

Empowering Self-Identity

MENSTRUAL
MATTER
JEWELS

Menstrual Matter Jewels is a groundbreaking project developed in a context where menstruation is still considered a taboo topic, even though many women periodically live with it.

This project aims to create a collection of jewellery made from menstrual blood that breaks with the taboos and stigmas associated with menstruation. It also aims to revalue menstrual blood as a potential resource for product design and making through the presentation of a collection of rings that promotes one's beauty and self-identity.

Through experimentation with bio-based materials, I have integrated art and science, which makes us reflect on where the limit of the body's materiality lies when it becomes new material for a new reality.

The final purpose of the project is to visualise the power of objectual dissemination and to claim a paradigm shift in which it is possible to make a significant impact on the social perceptions about the menstrual cycle.



CHECK THE VIDEO



GOALS OF THE PROJECT

The project's main goal is to address menstruation from different perspectives in order to have a positive impact on society and women's lives. There are several key goals to achieve this.

1

TO CHANGE THE PERCEPTION OF MENSTRUATION BY MAKING IT BEAUTIFUL AND A SYMBOL OF EMPOWERMENT.

In order to change the perception of menstruation and empower individuals, my project aims to transform menstruation into something beautiful and a symbol of empowerment. I believe that it is crucial to challenge the negative societal views and stereotypes associated with menstruation and instead celebrate it as a natural and powerful process.

By shifting the narrative surrounding menstruation, I aim to create a cultural shift that embraces menstruation as a beautiful and essential aspect of life. I want to break free from the notion that menstruation is something shameful or dirty, and instead highlight its significance and beauty.

2

TO TRANSFORM WASTE INTO INNOVATION BY UNLEASHING THE POTENTIAL OF MENSTRUAL BLOOD AS A SUSTAINABLE RESOURCE.

My project is dedicated to transforming waste into innovation by harnessing the untapped potential of menstrual blood as a sustainable resource. I recognize the immense value that lies within this biological waste and aim to unlock its possibilities for creating a positive impact on both the environment and society.

By conducting extensive research and development, I seek to explore new ways to utilize menstrual blood as a valuable resource. My goal is to develop innovative techniques and processes that can transform this waste into useful and sustainable materials. This not only reduces the amount of waste generated but also presents an opportunity to create something valuable from what was previously considered a disposable byproduct.

3

TO CHALLENGE THE TABOO OF MENSTRUATION AND BREAKING DOWN BARRIERS THROUGH OPEN DIALOGUE AND SAFE CONVERSATIONS.

My mission is to challenge the taboo surrounding menstruation and break down barriers through open dialogue and safe conversations. I firmly believe that it is essential to address the societal stigma and misconceptions associated with menstruation in order to create a more inclusive and understanding society.

One of the key aspects of my project is to initiate open and respectful conversations about menstruation. By creating safe spaces for dialogue, I aim to encourage individuals to share their experiences, questions, and concerns without fear of judgment or shame. Through these conversations, we can foster understanding, empathy, and support for individuals who menstruate.

