

A close-up photograph of a person's hand holding a white, jagged-edged ring. The hand is positioned in the upper left, with fingers curled around the ring. The ring is held against the back of the hand, showing its intricate, spiky design. The background is a plain, light-colored wall. The lighting is soft, highlighting the texture of the skin and the sharp edges of the ring.

MIGRAINE STATES -

A personal exploration of the migraine
condition.

“ This annoying niggling pain that gradually gets worse before becoming unbearable. Barely able to speak or move without it hurting.

My mum took me to Chinese therapist she touched one place on my foot and I was on my knees with horrific pain in my head”

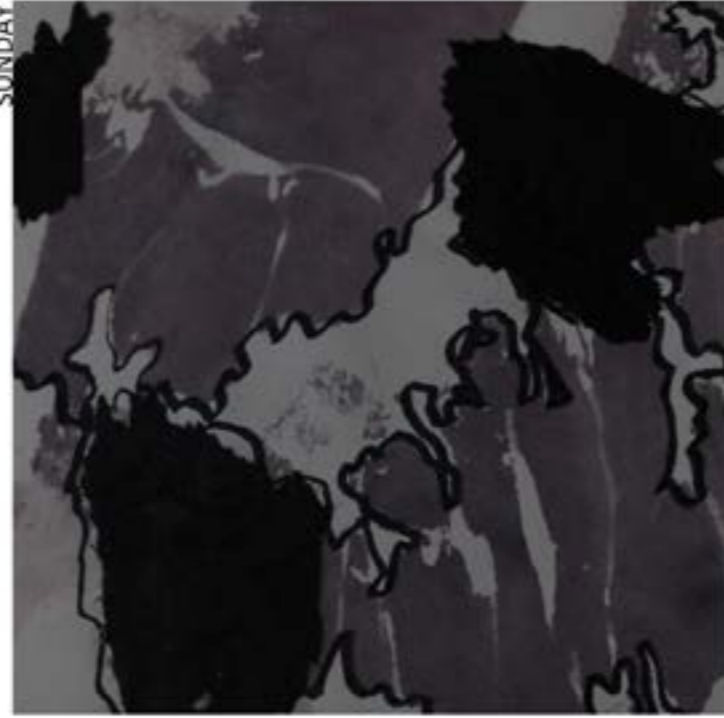
Migraines are commonly misunderstood and disregarded as ‘just a bad headache’, often considered to be magically cured with the pop of a pill or by being in a dark room. The often overwhelming and debilitating feelings of migraines are something that is only ever felt by the sufferer.

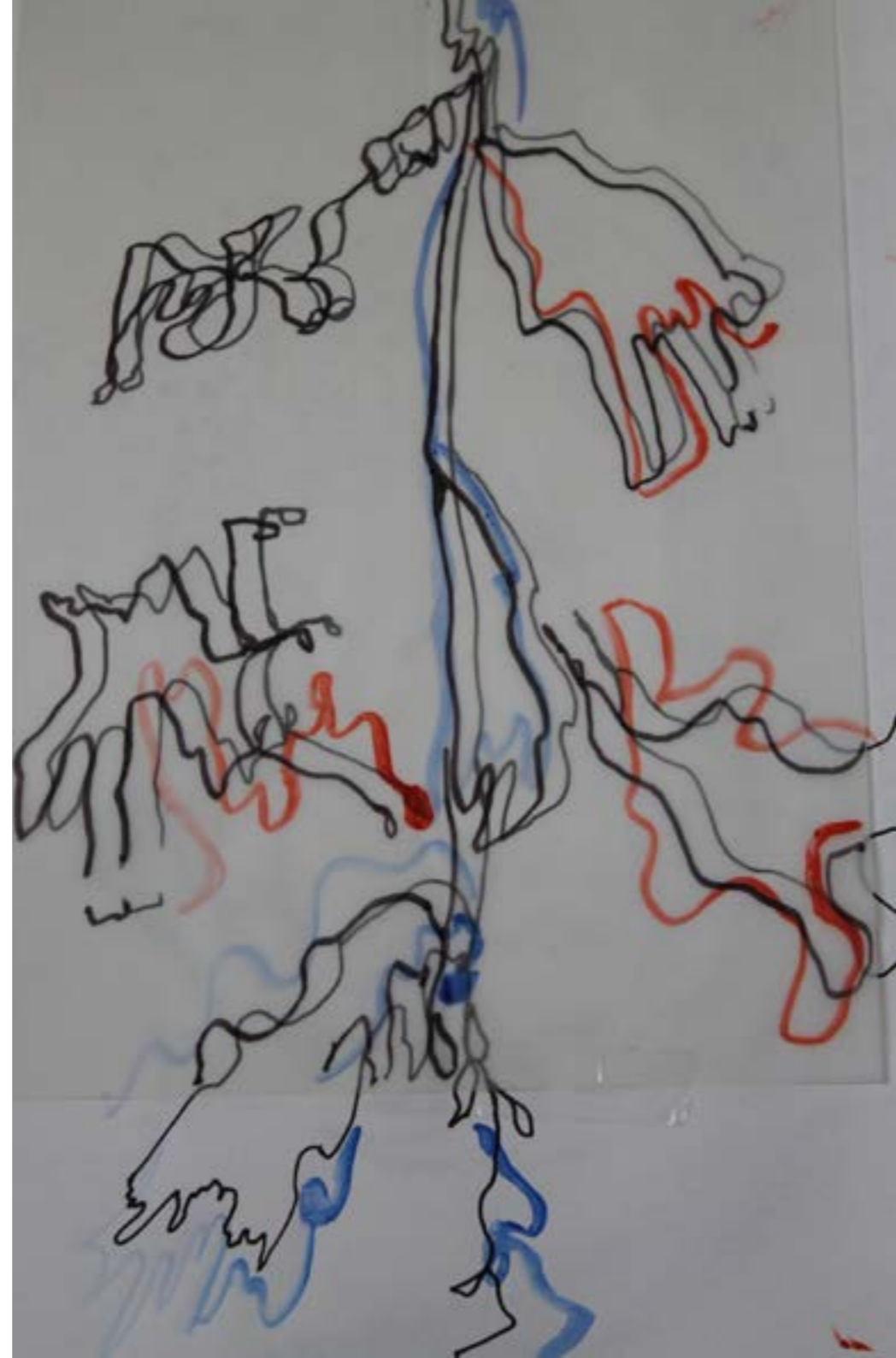
My work aims to bring to the surface the otherwise invisible issues of migraines analysing both relief and induce. Documented through daily drawings to record the daily ins and outs of such a condition through a personal lens producing visual representations that challenges the physical and visual parameters to both aggravate and alleviate the migraine. Through thorough experimentation into material qualities and aesthetics I have produced a range of jewellery that evokes these feelings onto the wearer. The collections look to either offer alternative methods of relief or induce migraine like feelings to gain greater understanding and empathy towards the migraine condition.



