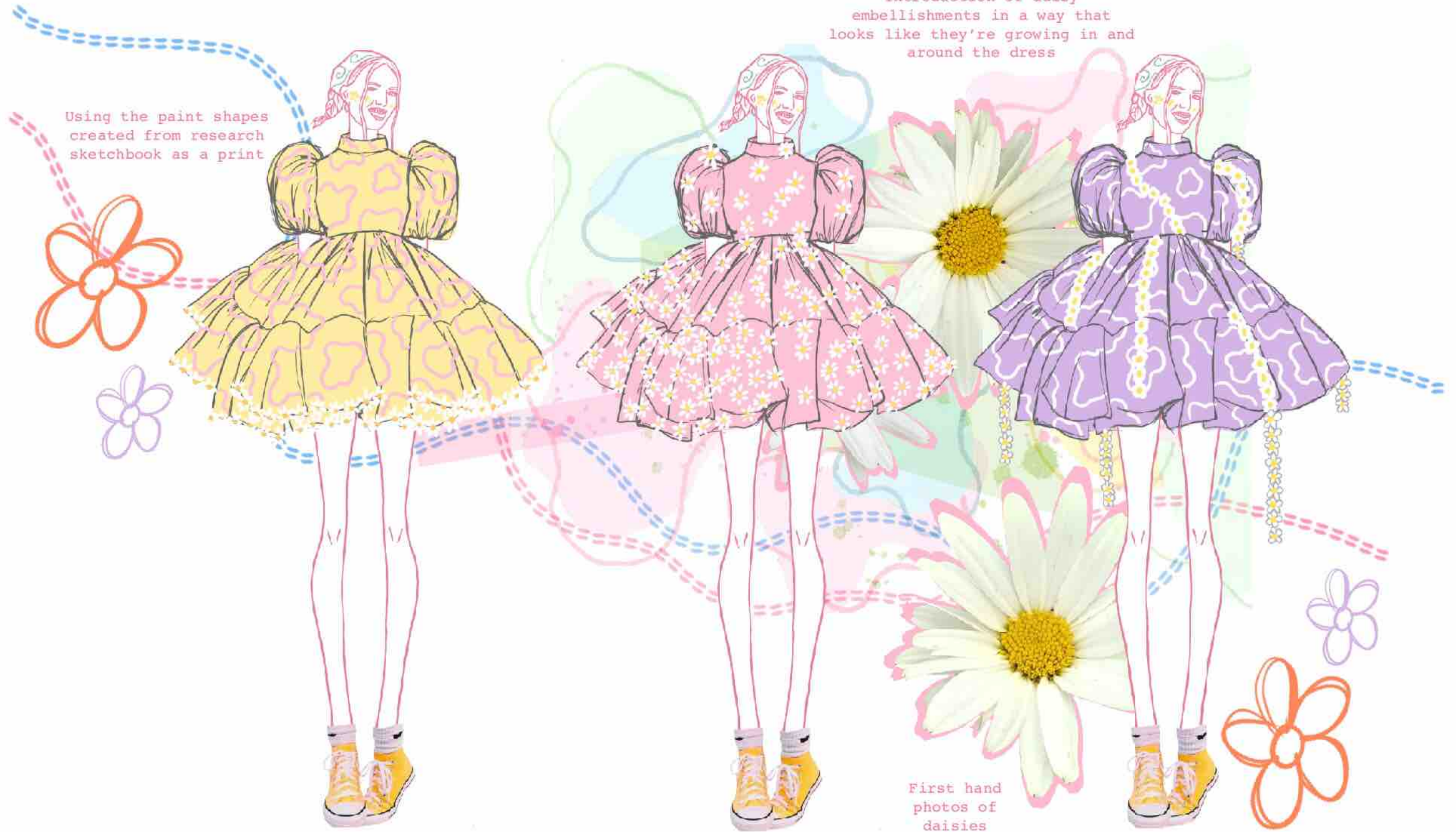


Collaging shapes to create initial silhouette ideas

Introduction of daisy
embellishments in a way that
looks like they're growing in and
around the dress

Using the paint shapes
created from research
sketchbook as a print

First hand
photos of
daisies



"Breathe" wording taken from a response to an initial research page which provokes the feeling on tranquility and peace