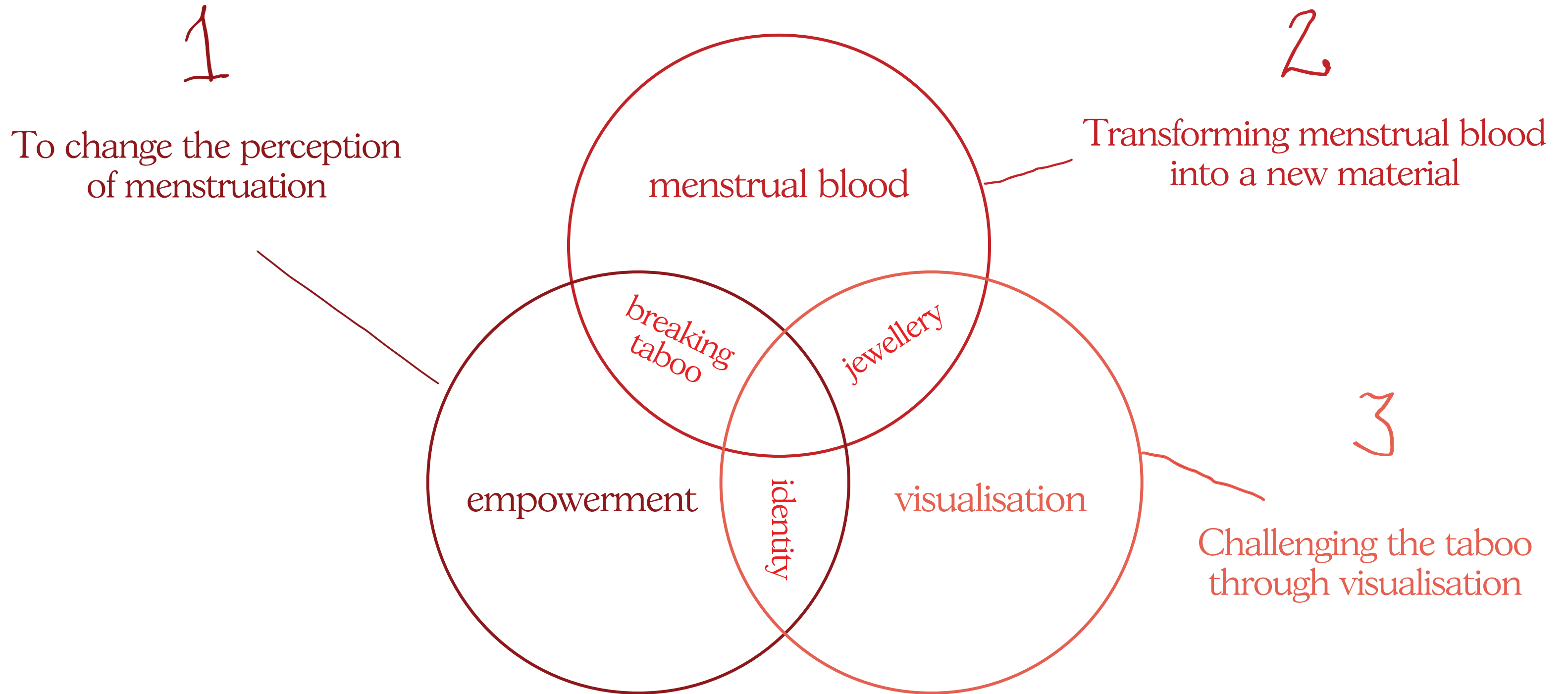
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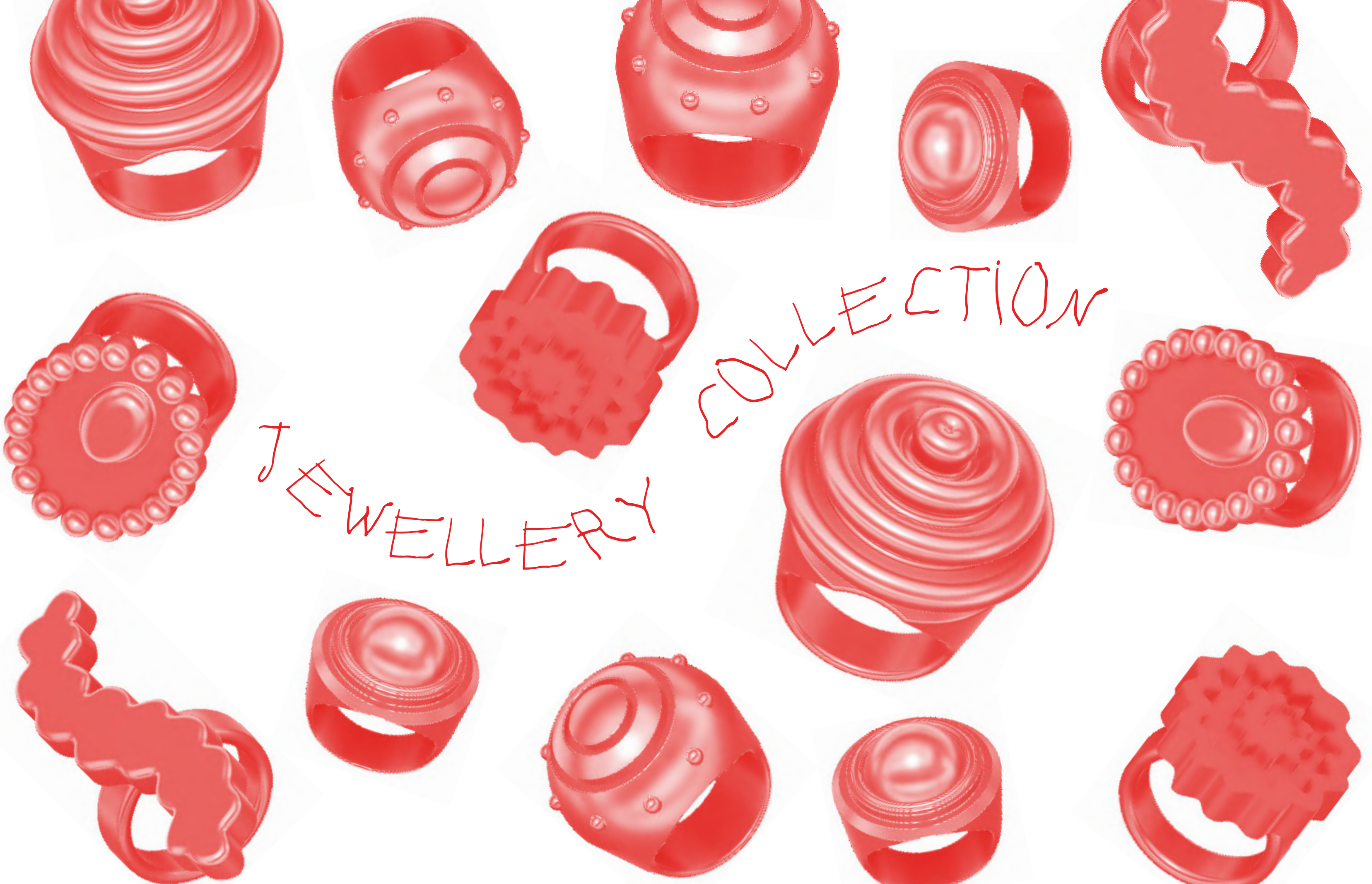
TO CREATE AN ORNAMENTAL PIECE FOR THE EXTERIOR OF THE BODY, WHICH IS MADE FROM THE INTERNAL MATERIALITY OF THE BODY. FROM THE INSIDE TO THE OUTSIDE OF THE BODY.

My project aims to create a unique and visually captivating ornamental piece for the exterior of the body, using the body's own internal materiality, menstrual blood. Exploring the concept of transformation from the inside to the outside, I aim to create a representation of the ovarian menstrual cycle and to be thought-provoking.