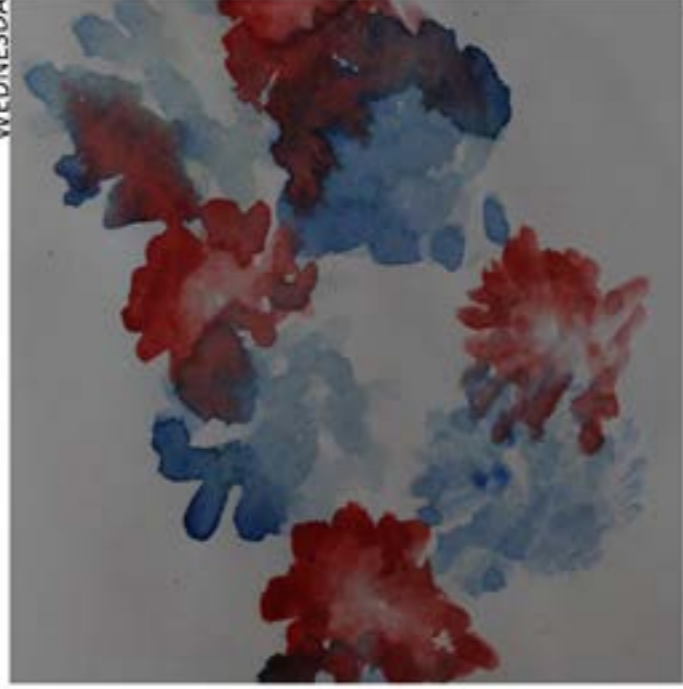
THURSDAY EVE

SUNDAY AM





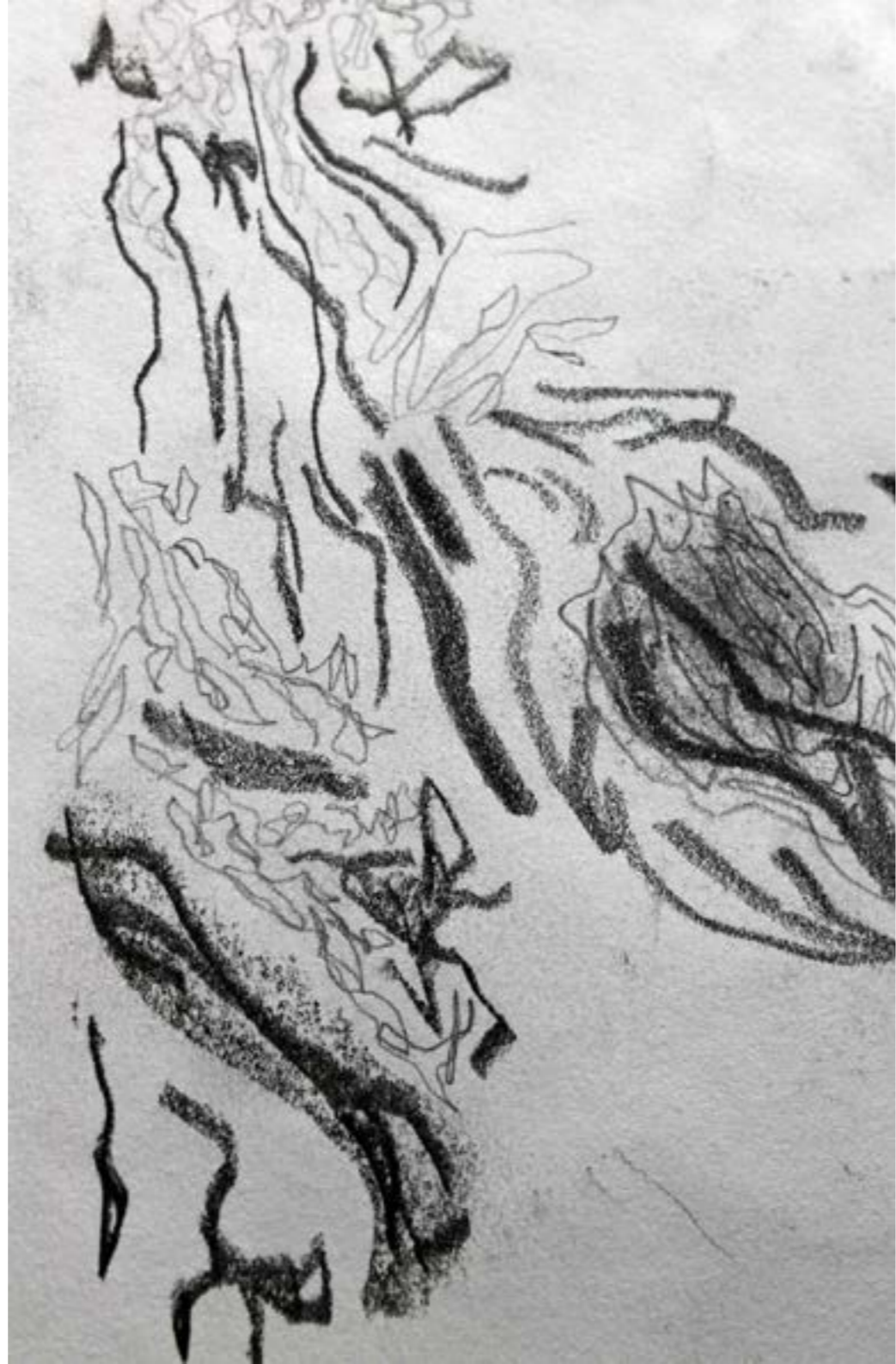
WEDNESDAY EVE





MONDAY EVE



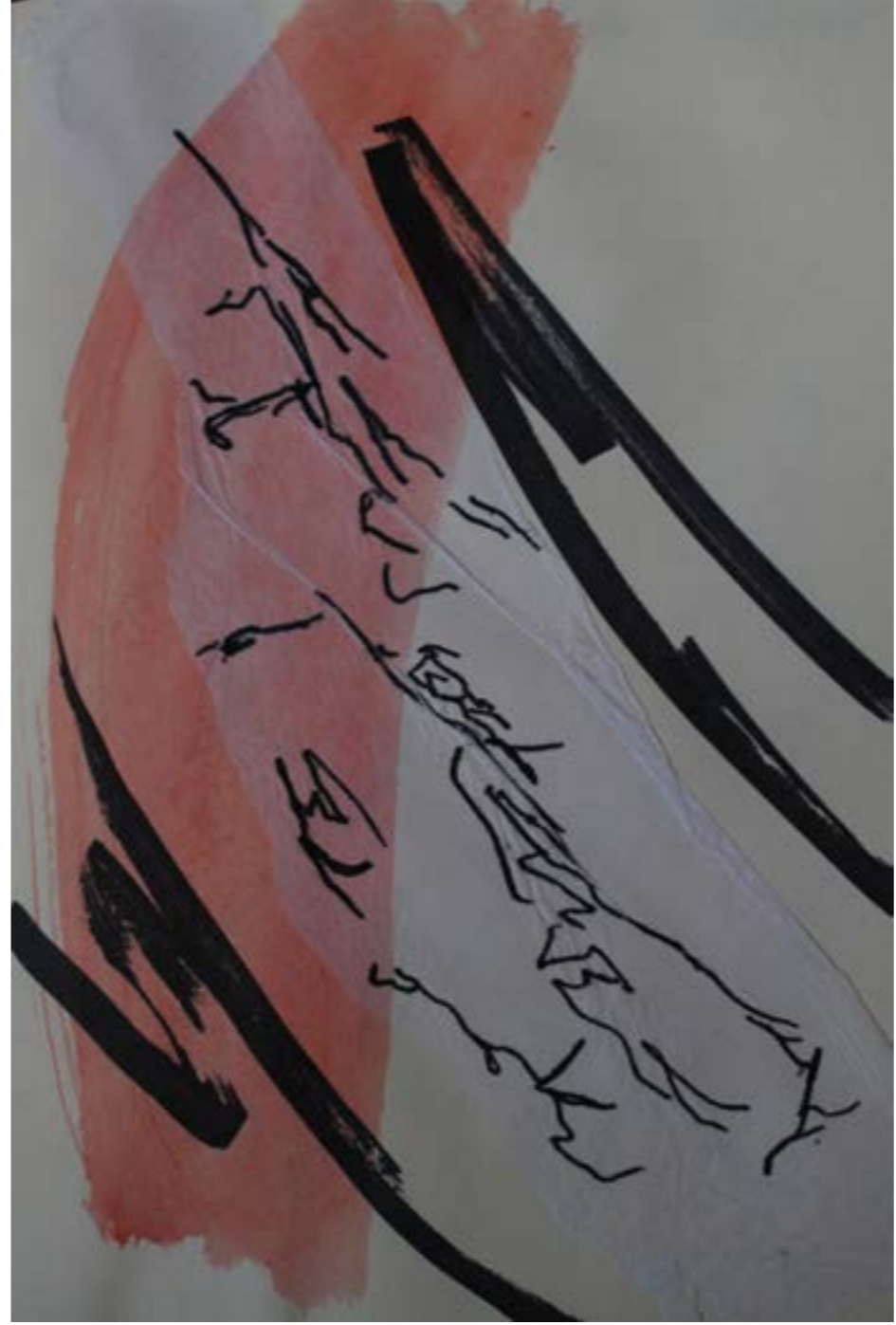


FRIDAY AM

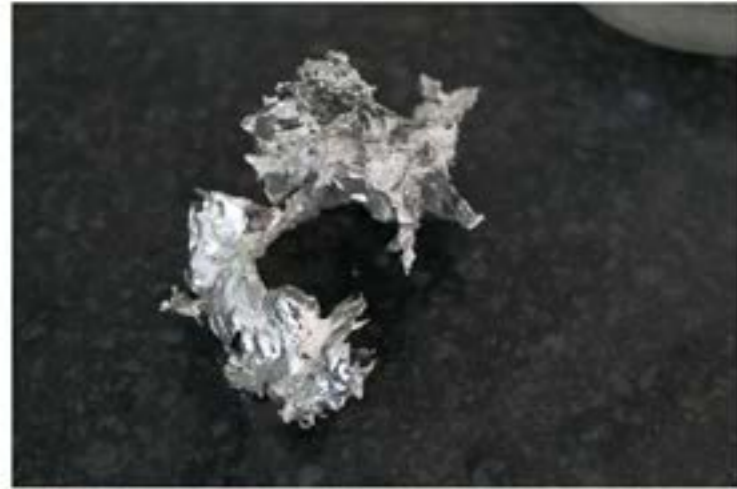




TUESDAY EVE



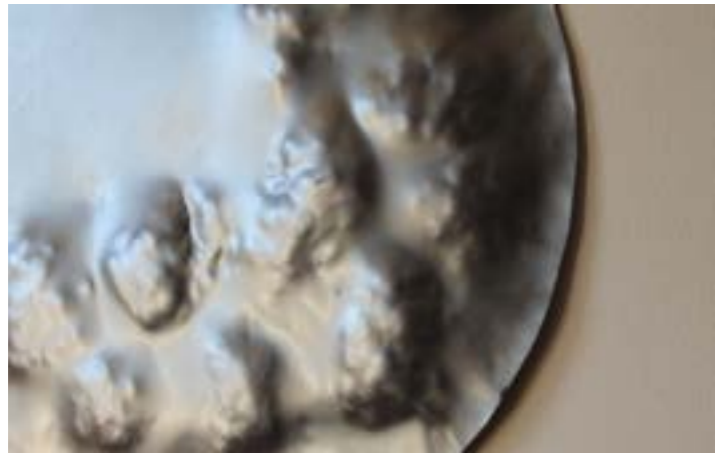
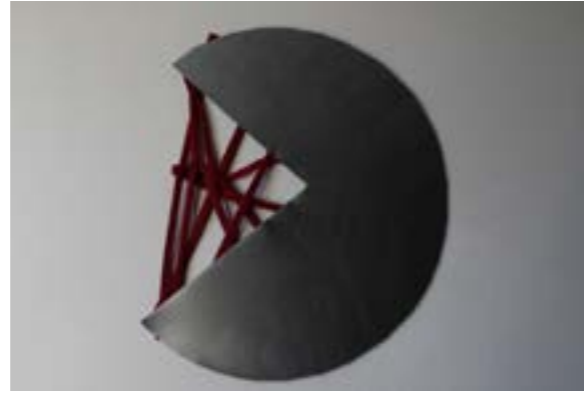
INITIAL RESEARCH



PROPOSITIONS - MIGRAINE STORMS

A traditional technique of pouring molten pewter into water created interesting forms that I refer to as migraine storms. These unusual objects sharp, highly detailed aesthetics give people an insight into what it feels like inside the head of a sufferer.





