

EMOTIONAL SHOWERS AND HOW TO SOLVE THIS.

Project 
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WHY DID WE STOP CUDDLING STUFFED ANIMALS?





STRESS LEVEL



**TAKING REALLY LONG
SHOWERS WITHOUT DOING
ANYTHING.**



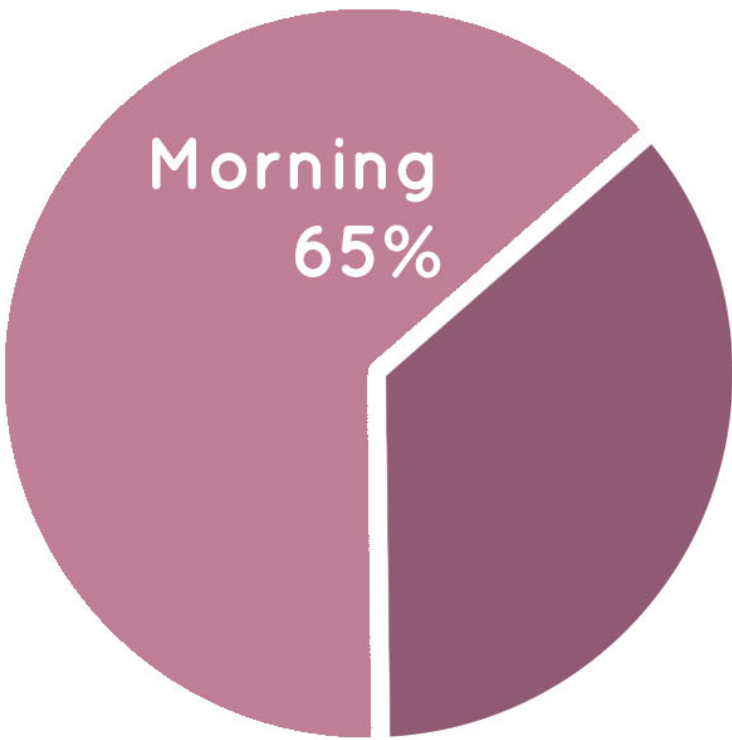
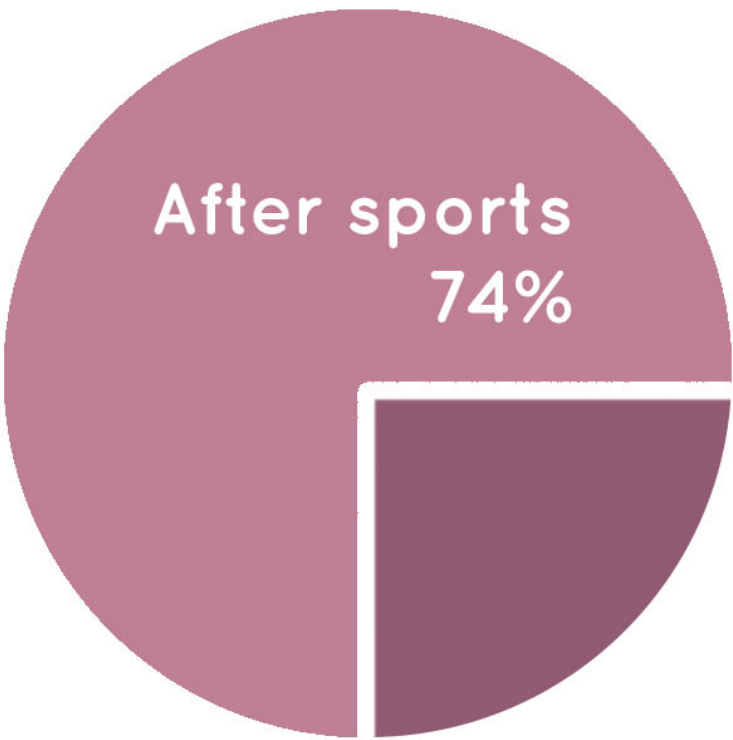
THE DAMAGE FOR THIS PROJECT

ALONE, I USED
12.096 LITERS OF WATER,
WHICH ARE
45 BATHTUBS
EXTRA EMOTIONAL SHOWER WATER

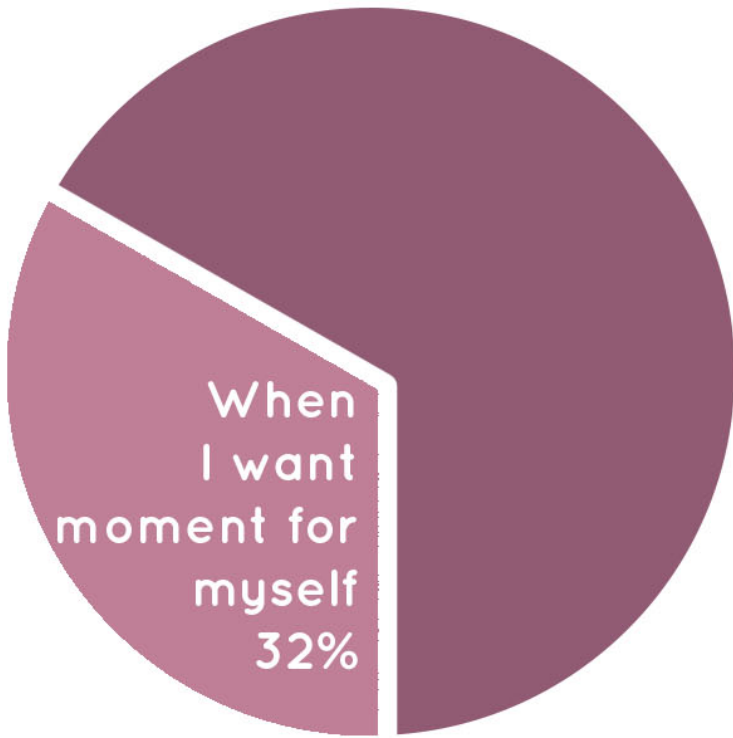
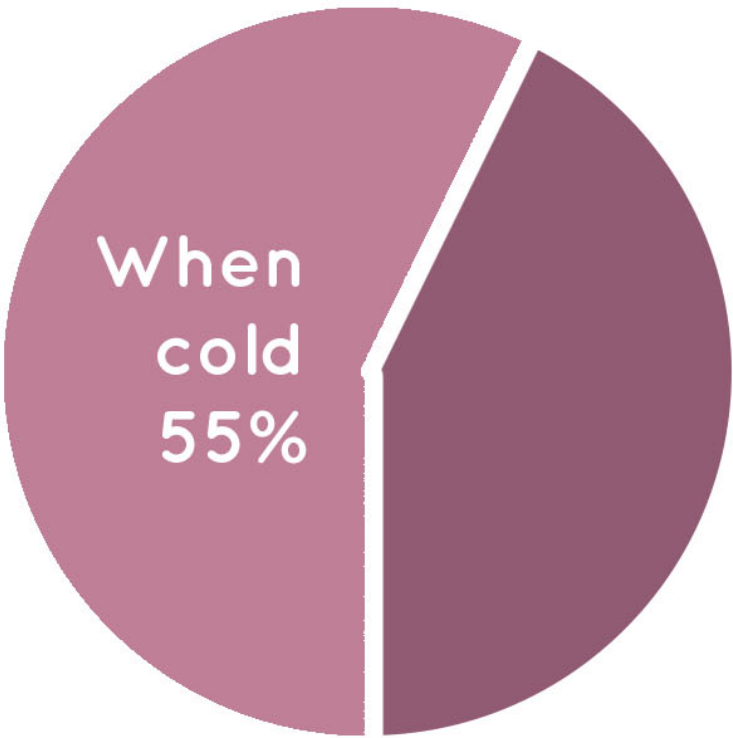


HOW MANY OF THEM?