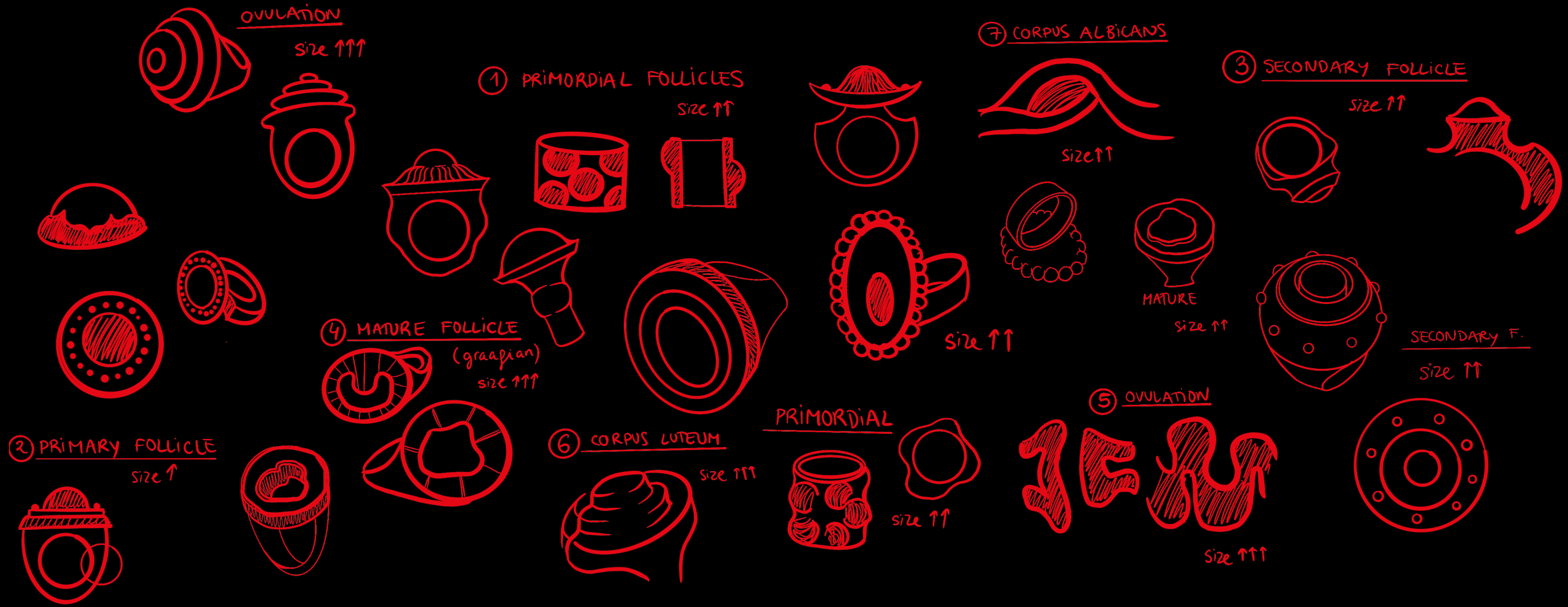
Traditionally, ornamental pieces have been created using external materials such as metals, precious stones or fabrics. However, I believe there is immense beauty and artistic potential in using the internal materiality of the body as a means of self-expression and self-identity.

Unique and meaningful rings made with menstrual blood that challenge the taboos and stigmas associated with menstruation, empowering women of childbearing age who use menstrual cups and revaluing this resource by promoting its beauty and sustainability.