SAMPLES

Simple mini project to quickly generate samples that I felt embodies certain aspects of a migraine. Exploring texture, colours and symbolism to create a visual language that can identified and be understood by sufferers and viewers a like. By approaching the project with little planning and setting a time limit allowed the results to be more successful due to their unfiltered and intuitive making.





PRESSURE

Pressure and tension is most commonly associated with both migraines and trational headaches. Initially this feeling was hard to capture in a three dimensional form. Using a balloon and plaster, I applied pressure to create abstract forms with visible tension marks. The lines ressonated with both myself and other sufferers, however they worked best as stand alone objects and was unable to translate into other designs.



Salt has been a proven relief method for migraines. Not able to put it in anything to digest it - the form in which it relieves migraines - I instead decided to use the aesthetic to aid relief, through pressure and massage points. Hand carving jewellery wax to create the master and casting it with jesmonite and resin.

SOUND EARRINGS

The persistent irritation from an earworm during a migraine both induces and prolongs the condition. Using the irritability to communicate this experience the earrings look at creating sound everytime the wearer moves. Testing several different sounds and different sound vessels- jesmonite, ceramic and resin suspended on a chain to enhance sound. Metal and clay contrasted against each other most effectively to create a high pitched tingling however during the testing of the project the sound could easily get drowned out if worn outside and questioned its effectiveness.