FUNCTIONAL SHOWER



EMOTIONAL SHOWER



N=31

WOMEN'S PROBLEMS

OVERTHINKING

HORMONES

GENETIC

MORE INVOLVED

WE TALK ABOUT IT



WOMEN'S PROBLEMS

OVERTHINKING

HORMONES

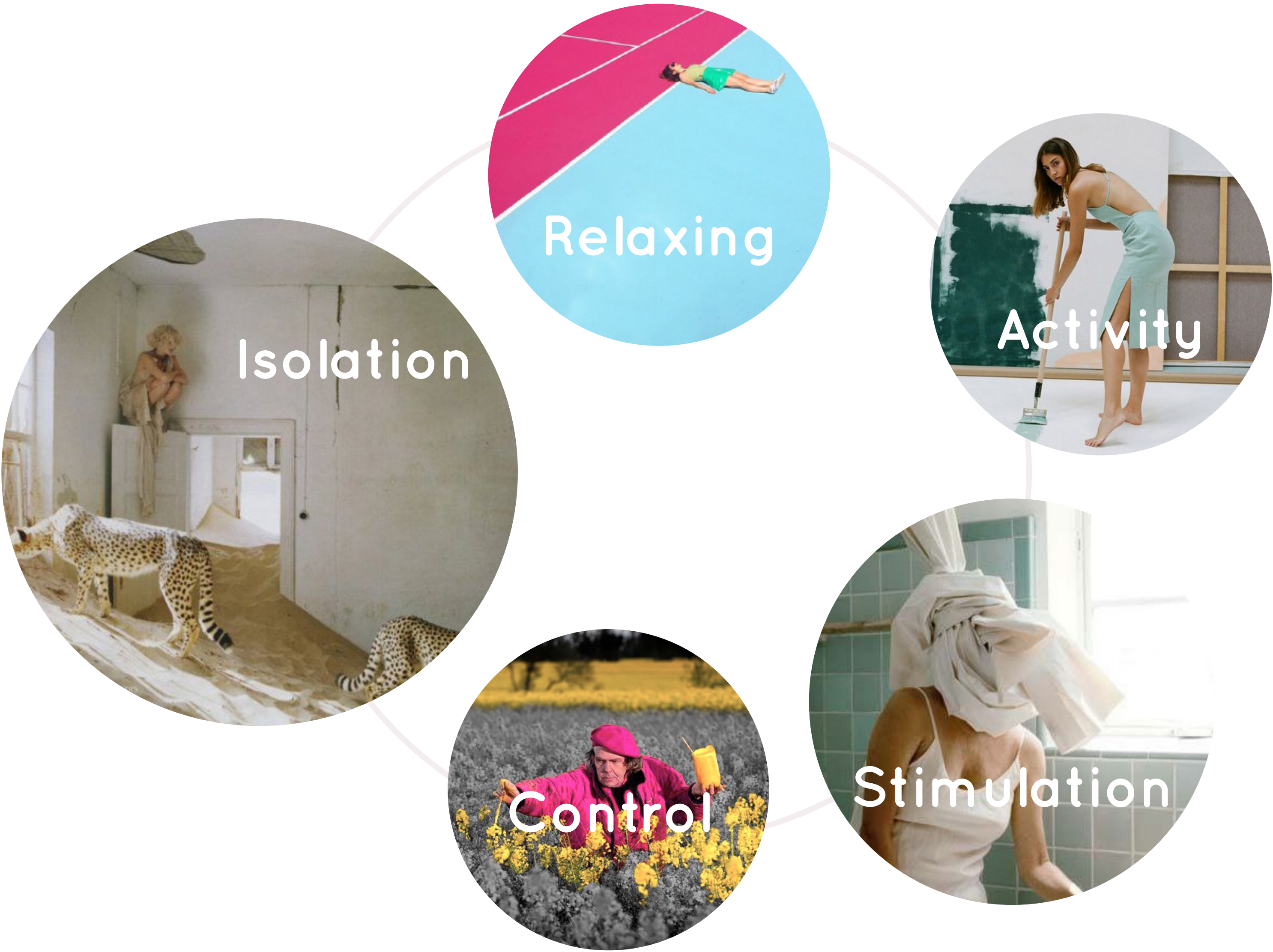
GENETIC

MORE INVOLVED

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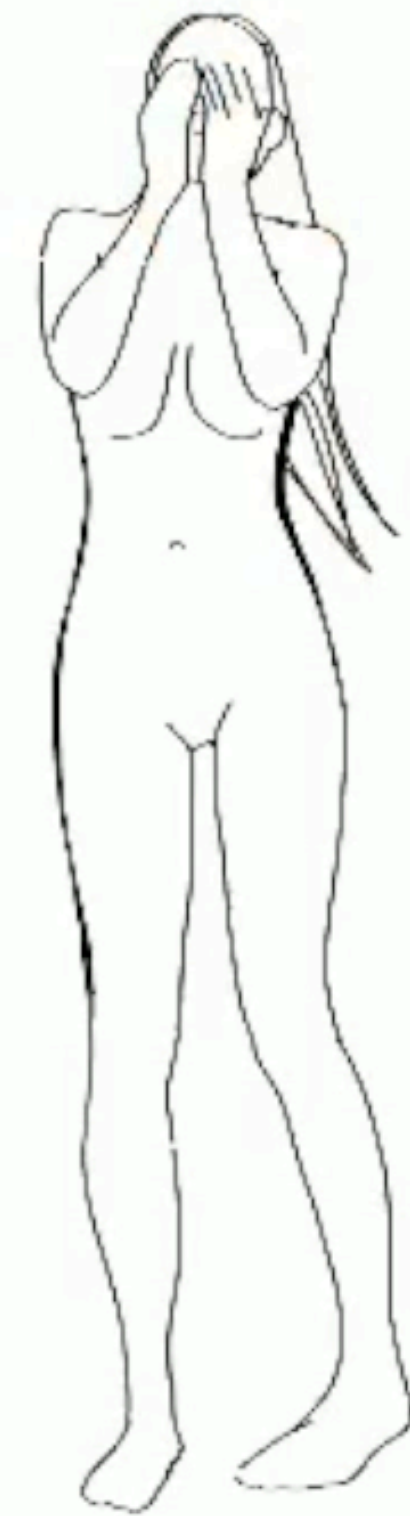