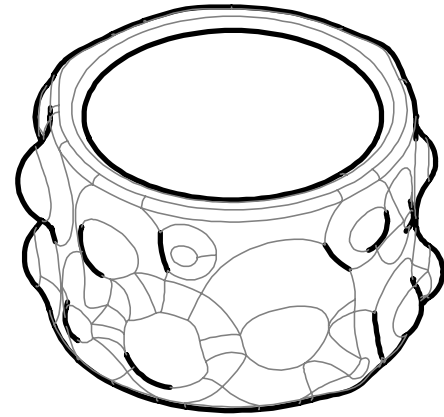




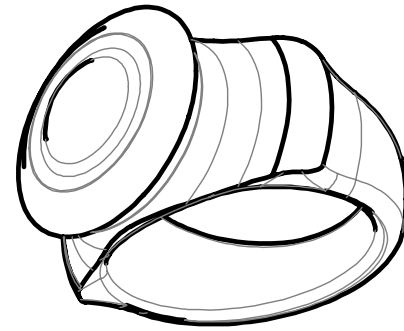
JEWELLERY COLLECTION



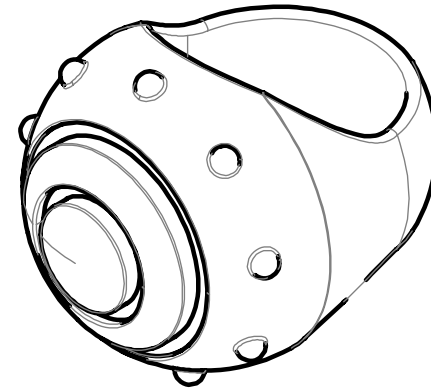
PRIMORDIAL RING



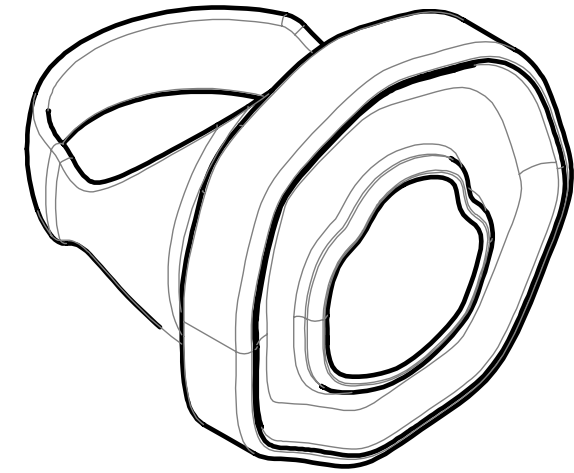
PRIMARY RING



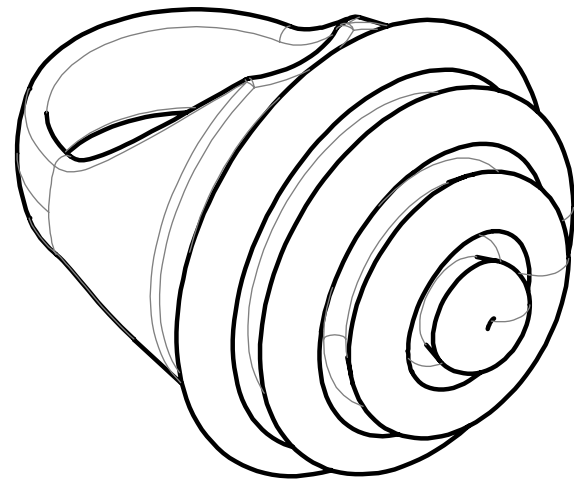
SECONDARY RING



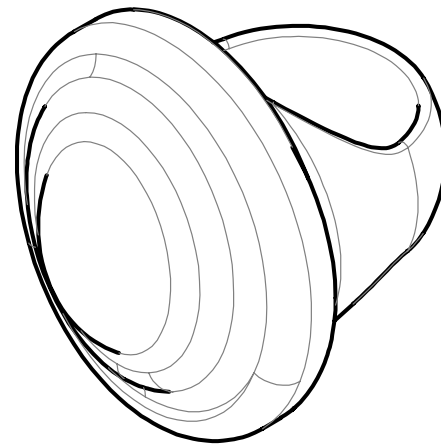
MATURE RING



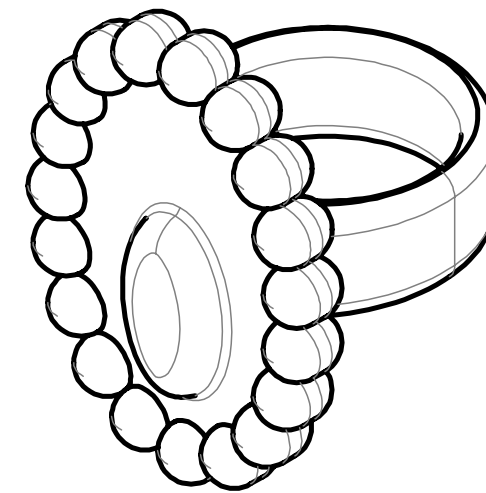
OVLATION RING

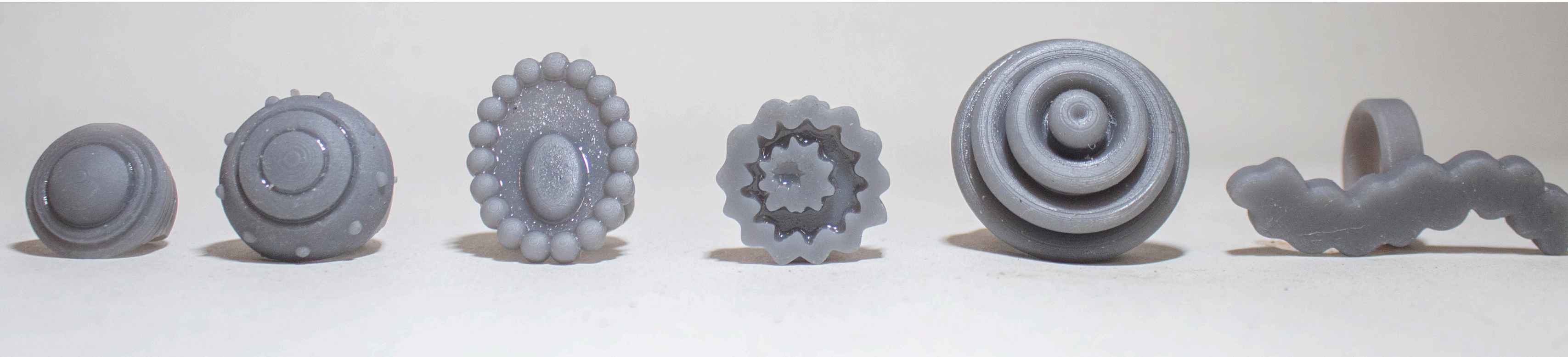


CLUSTERS RING



CALBICANS RING





Dimensional testing of three 3D printed resin rings.



Testing the ergonomics of the rings of the first 3D printed shapes.

To ensure the quality and functionality of the product, I carried out the creation of mockups to test ergonomics, sizes, shapes and volumes. This process involved generating 3D models using Fusion 360 software, which allowed me to visualise and adjust the design details of the rings.



First steps for the prototyping of the silicone moulds: Put the ring inside the cardboard and fill half of it with moulding clay.



Pour the silicone to create the first half of the mould.



Create holes to generate lugs in the silicone mould.

For the prototyping of the silicone moulds, I needed the following materials: 1:1 scale rings made by 3D printing resin, a pack of silicone and catalyst, moulding clay and cardboard.



Demoulding of the 3D printed ring and obtaining the first half of the mould.