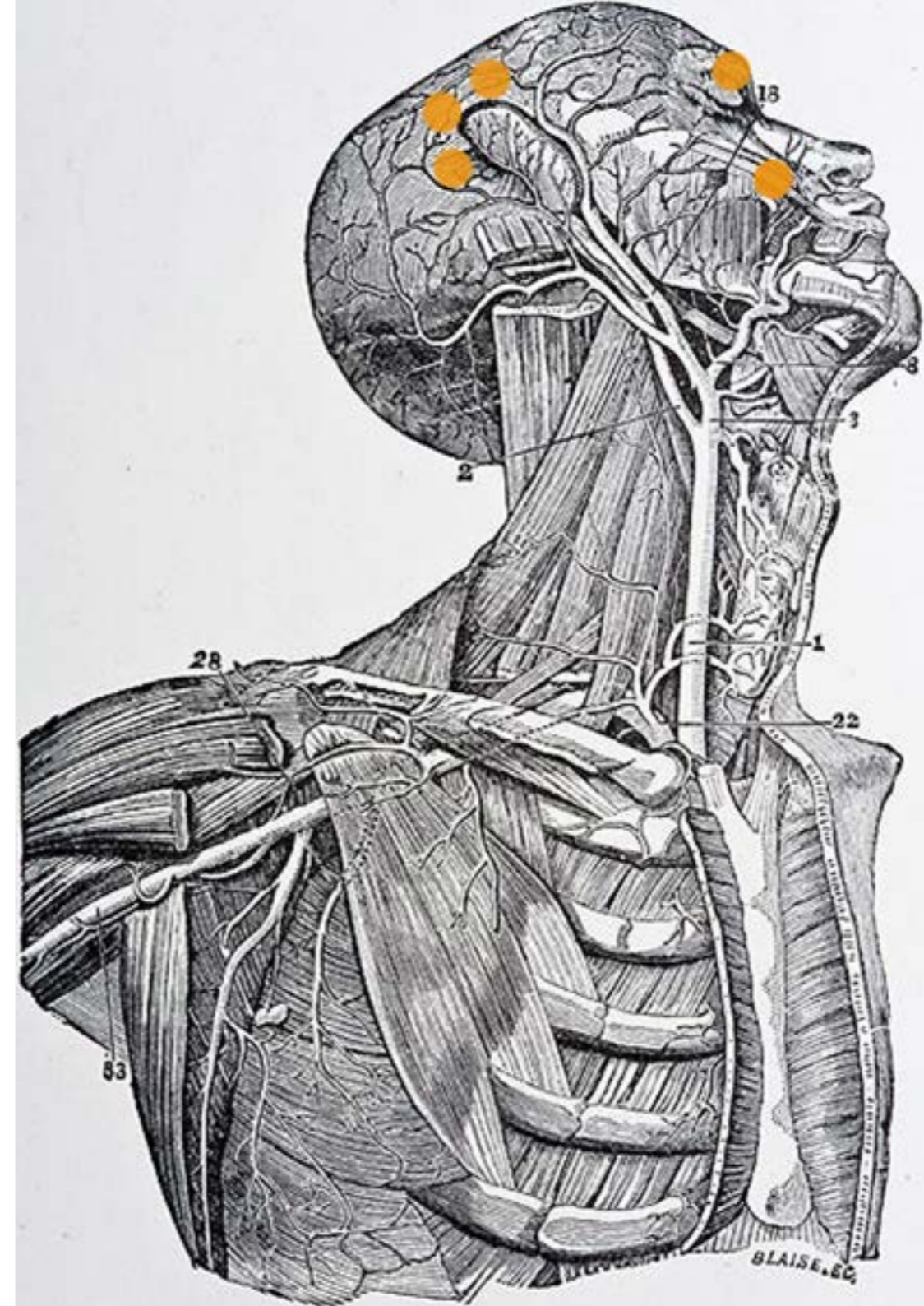
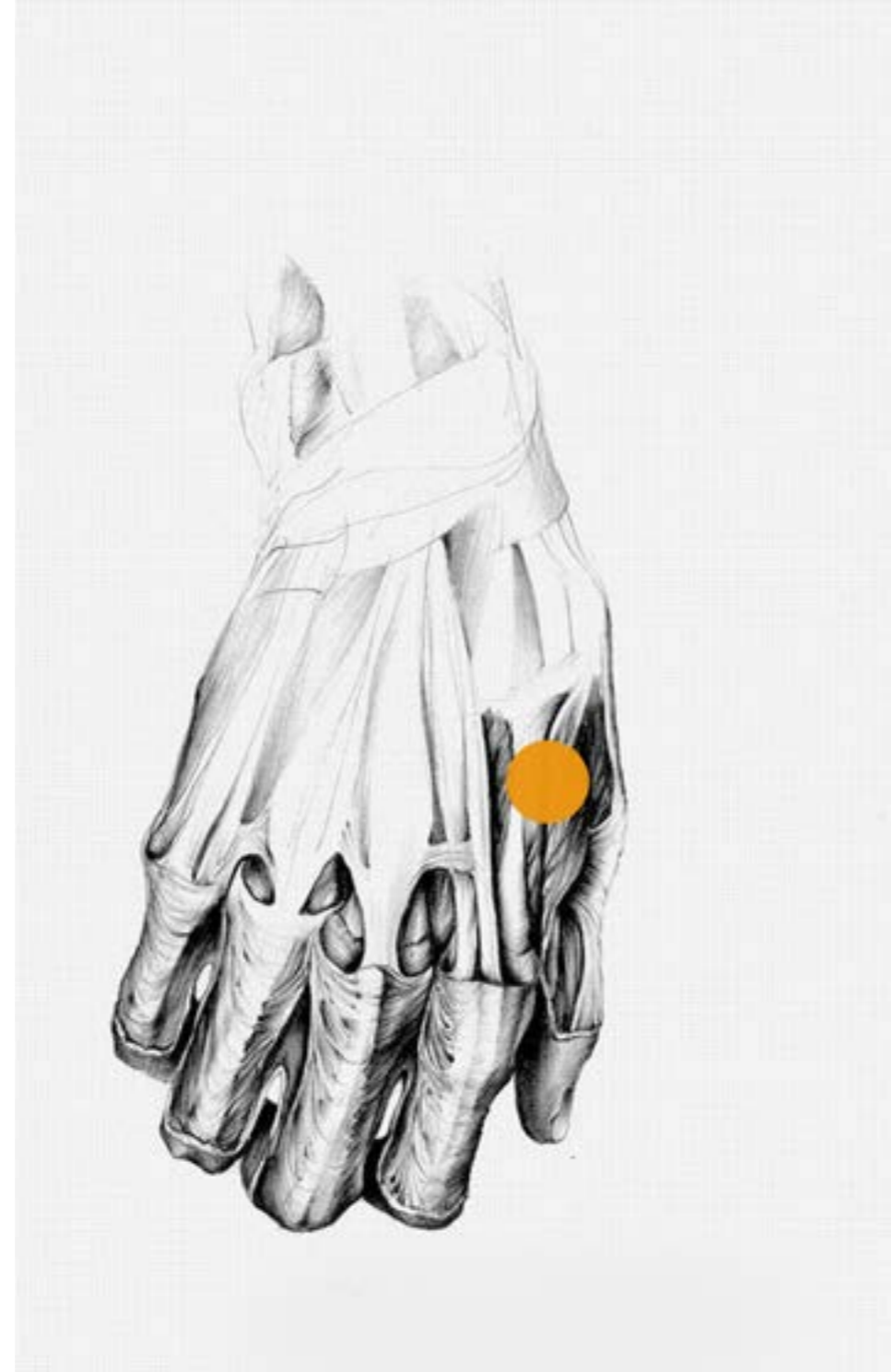
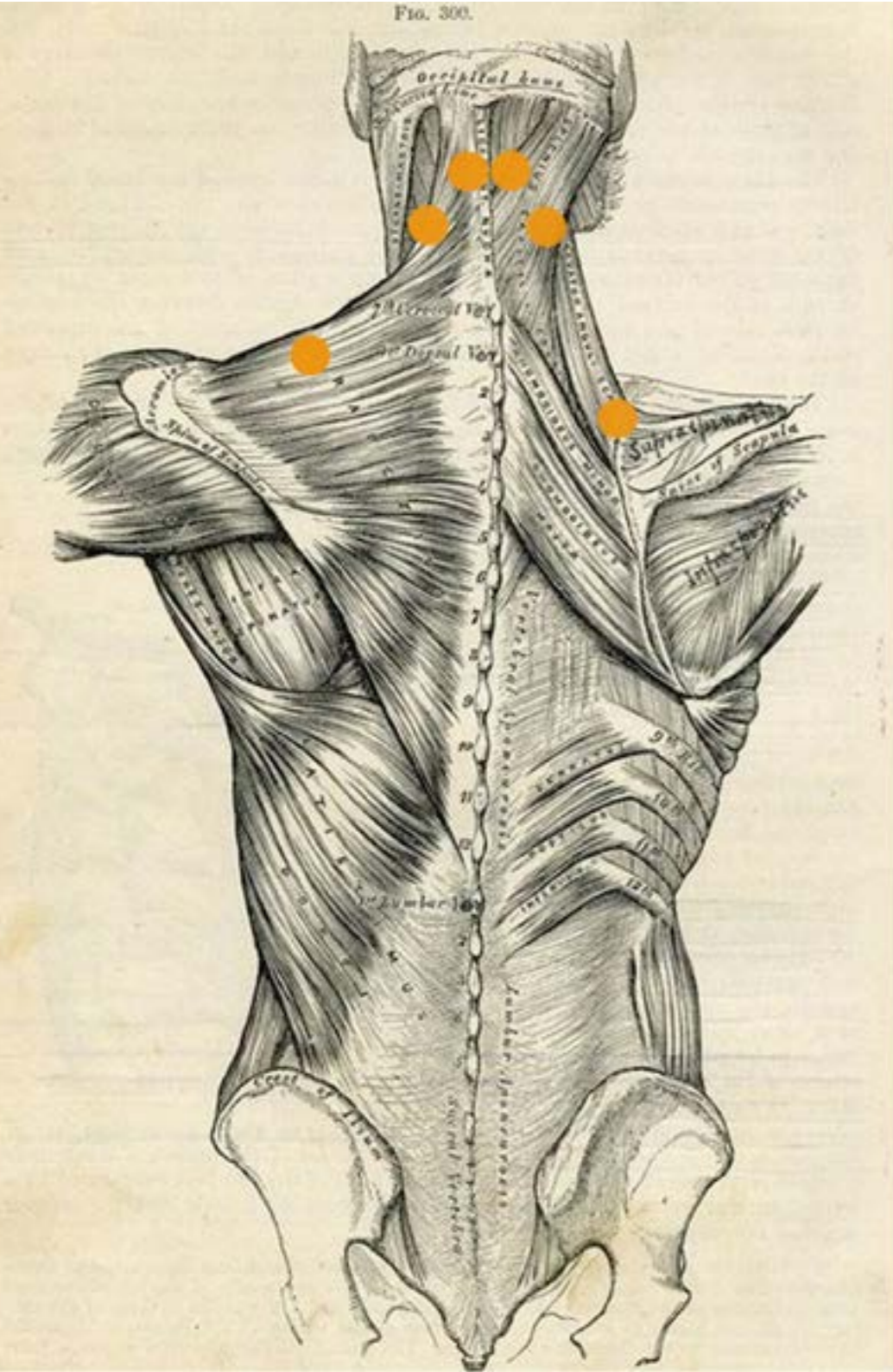


RELIEF

RELIEF

Researching into methods of relief for sufferers. Exploring both immediate 'emergency' relief and more permanent, lasting relief.