OVERTHINKING
NEEDS



EMOTIONAL SHOWERS

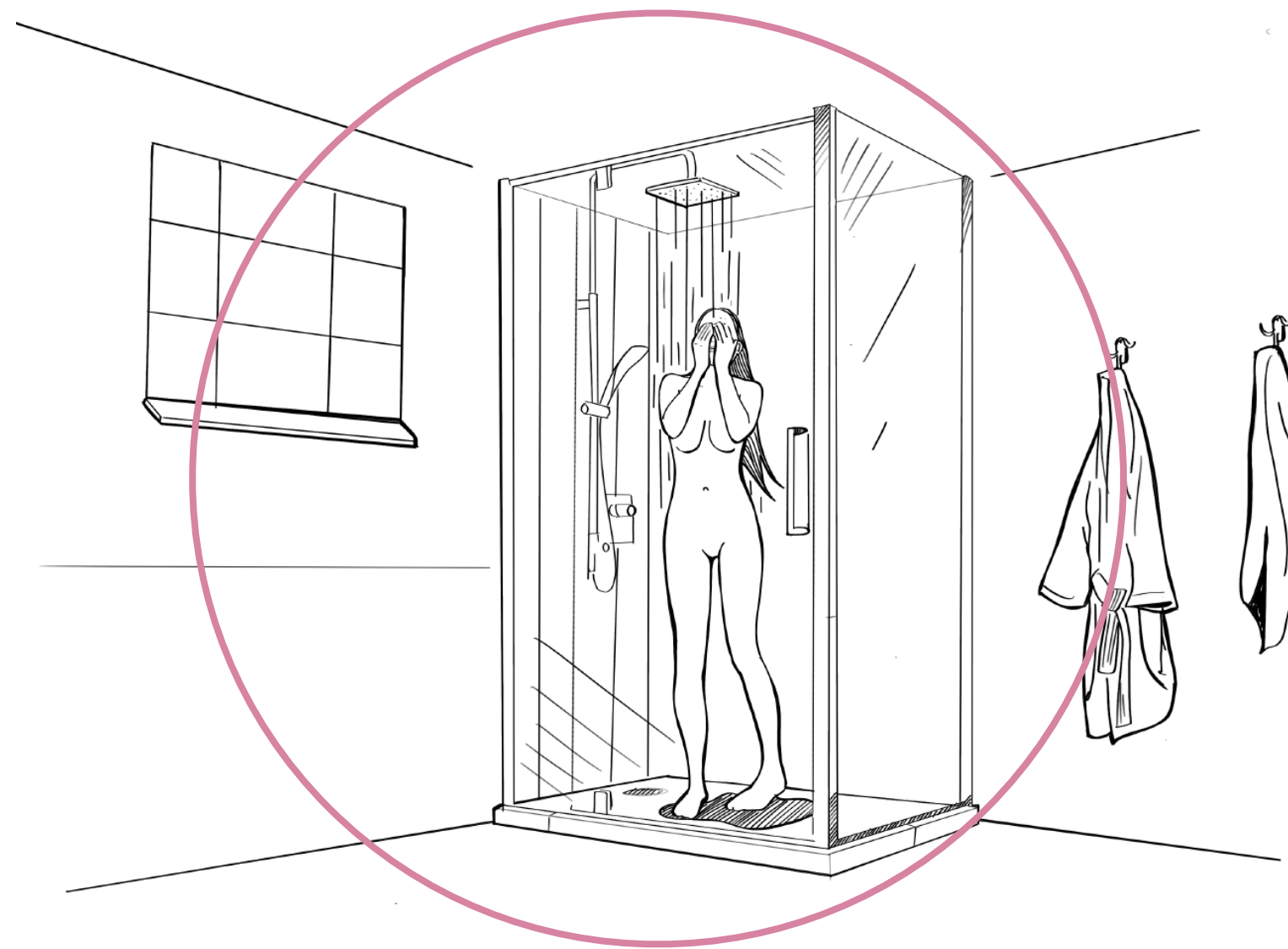
Isolation
Warmth of water and steam
Kind of activity
Repetition of sound and pressure
Control