BREATHE

Elastic waistband and loose yet flattering fit for comfort, to help the wearer practice Hygge more effectively



Initial sketches



Print exploration

Selected design incorporating Breathe mantra



Collaging garments inspired by art therapy techniques



Alexander McQueen Spring 2018



Creating alternative shapes to inspire design



Back of jacket details



Colour block effect

Using many colours to represent the different healing stones

Exploration from
research sketchbook



Impasto technique - taking
this method and putting it
onto the fabric



Ann Marie Coolick



Print & embellishments
make the design very
texturally stimulating



Adding more texture using an
embellishment technique developed
in a previous project





Initial Sketches



Initial toile to be developed upon

Change pockets to patch pocket for more interest.



Gets messy quickly, hand wipes, brush strokes etc



Dungaree shape used by artists for ease of movement



Print developed from paint strokes

Clasps in shapes of flowers

Sketch with print

Colour & print variations



Using 3d crochet flowers



Less flowers on a plain base - too sparse



3d flowers & print? Maybe too much clashing



Impasto style print worked into with sequins?



Viktor & Rolf Couture 20



Top shape inspiration



Floral art inspiration by Sonal Nathwani - Heavy floral embellishments or print



Started with collaged paper shapes from my initial research

Initial silhouette development



Final Developments

Ruffle placement



Alexander McQueen A/W 18



BOSS A/W 20



Shorter length

More ruffle Placements

Layered Ruffles

Connected tubes



Removal of ruffles as they didn't suit finished garment

Addition of belt to cinch waist in, as the overall shape was slightly too boxy

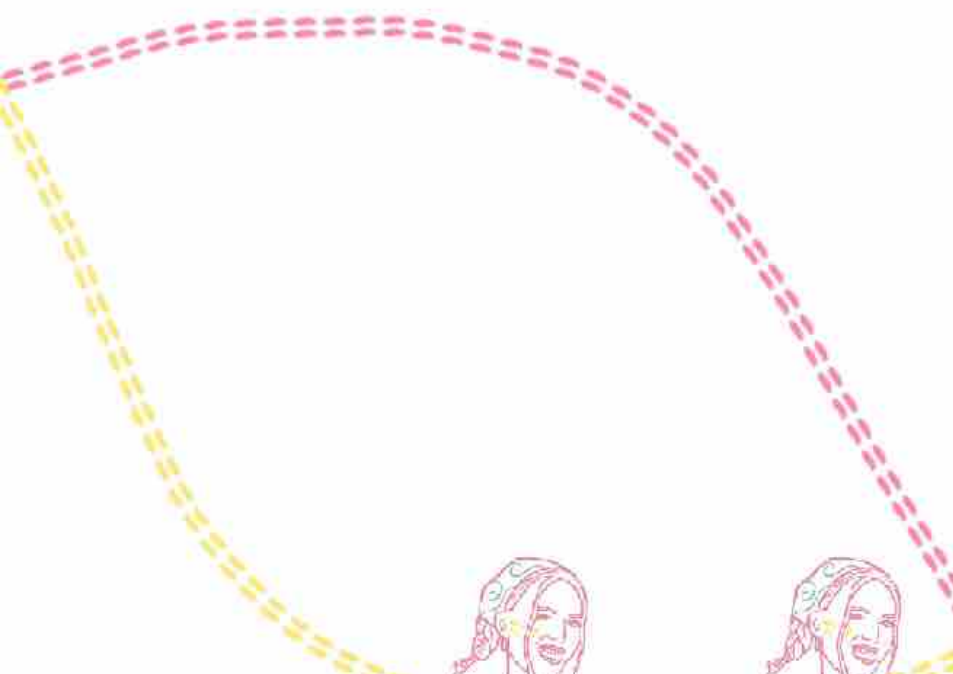
Rhinestone zen lines to create texture and shine

Exploration of embellishment ideas



Vivetta Spring 19

Peter Pilotto A/W 18





Drying Process

Flowers suspended in resin



Initial Sketch





Development from initial idea



Length exploration



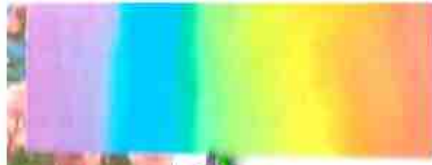
Multiple prints together in calming shades