PRIMORDIAL RING

General Dimensions: 14x24x24mm
Weight: 1,95g



PRIMARY RING

General Dimensions: 23x26x10mm
Weight: 1,57g



SECONDARY RING

General Dimensions: 24x24x30mm
Weight: 4,24g



MATURE RING

General Dimensions: 30x30x30mm
Weight: 5,93g



OVLATION RING

General Dimensions: 33x33x41mm
Weight: 10,3g



CLUSTERS RING

General Dimensions: 35x35x30mm
Weight: 8,52g



CALBICANS RING

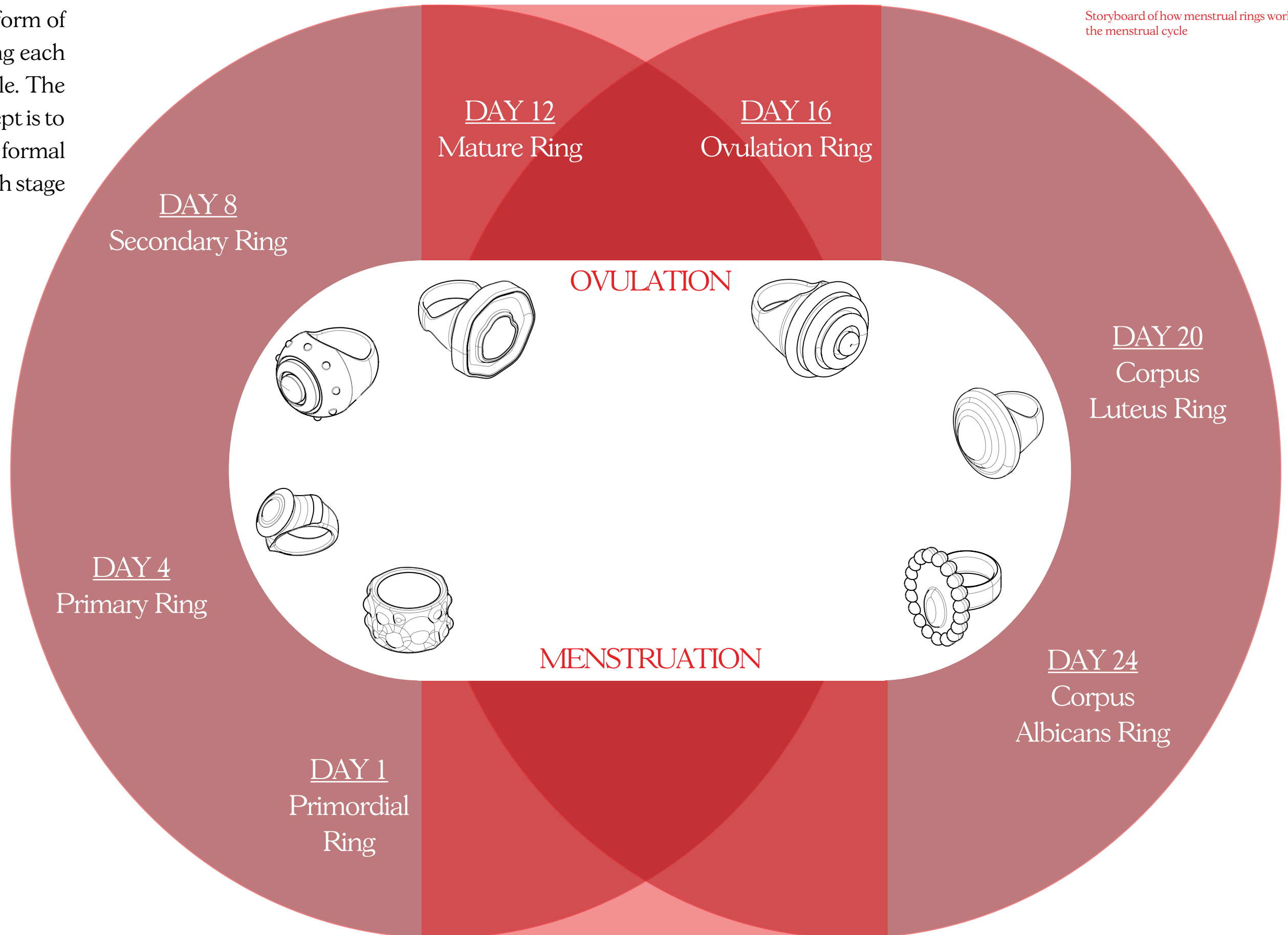
General Dimensions: 24x24x32mm
Weight: 2,55g



The product proposal takes the form of a collection of 7 rings representing each of the phases of the ovarian cycle. The main approach behind this concept is to capture the essence and unique formal characteristics of the ovum at each stage of the menstrual cycle.

As the menstrual cycle progresses, the woman adds the ring corresponding to the phase the woman is in. In this way, when a woman is wearing all the rings in the collection, she is at her most empowered and it coincides with the time of menstruation. It is a visual reminder of strength and connection to the menstrual cycle, and symbolises the power and beauty that each woman experiences at each stage of her reproductive cycle.