Using alternative medicines as a starting point as well as trials with migraine sufferers to discover the effectiveness of each relief method.

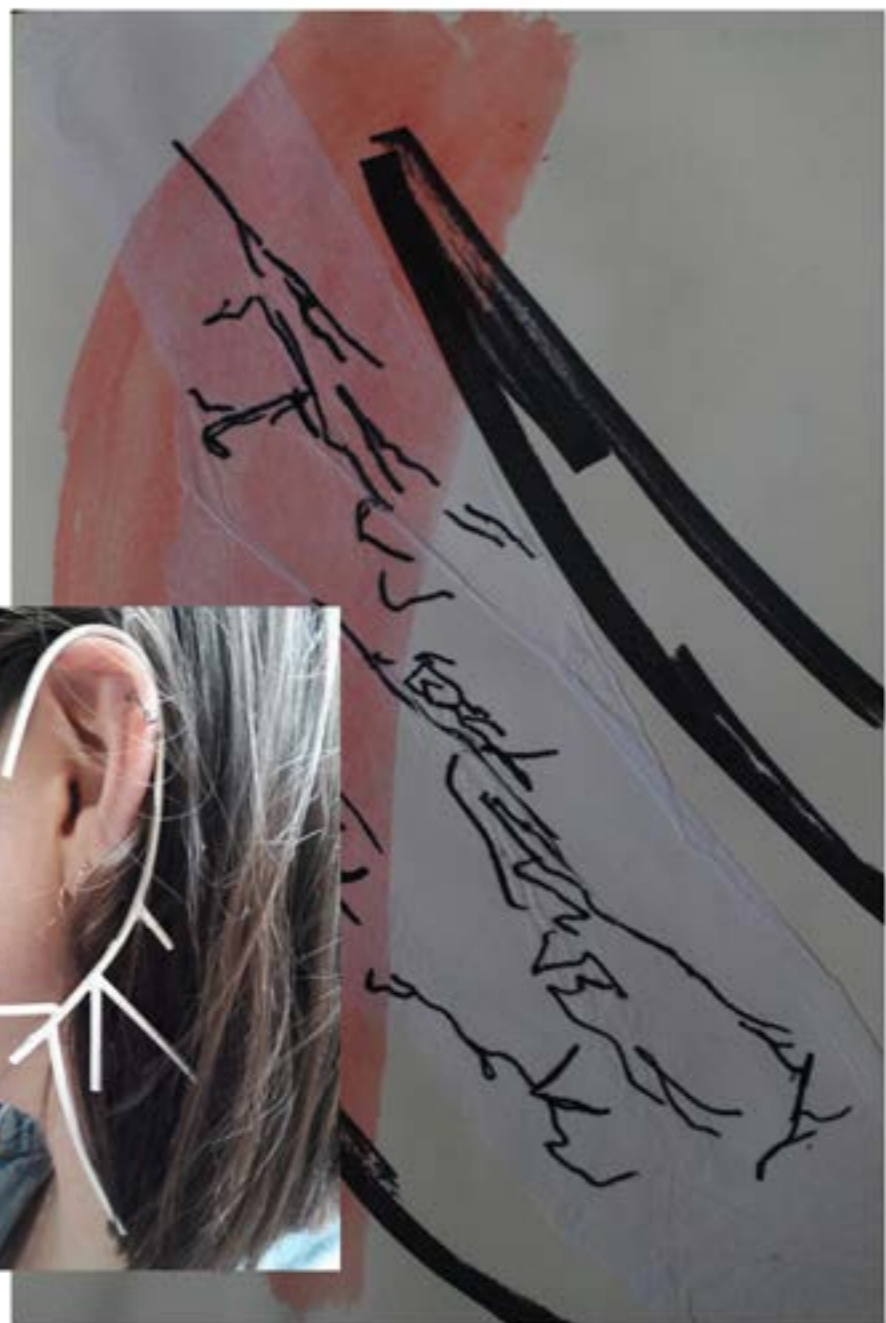


PRESSURE

Acupuncture and Acupressure utilise points on the body to relieve a number of conditions. Looking into alternative medicines I used trial and error to assess the effect of pressure points on the body in relieving migraines and the pain associated with them. The most effective points were those around the ear and between the thumb and forefinger which when applied for a long time creates long lasting alleviation for the wearer.











WATER WEARABLE MAQUETTE

Using plastic tube to experiment with how to carry liquid in a wearable. Combining the two materials to trial how to both contain and let out the water. The plastic's ability to keep its shape and hold the water made it desirable. However, the holes that allowed the water to come out had to be plugged. These maquettes brought the idea of plastic bubbles.



PEPPERMING RING

Peppermint oil's soothing and cooling properties offer alternative relief. Combining it with silicone and latex spheres it allows sufferers to pop or smell the small pods to relieve symptoms in an emergency situation







INDUCE

INDUCE

Communicating the feelings felt by sufferers during a migraine.

Taking inspiration from drawings and using personal experiences to inform the work creating a sense of empathy for sufferers.

Inducing migraine states onto either the viewer or wearer through visual or physical means.

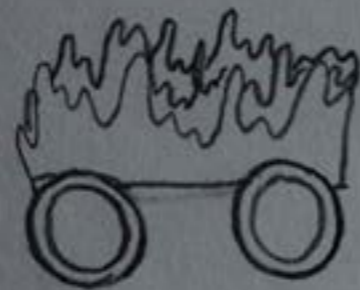


LAYERING

Inspired by earlier copper experiments using layering to induce visual disturbances by either viewer or wearer. Using both wire and sheet to create a more visually irritating aesthetic.