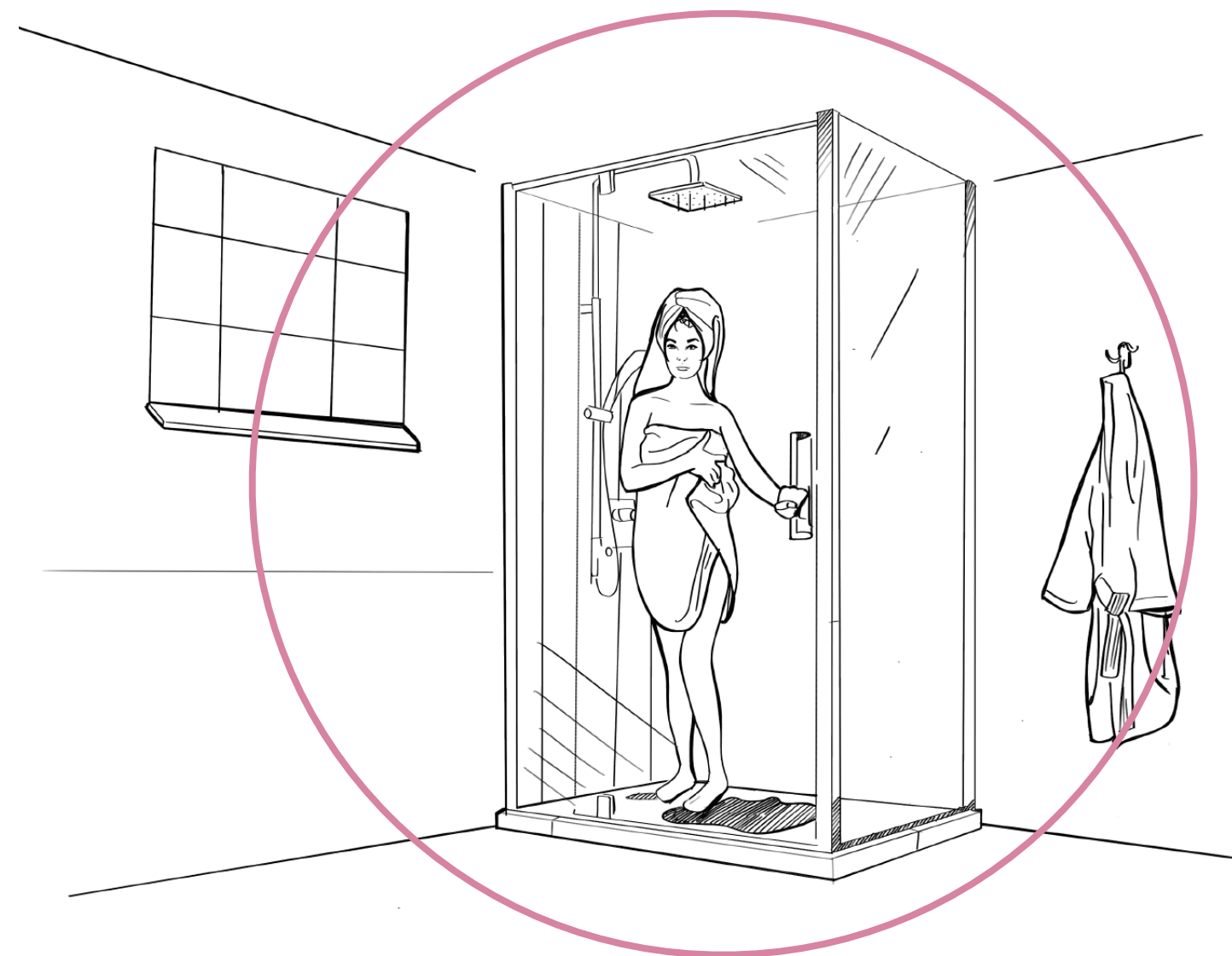
**I WANT WOMEN TO USE
LESS WATER WHEN THEY
WANT TO SHOWER FOR
EMOTIONAL NEEDS**



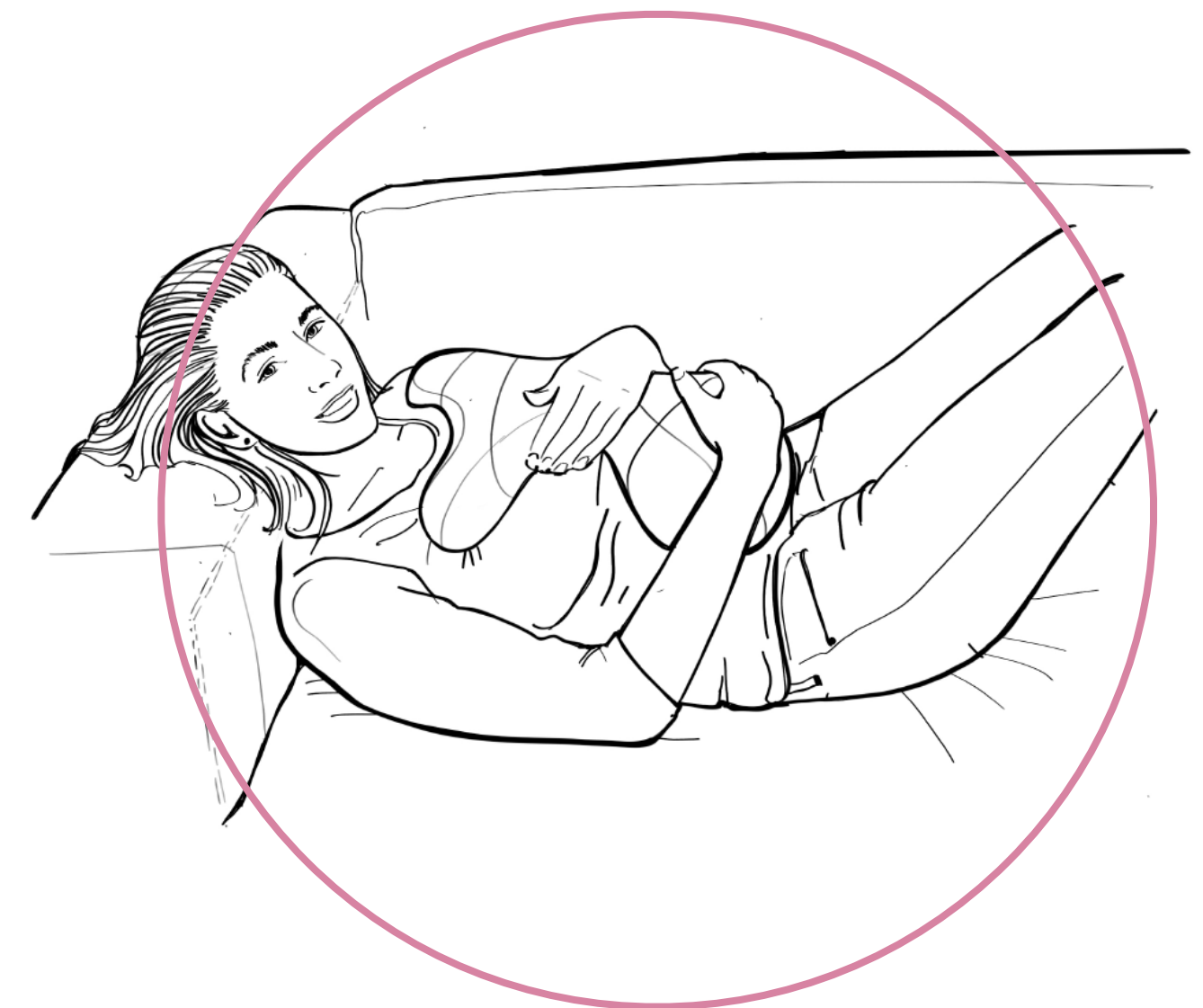
**I WANT WOMEN TO USE
LESS WATER WHEN THEY
WANT TO SHOWER FOR
EMOTIONAL NEEDS**



**Inside shower
(intensify
experience)**



**Outside
shower
(transition)**



**Outside
shower
(replacement
for shower)**

HOW?