Print created using the words associated with the colour Pink



Symbols of the seven chakras



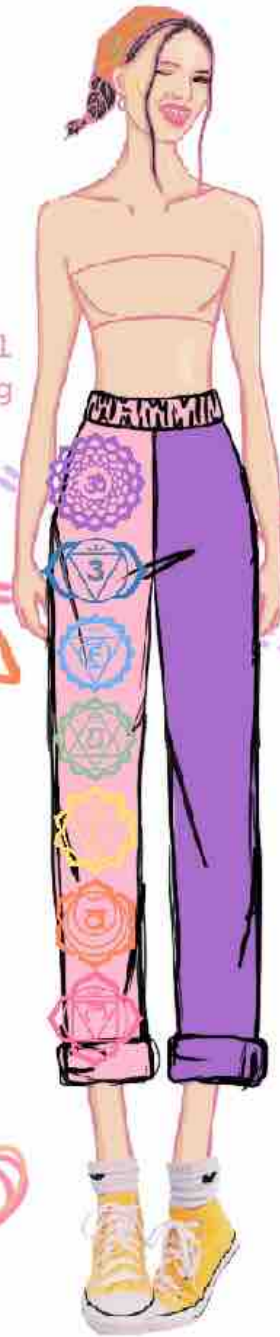
Tom Van Der Borgh, Fall 21

Chakra vinyl
down one leg



Mix of
embellishments
and print

Beaded flower
embellishments



Patchwork
effect with
frayed
edges

Random chakra placement
with embellishments on
top - rhinestones?