block ring rather than layering
layer up



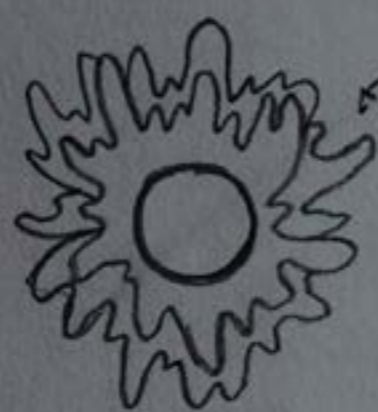
knuckle duster
simple layering



D-shape ring



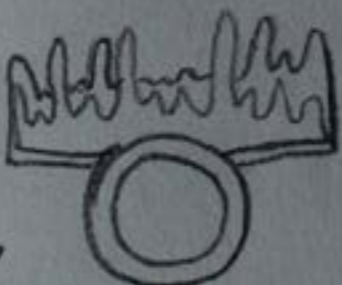
double ring - sheet + wire



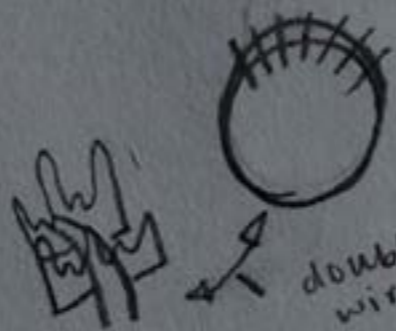
360° wire + sheet



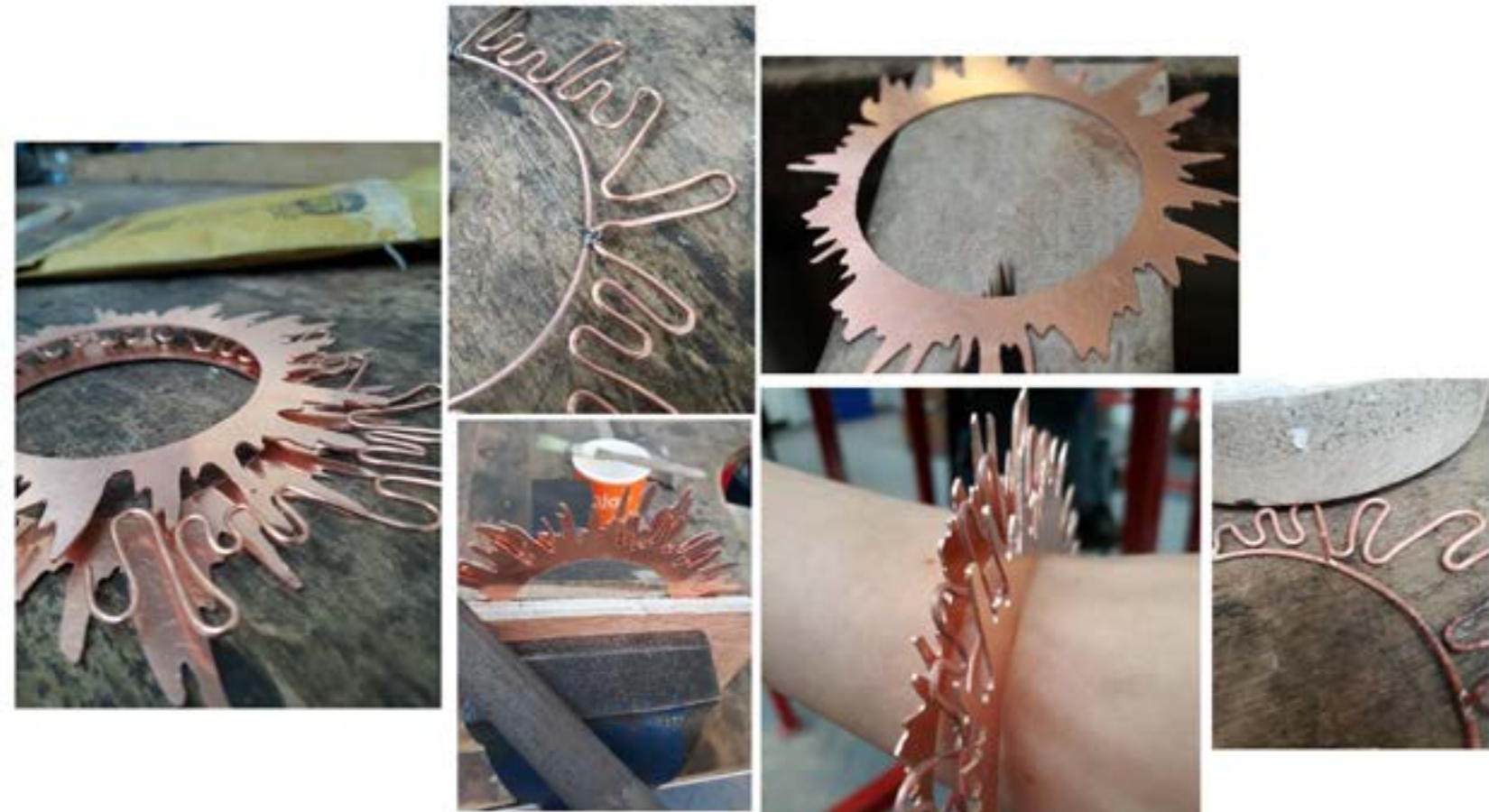
rainbow style over two fingers



Singular ring

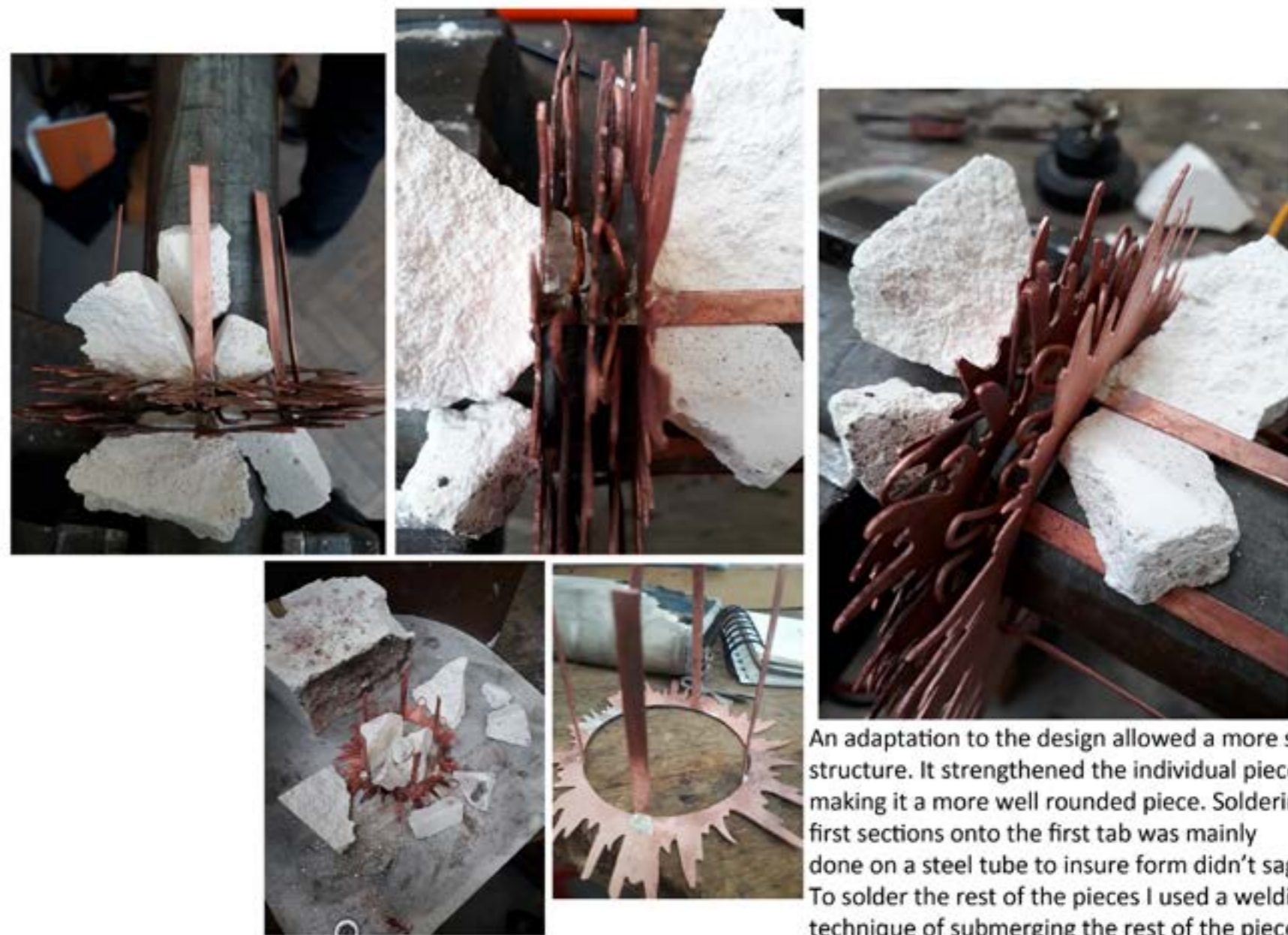


double wire



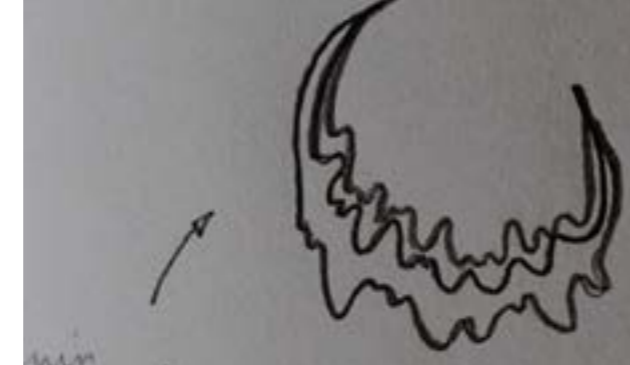
LAYERING 2

Instead of layering the same as the other induce pieces, this one works both from the side and from above. The slightly larger sizing allows the piece to move causing more of an impact. Made in copper to be silver plated later.