INTERACTION VISION

**NON-COMMITTAL (ACTIVITY)
ACTIVE YET PASSIVE
REPETITIVE
RESPONSIBLE
BEING TRUSTED**



IDEATION

**AFTER
IDEATION,
FOUR
PROTOTYPES
WERE MADE
AND TESTED.**

BECAUSE OF DIFFERENT
STRUCTURES INSIDE
IT CAN BE TOUCHED AND
MASSAGED - NATURAL SHOWER
DUSHI

FOR AN INTENSIFIED EXPERIENCE

DUSHI CAN ALSO BE USED ON THE COUCH TO CUDDLE

IN BETWEEN RESULTS

IMPROVEMENTS

FABRIC STAYED WET
NO WHERE TO PLACE IN SHOWER



FINAL DUSHI
3 LAYERS

CUDDLE FLEECE
In cute pink



MICROKIK ANALOGY® INSULATOR
Soft and feels nice when wet

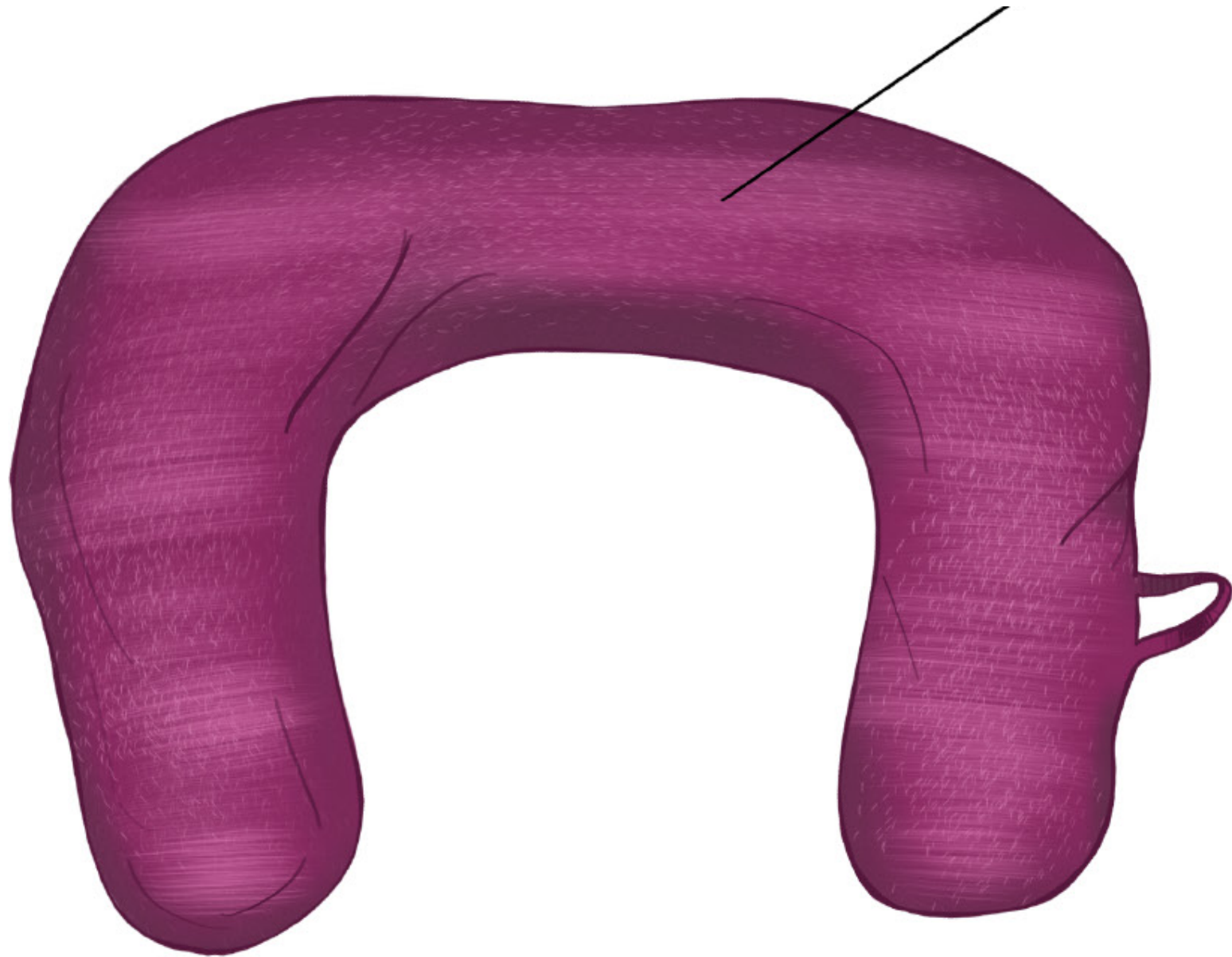
LOOP
Easy to hang in the shower

CUDDLE COVER Really soft
SHOWER COVER Soft and quickly dry
INNER COVER Encloses the stuffing

FINAL DUSHI

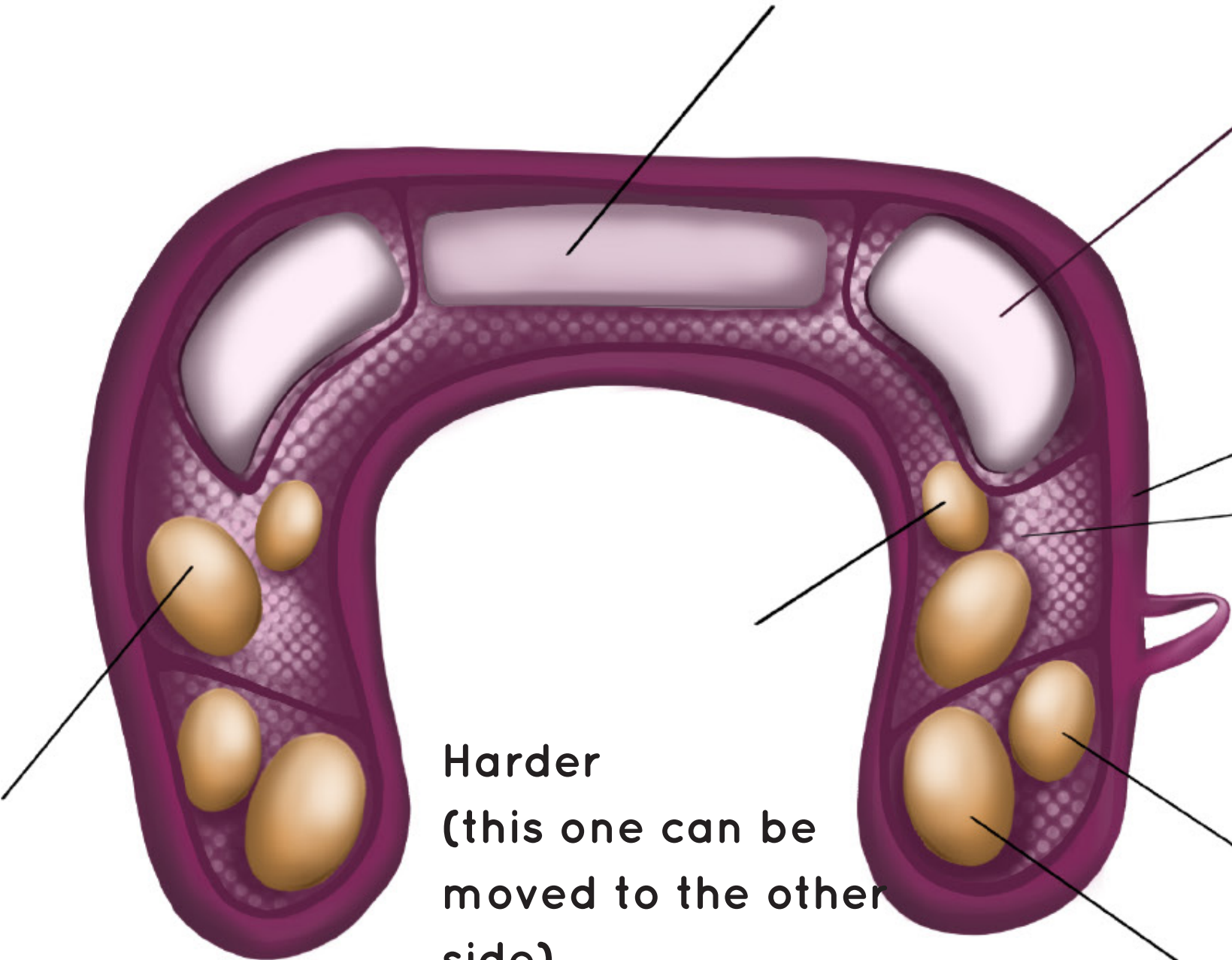
MATERIAL INSIDE

NIKWAX ANALOGY® INSULATOR



Compartment filled with soft material;
whole wheat or rice.

Down
(Nikwax Hydrophobic Down)



Water compartment
Heating element (chemical)
Cherry pits compartment

Air trapped (for insulation)
ISO Pearls

Harder
(this one can be
moved to the other
side)

