

# Second Skin

## An on - the - job recovery experience



For us human beings in the West, clothing has become a disposable product that provides us with protection from the environment and displays our sense of style. But, the future of clothing is about to change with the rise of smart textiles.

**Enso** is a blouse designed for female employees that work in office environments aged 25 to 35 that are not able to relax from work. Enso provides an on-the-job recovery experience that can be accessed whenever the wearer feels like it.

By using body and mind relaxation techniques a choice of electronics was made that could imitate bodily activities. These are a vibration motor that resembles a heartbeat at rest, a DC motor that mimics the movement of the body while breathing and LEDs that provide a breathing exercise for wearers to engage in.



By closing the garment the wearer can control when she wants to start the relaxation process



The small piece of fabric at the bottom of the collar functions as a fidget tool. A heartbeat sequence is felt on the skin to keep the wearer calm and focused while working.



The wearer can start the breathing exercise by caressing the left sleeve. The sleeve lights up and the collar move up and down in a breathing sequence at rest.