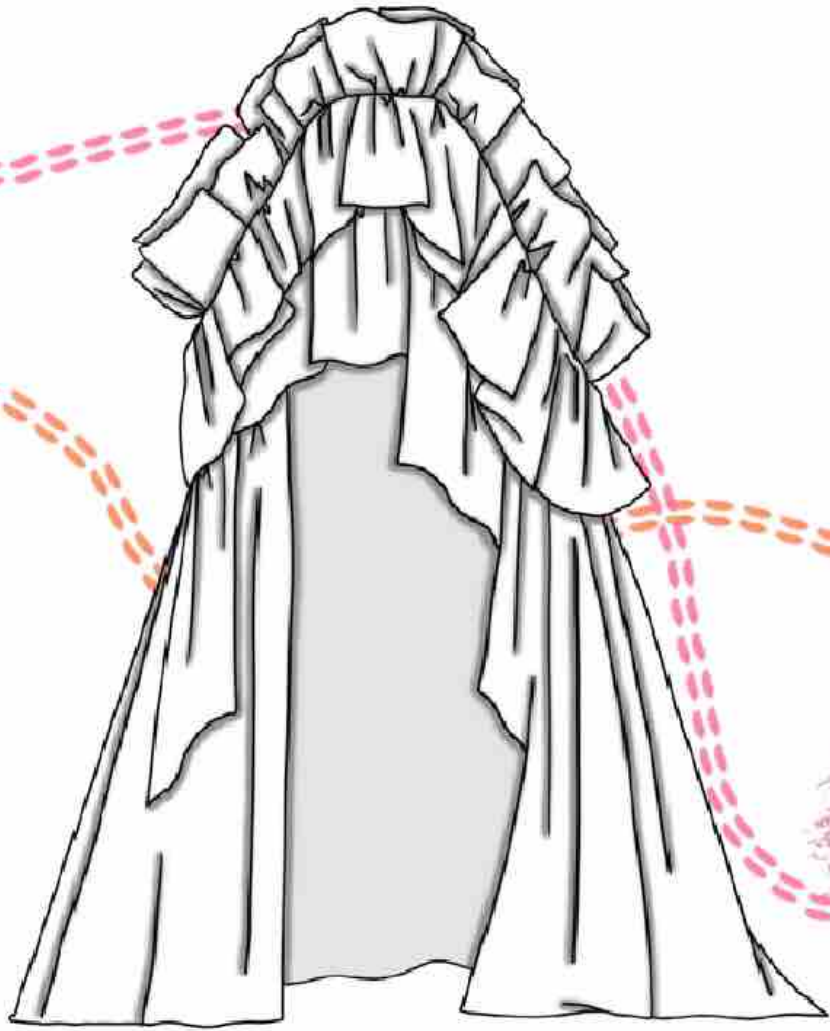


Final Line Up



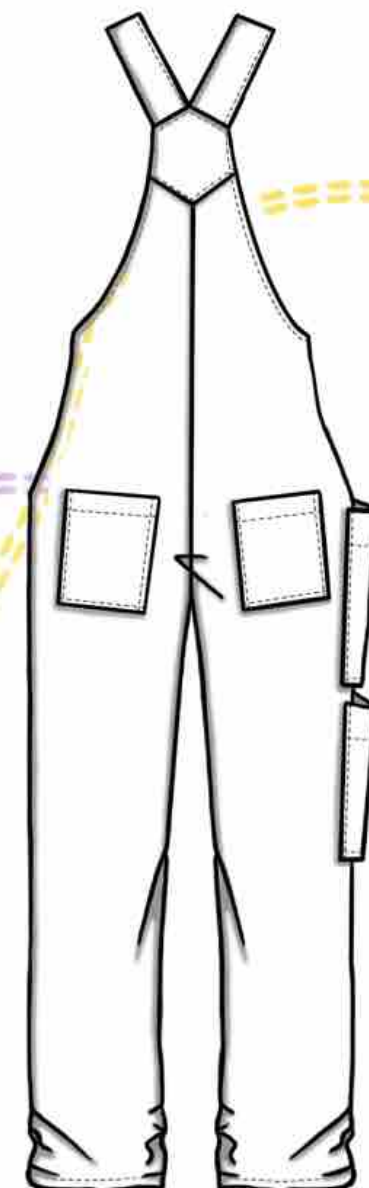
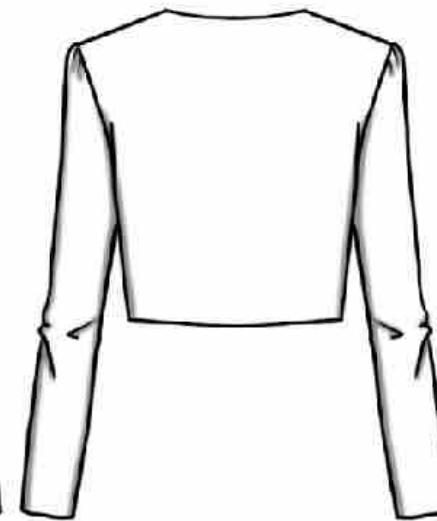