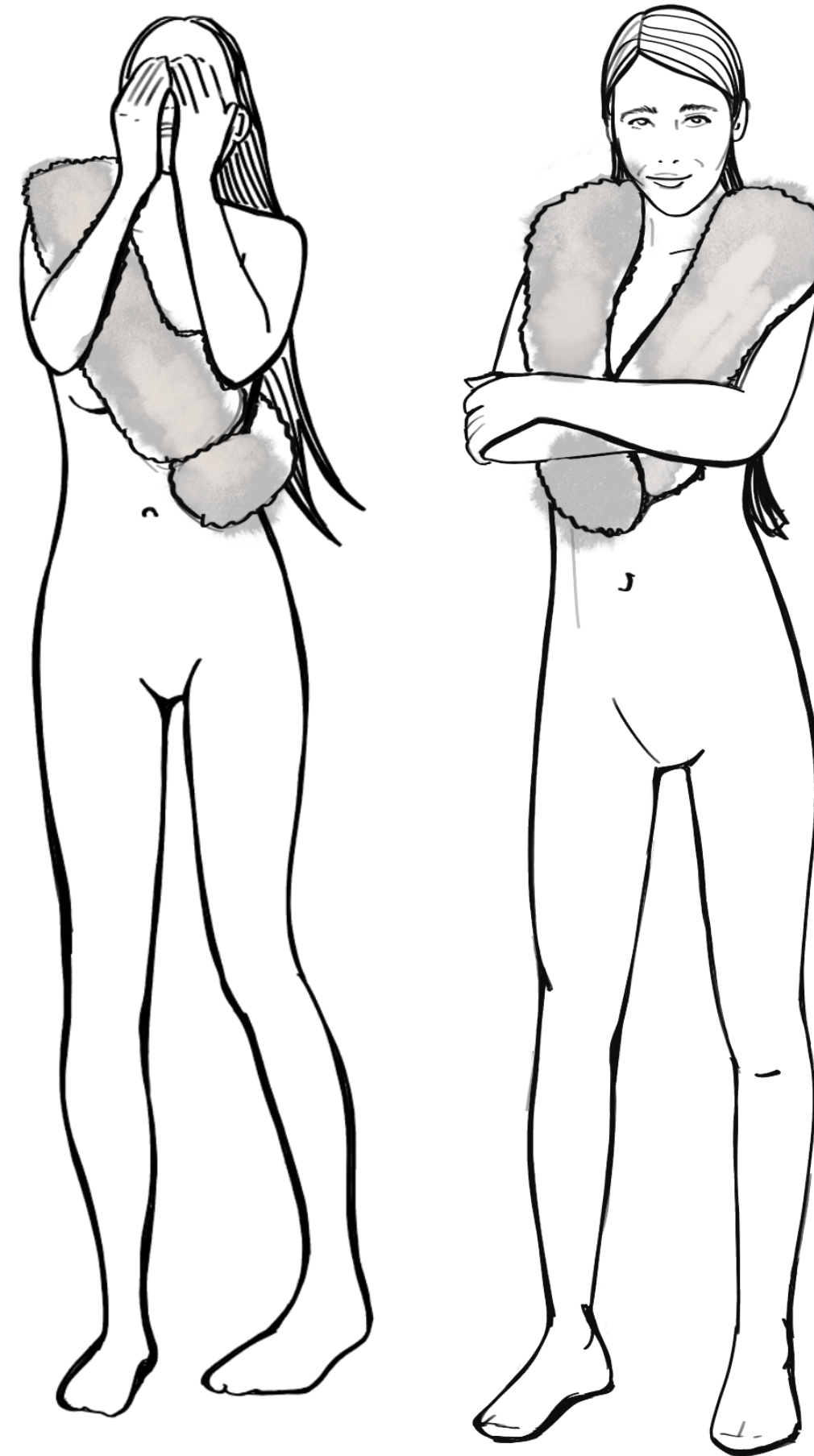
Compartment filled with
soft material; whole wheat
or rice.
All different in softness.