Storyboard of how menstrual rings work during the menstrual cycle



MENSTRUAL MATTER JEWELS

MATERIALS EXPERIMENTATION

BY LAIA TORT SOLSONA

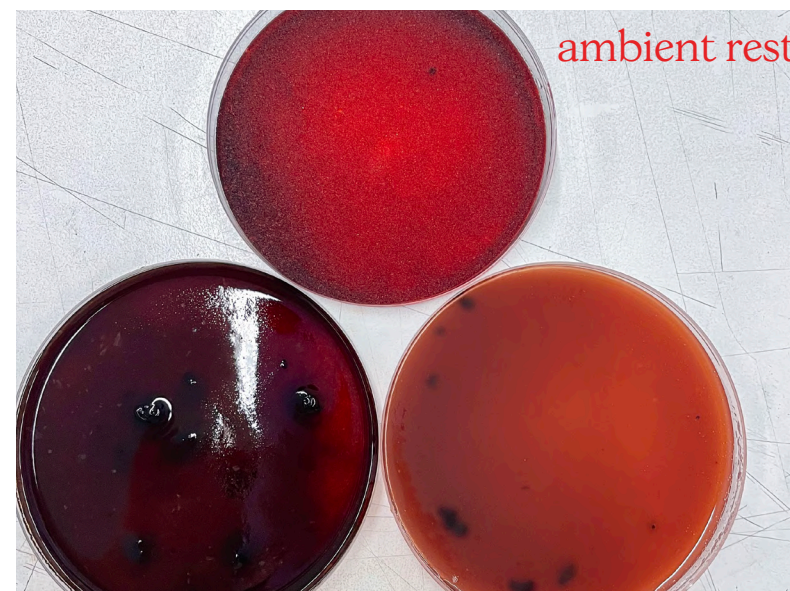
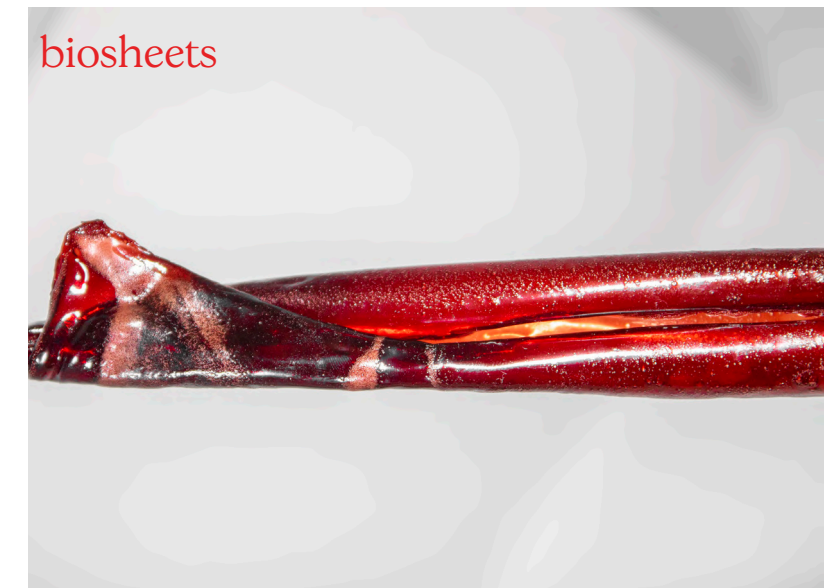
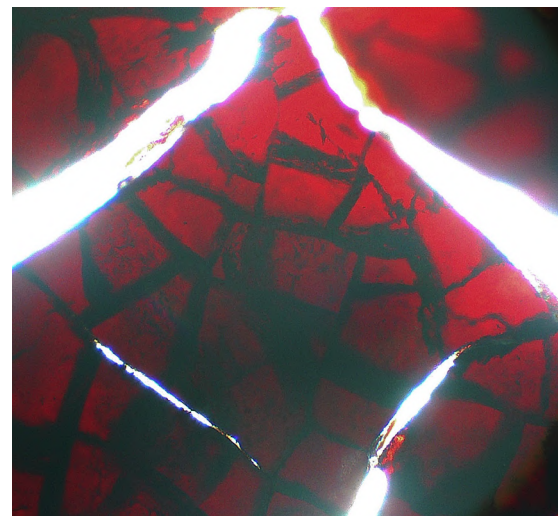
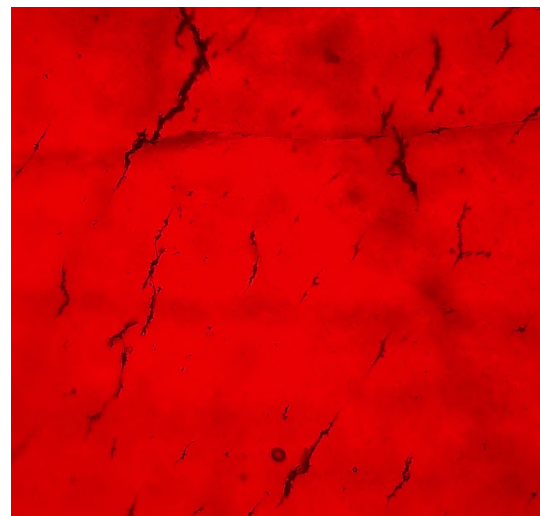
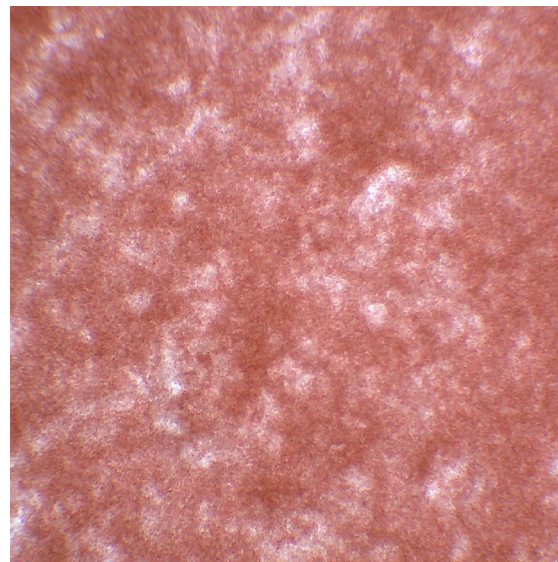
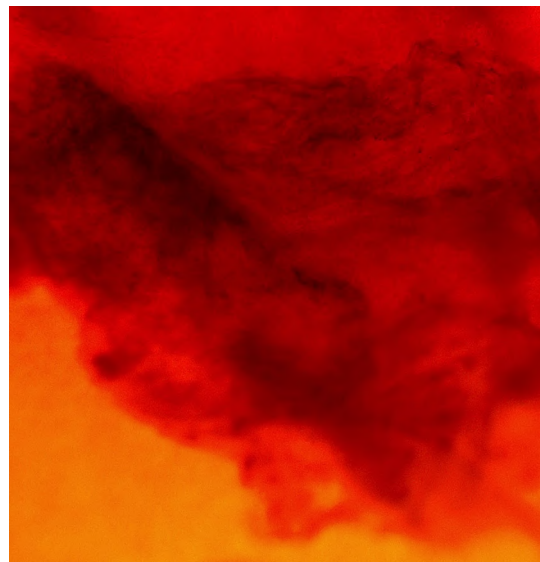
Based on the analysis of the raw material of menstrual blood itself, these images are microscope images of what menstrual blood looks like in its liquid state, and in its dehydrated state.

By processing the blood with different processes I have obtained different results. From bio threads, biosheets, multilayer tex-

tiles to experimentation with silicone moulds. All the tests always keep in mind a basic requirement, that it is biodegradable and compostable material.

Finally, I discarded those materials that did not work for me and I have kept the process using silicone moulds for this jewellery project.

Blood sample under the microscope at different magnifications (liquid and dehydrated state)