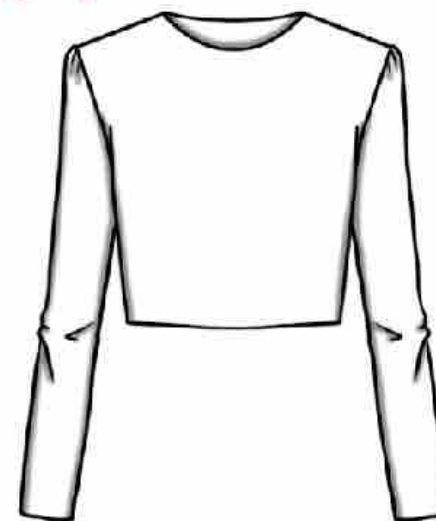
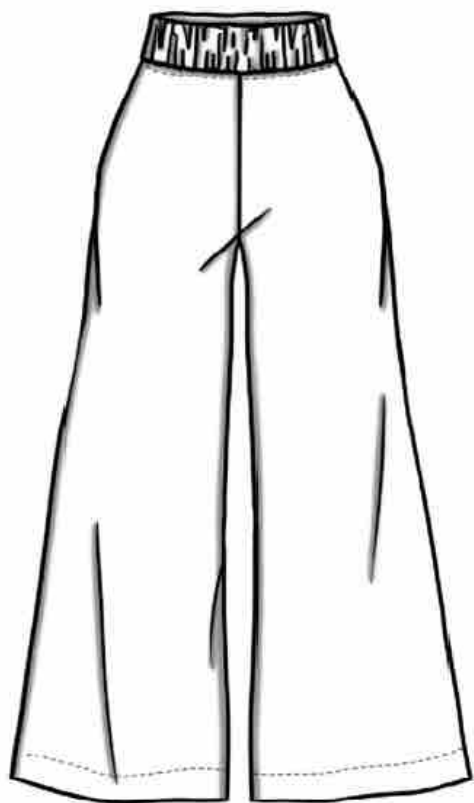
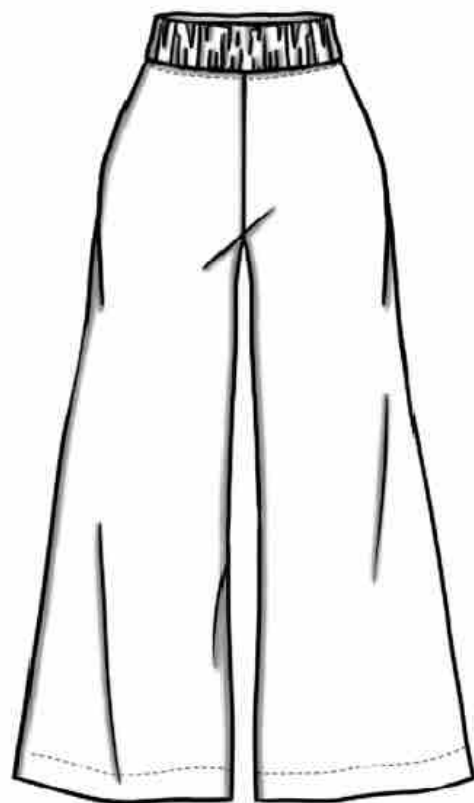
Outfit 1