FINAL DUSHI USE SHOWER

CAN BE USED HANDSFREE



AROUND NECK OR SIDWAYS



BECOMES HOT BY THE WATER



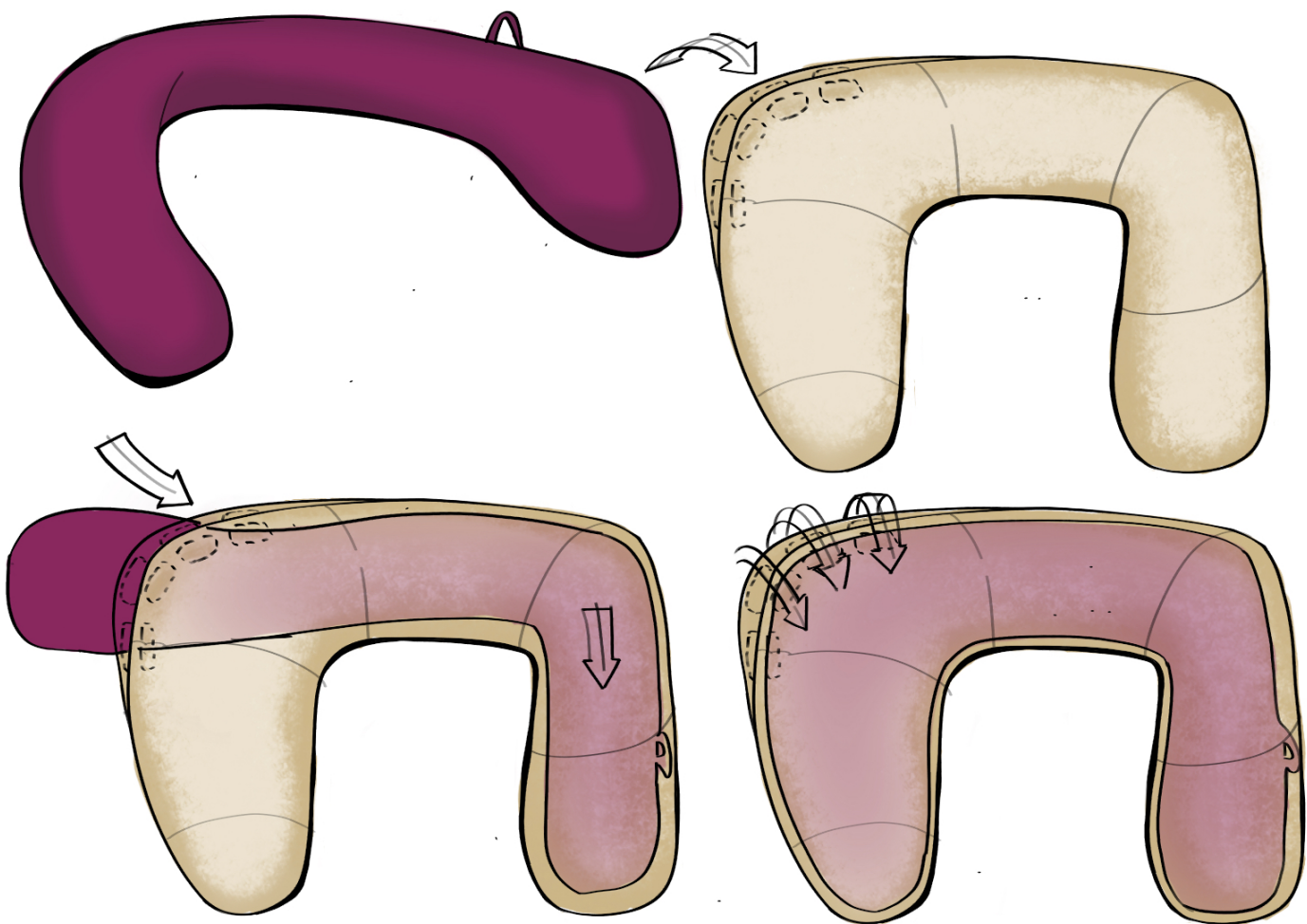
STIMULATION BY USING YOUR
HANDS TO MOVE ELEMENTS
INSIDE

FINAL DUSHI
USE TRANSITION

VELCRO FOR CLOSING



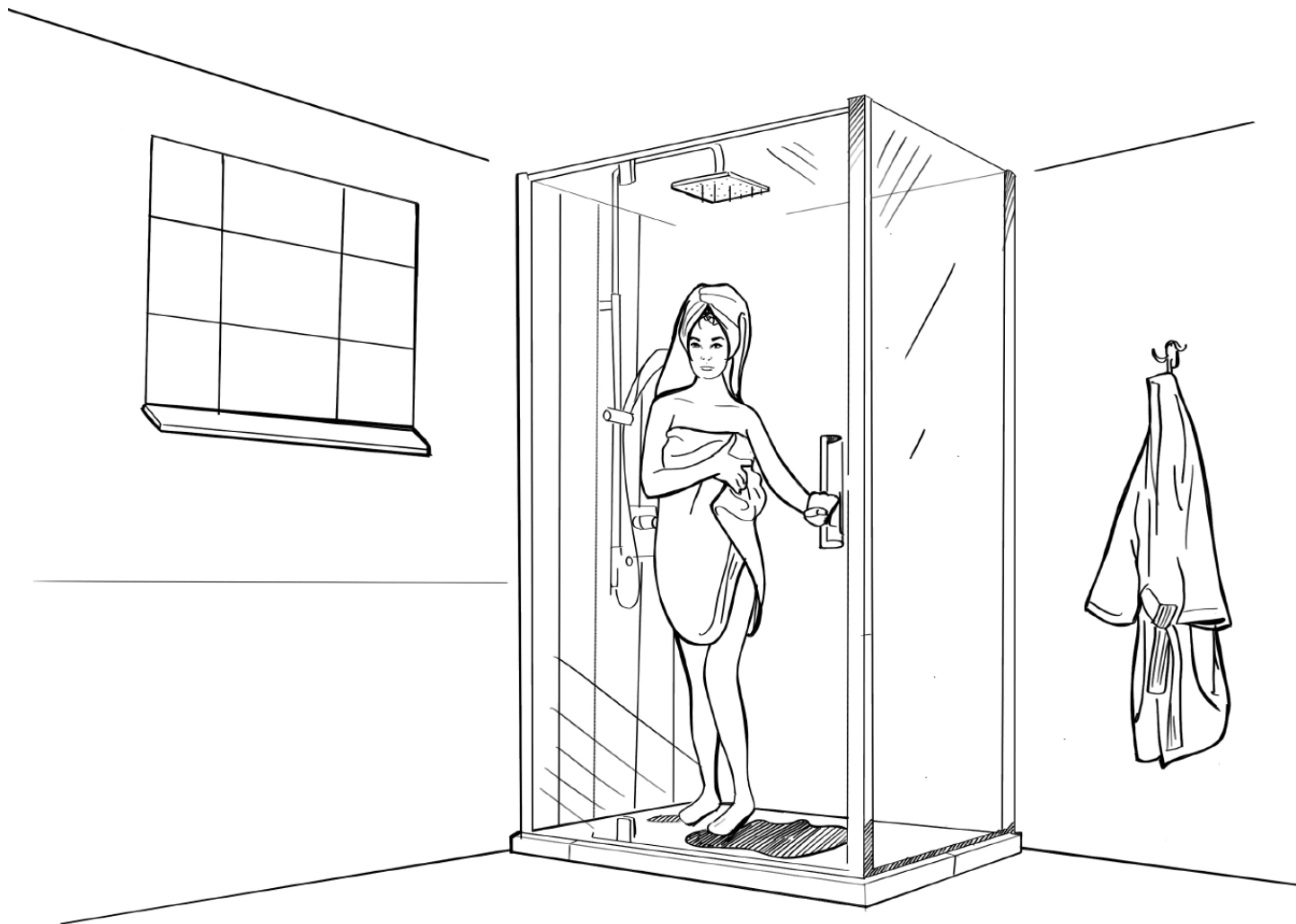
USED IN LAST TEST



FINAL DUSHI USE TRANSITION

Velcro at all sides*

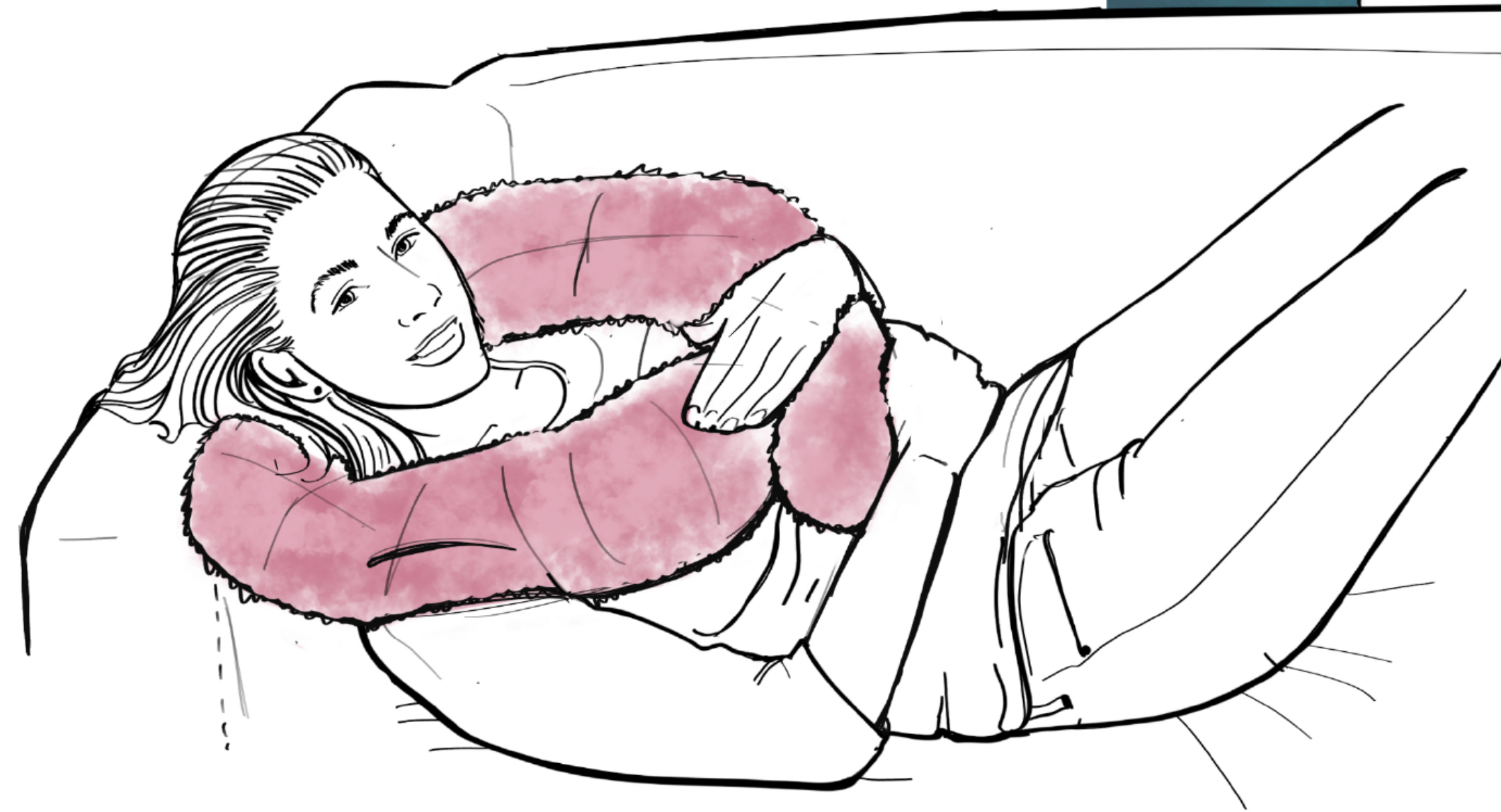
To make it easier in transition



FINAL DUSHI USE OUTSIDE SHOWER

Cuddling with warm soft Dushi

Heating elements can be placed
inside Dushi*



To make it more active; responsive
interactive lights inside the cover. *

FINAL DUSHI FIT TO INTERACTION

NON-COMMITTAL
TOTAL CONTROL
PASSIVE YET ACTIVE
SOFT YET HARD
FEELS VERY NATURAL
FEELS REALLY COMFORTING

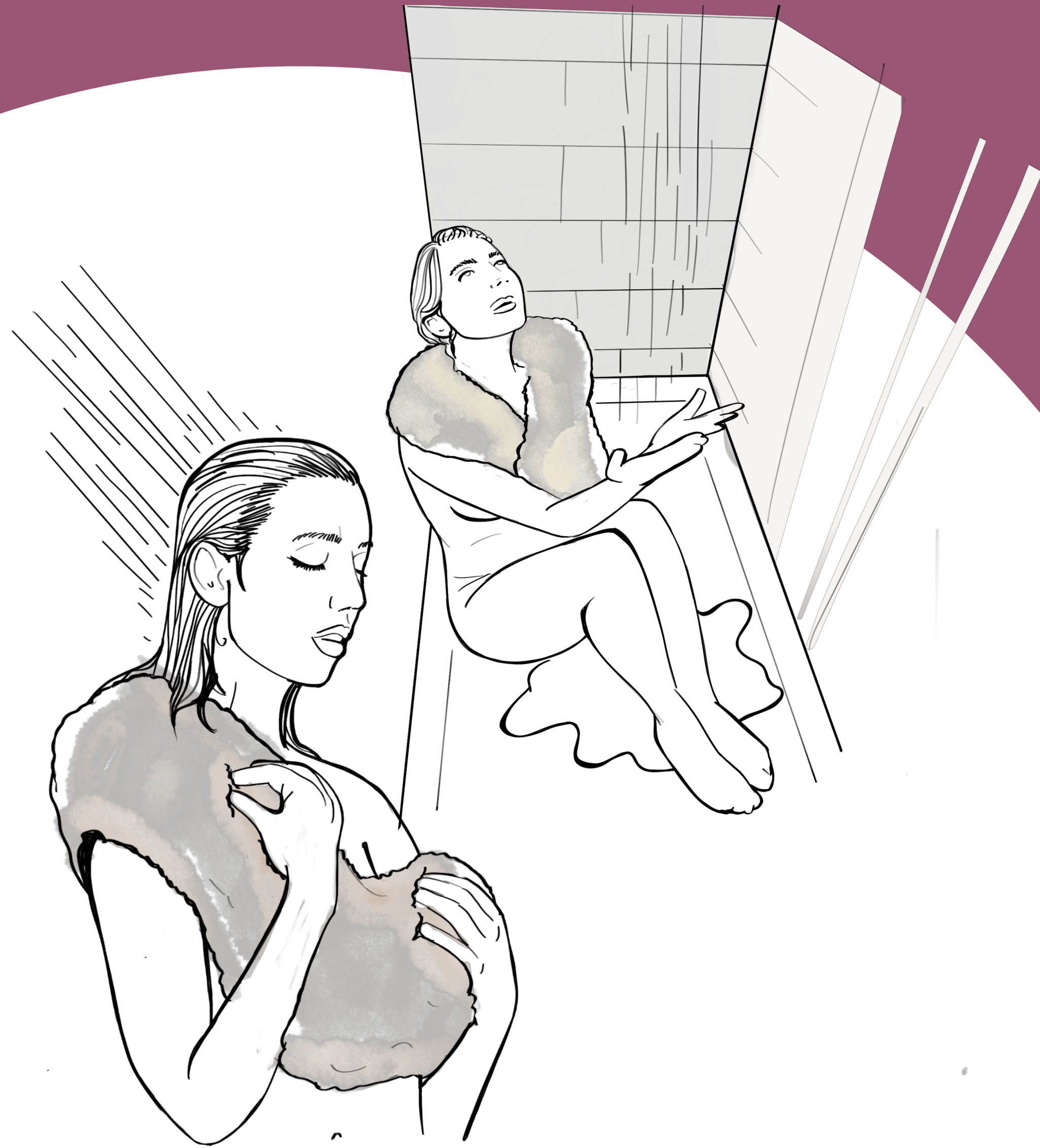


WOMEN USE LESS
WATER WHEN THEY
CUDDLE WITH DUSHI

**LET'S START CUDDLING
AGAIN**



QUESTIONS?



**JUST AS NICE TO CUDDLE WITH DUSHI
AS A SHOWER TO SKIP EMOTIONAL
SHOWERS NOW AND THEN.**



**I WANT WOMEN TO USE
LESS WATER WHEN THEY
WANT TO SHOWER FOR
EMOTIONAL NEEDS.**



DUSHI 1



DUSHI 3



DUSHI 2



GREAT

Fabric
Weight
Elements inside

Shape
Elements inside

Weight
Color

MEH

Asymmetry

Too light
Color
Fabric too harsh

Fabric too thin

RECOMMENDATIONS

Something that you
can put it somewhere.
Cools off quick
because the fabric is
wet.

A little loop to put it
on a hook

You have to hold it all
the time.
Make it fast drying

FUNNY

Nice that you can
move elements inside
the dushi.

Used it as pillow.





COOLMAX® (Invista)

Coolmax is a breathable polyester, it is moderately hydrophobic, so it absorbs little fluid and dries relatively quickly (compared to absorbent fibers such as cotton). It is a really soft fabric.