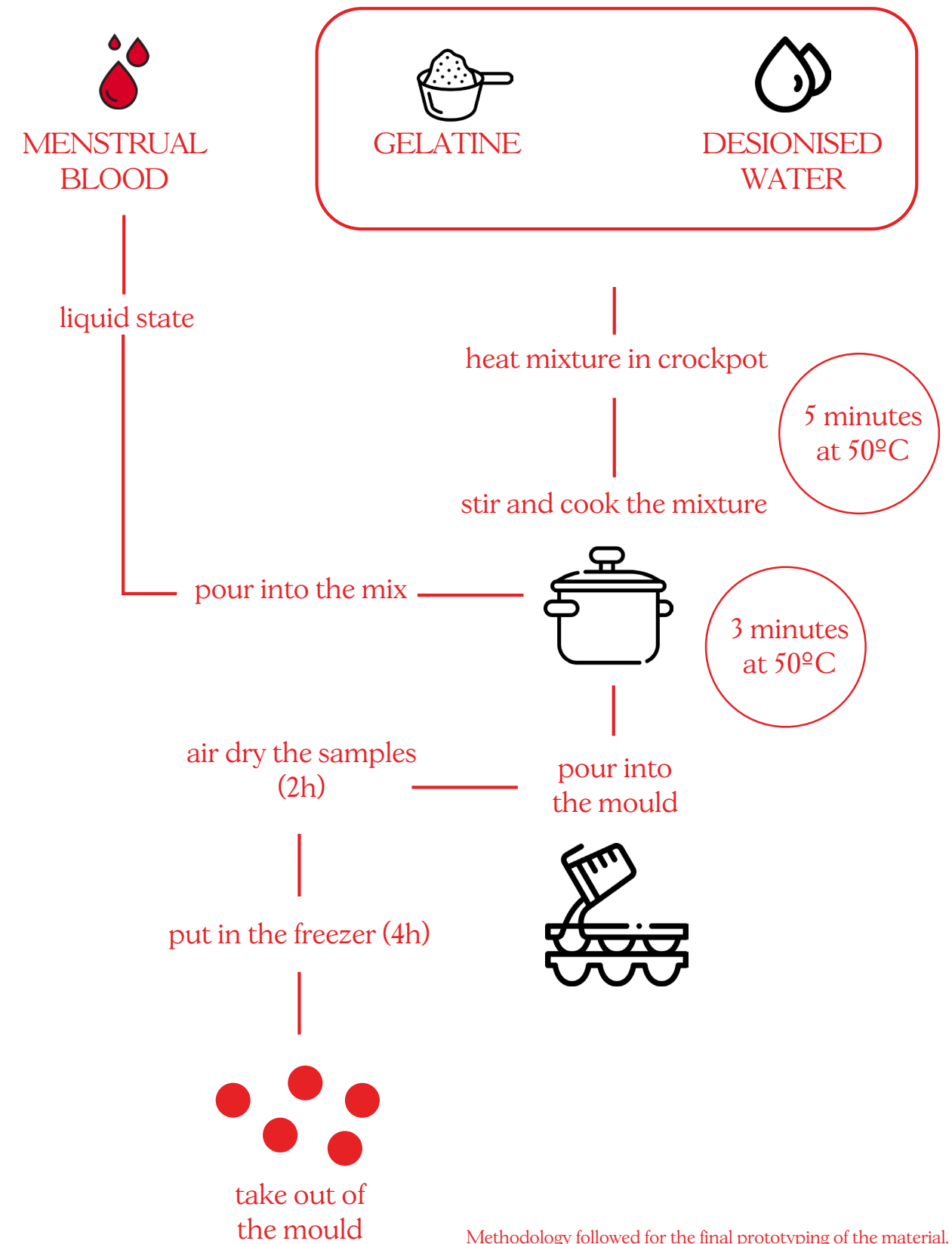


Prototyping of the new material (left picture, cooking of the gelatine with water/ middle picture pouring of the blood into the mixture/ right picture cooking of the complete mixture ready to be poured into the corresponding mould).

To make the material for the menstrual rings, I used only three ingredients: menstrual blood, gelatine and distilled water. Thanks to the right size of the mould cavity, I carefully introduce the material into the mould while the air escapes through the same hole.

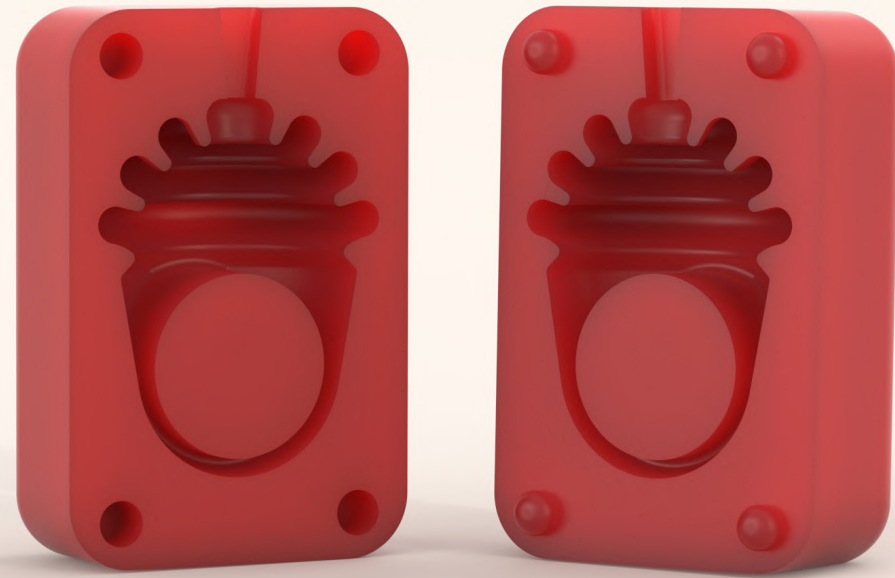


Filling of the ring mould by the material injection channel.



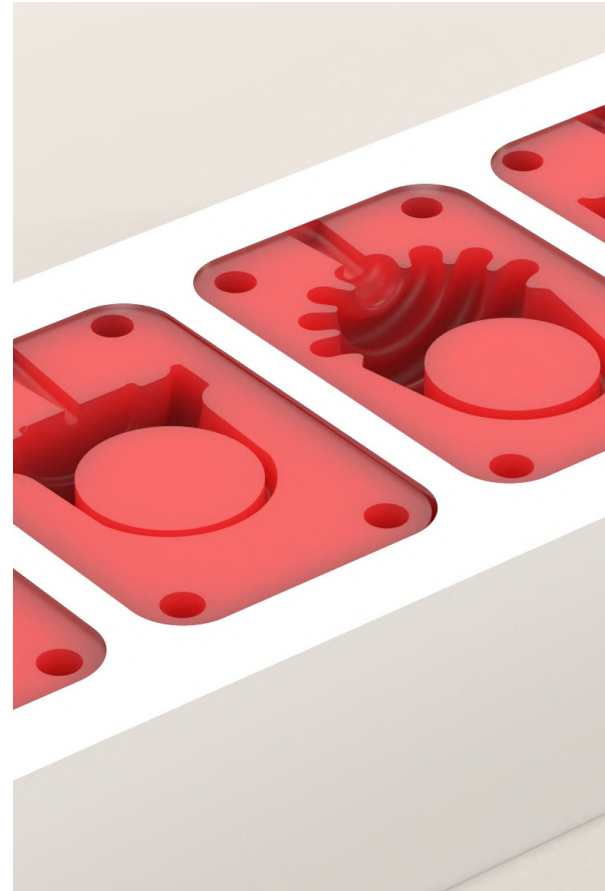
Methodology followed for the final prototyping of the material.