Outfit 2

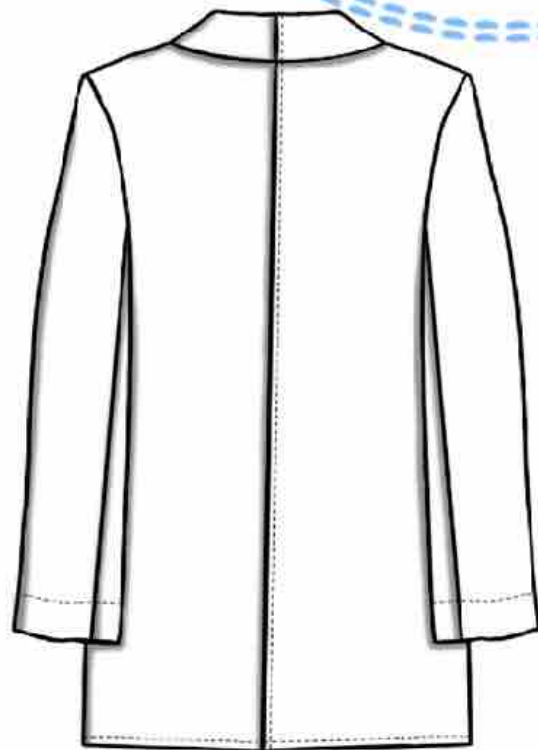


Outfit 3

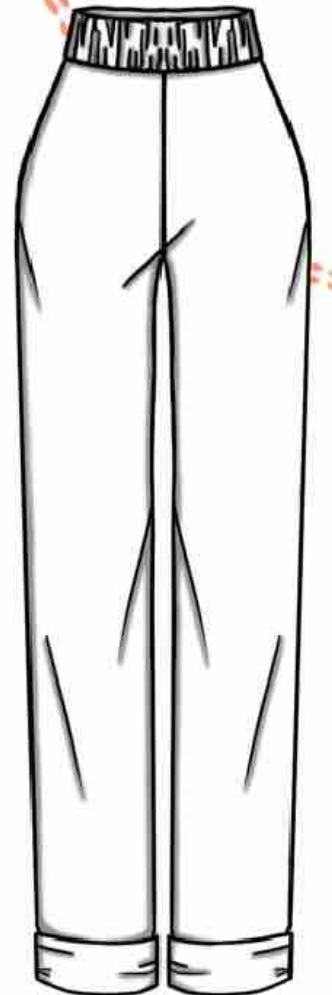
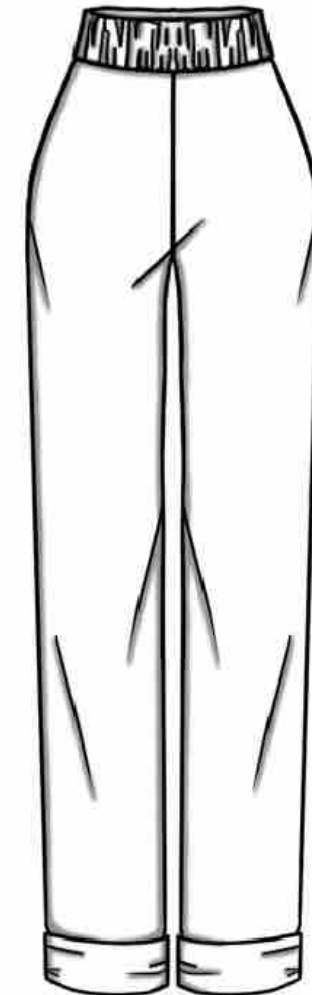
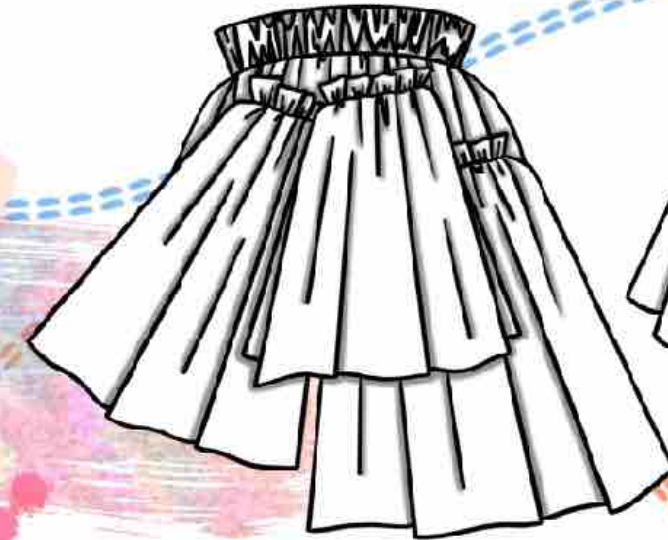
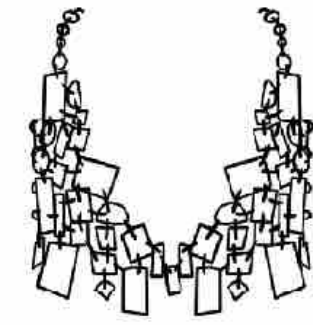
Outfit 4