<http://coolmax.com/en/>

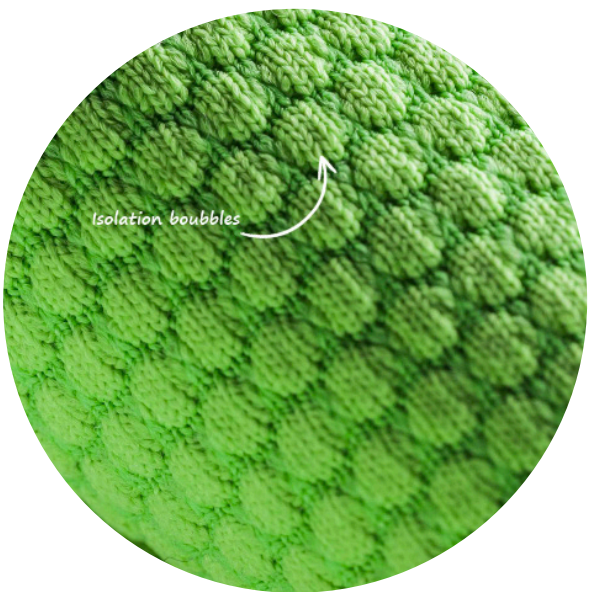


THERMOLITE® T-Down EcoMade (Invista)

THERMOLITE®

Thermolite® provides warmth and comfort without weight, even when wet. It is made with empty core fibers that trap air and create a layer with greater isolation. This is an eco-friendly one that is made from 100% recycled PET fiber.

Invista, <https://thermolite.com/Technologies-and-Innovations/THERMOLITE-EcoMade-Technologies>



Cortex 500

Cortex is made of different layers. The layers look similar to thermolite. This layer is mixed with a polyamide elastic woven fabric. The polyurethane membrane sticks both layers to create an amazing stretch fabric.

Lavtec Fabrics, <http://www.lavtecfabrics.com/cortex.shtml>

NIKWAX ANALOGY® INSULATOR

Nikwax Analogy® Insulator combines Nikwax® Windproof closely woven microfibre outer with Nikwax synthetic, water-resistant and provide excellent insulation for overlayering with other Nikwax fabrics. It retains heat very effectively and provides moisture vapour transfer.



Micro Fleece

Fleece

Quick drying, warm,
Breathable and superlight. Good
insulation due to fibres that
contain air. (quite cheap)



Microfibre

Mostly made from polyester. Is water repellant. Also used
for thermal insulation as a replacement for down feather
insulation in sleeping bags and outdoor equipment, be-
cause of their better retention of heat when damp or wet.
Microfiber is also used for water insulation in automotive
car covers.



Nylon

Water resistant Nylon
(polyamide with PVC coating
(also called PU coating). Quite
tough fabric though.



Soft Shell

Polyester with a coating on
top. Would not be totally
waterproof. Cheap.