MENSTRUAL MATTER JEWELS

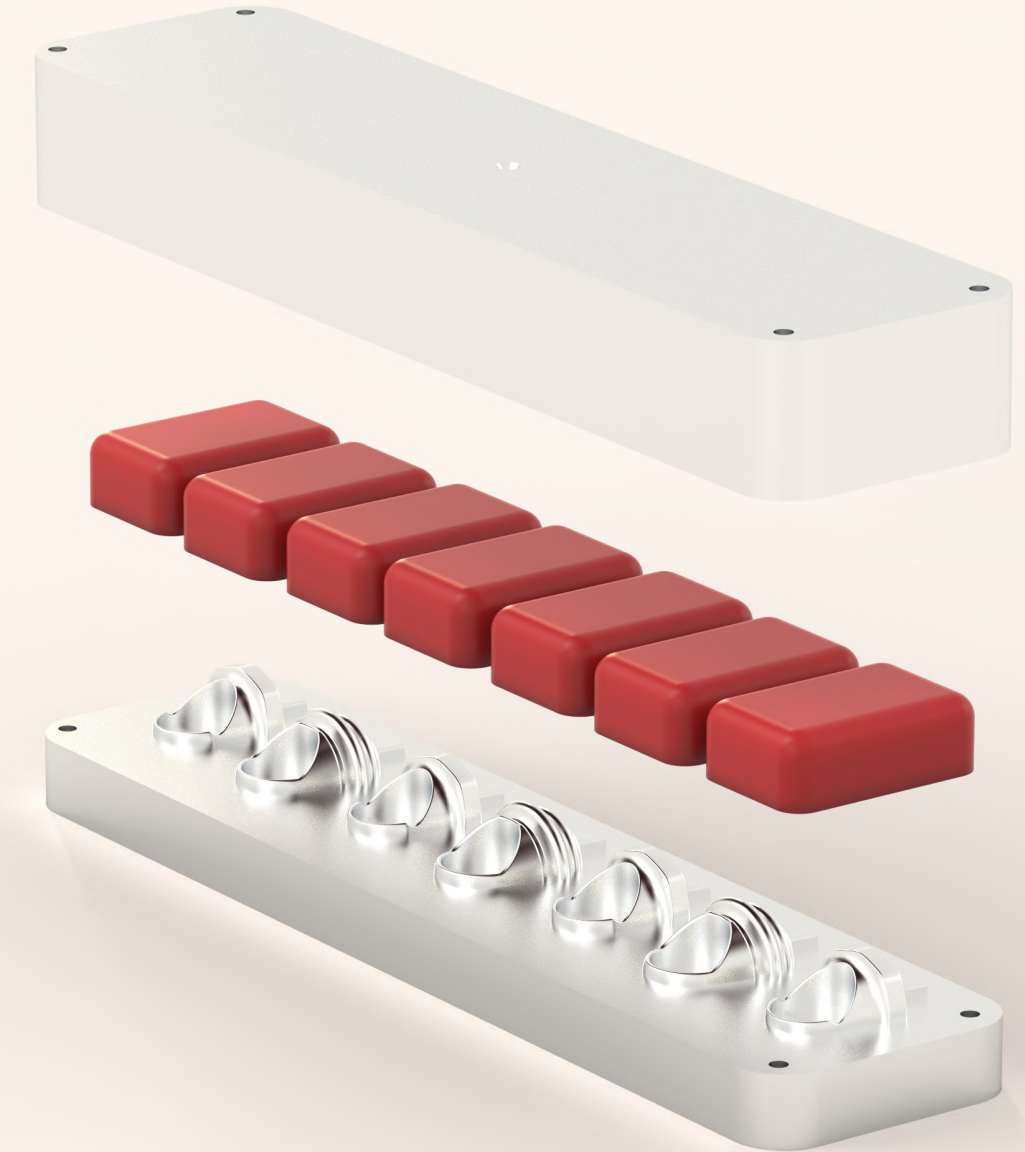


Visualization of one of the seven silicone molds for rings.

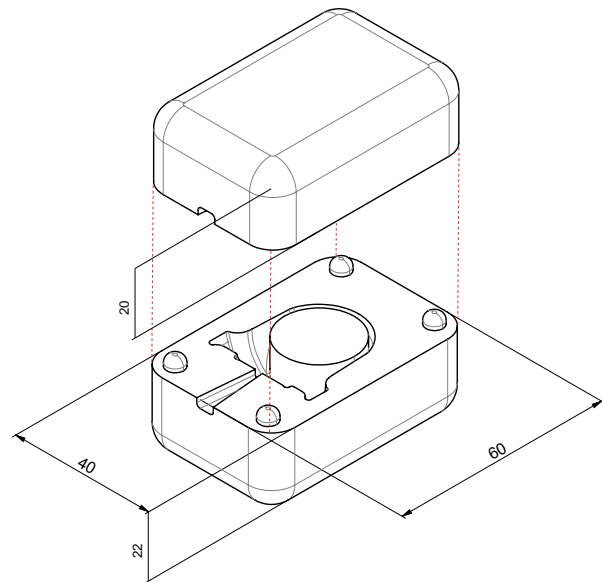
MOULDS DESIGN



Close-up of silicone mould inside the aluminium



Exploded visualisation of the aluminium mould system, silicon moulds and the rings inside.



In the process of manufacturing the rings, the creation of a set of seven soft silicone moulds is required. The aluminium moulds necessary for the manufacture of silicone moulds were also developed, guaranteeing an efficient and precise production process.