Outfit 5



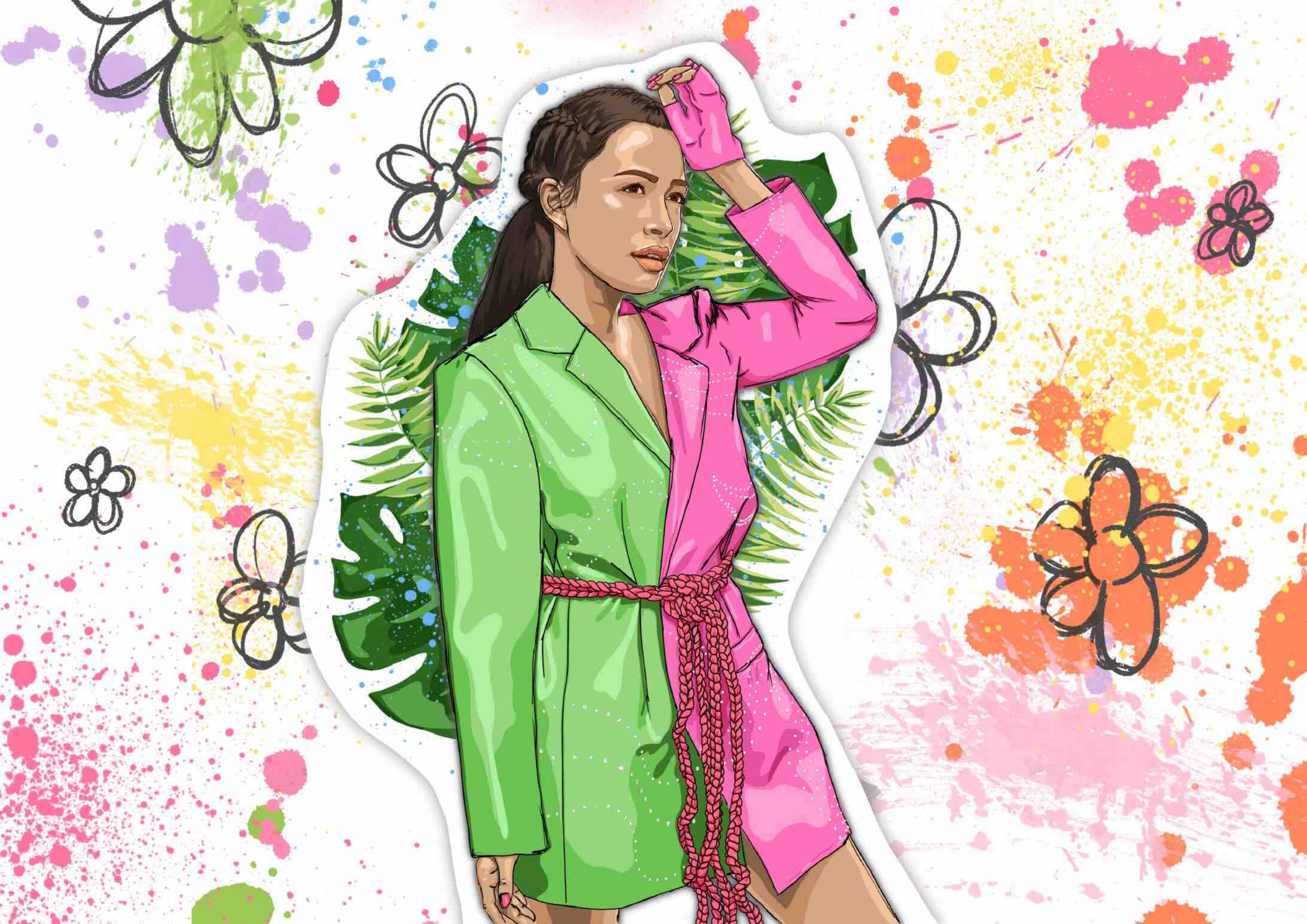
Outfit 6











PABBSY

SS21

Empower Your Soul





The Soulful Gown, £1790.00
Soulful Circle Bag, £160.00







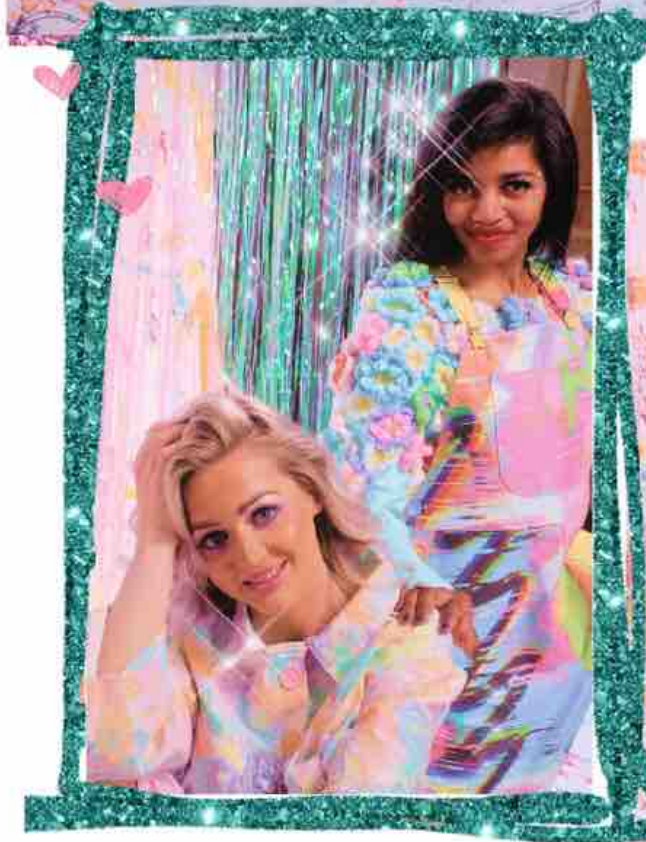
Show them all your not the ordinary type

Frills & Spills
Dress, £2280.00

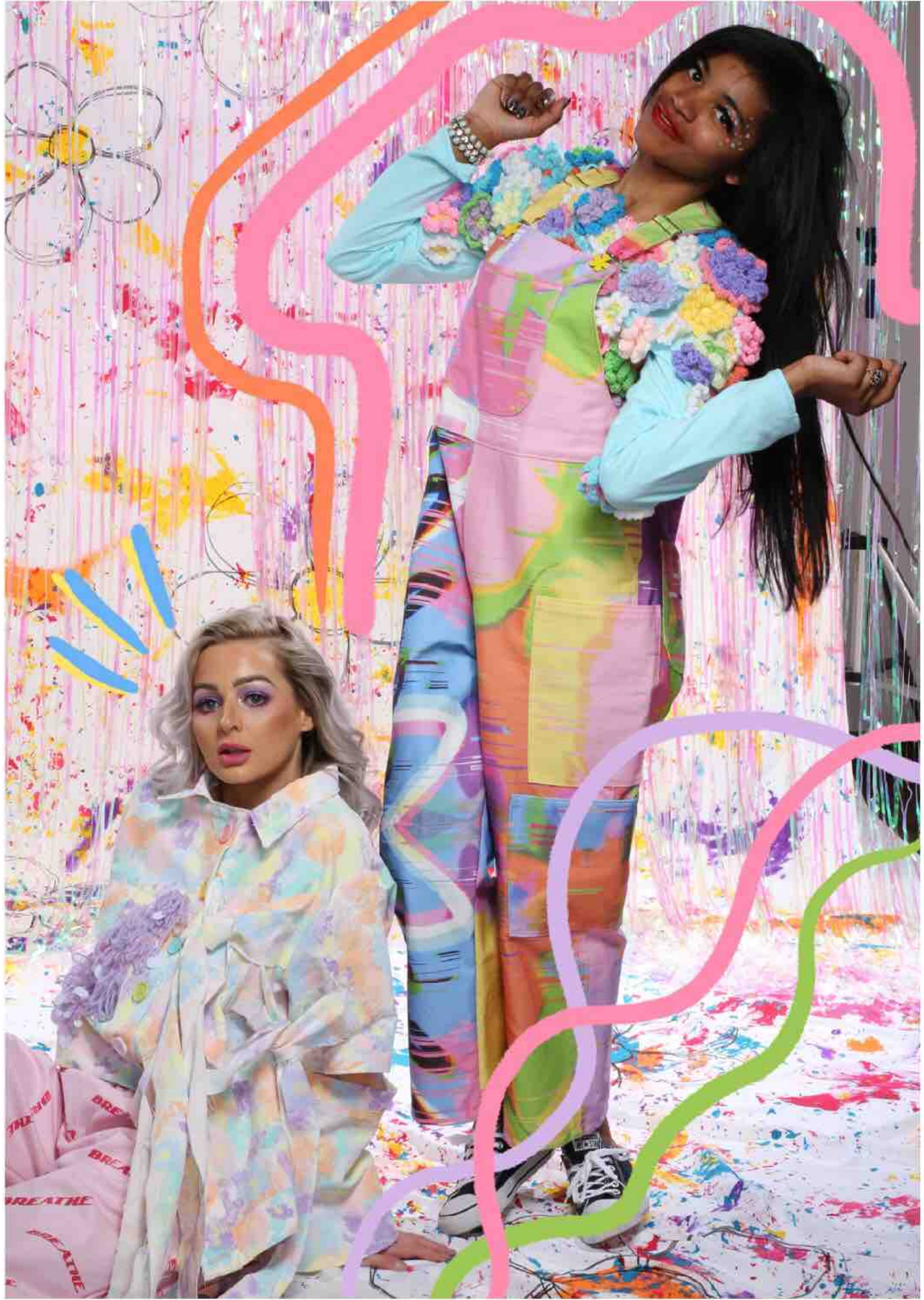


Art Attack Denim
Jacket, £770.00
Take A Breath
Culottes, £560.00





♡ IT. Summer 21 ♡
Spring Band ♡
☆



The Crafty
Dungarees, £1230.00
Flower Power Top,
£930.00





Rhinestone Soul
Leather Blazer,
£1970.00