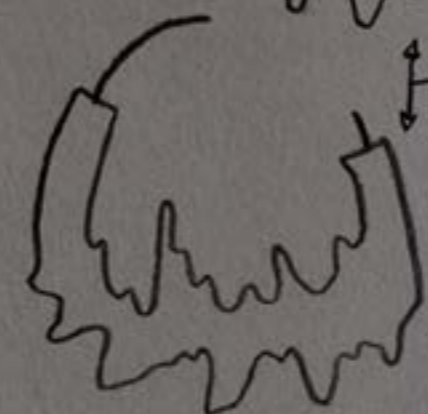
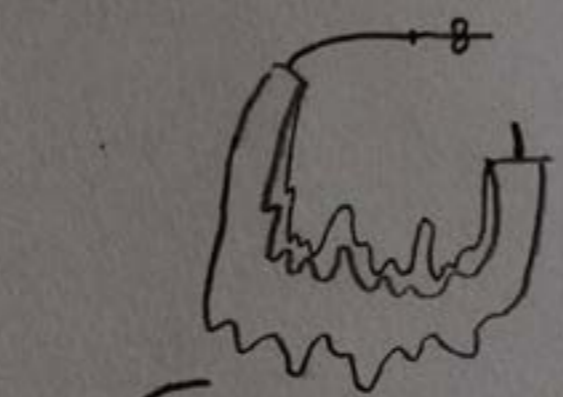
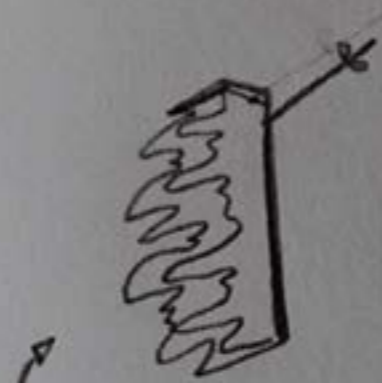


An adaptation to the design allowed a more solid structure. It strengthened the individual pieces making it a more well rounded piece. Soldering the first sections onto the first tab was mainly done on a steel tube to insure form didn't sag. To solder the rest of the pieces I used a welding technique of submerging the rest of the piece in water, using easy-flow to solder the rest of the piece.

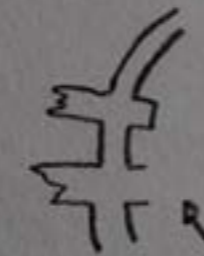
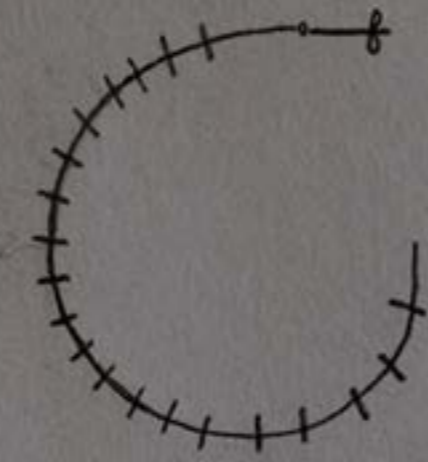
thin
layered
wire.



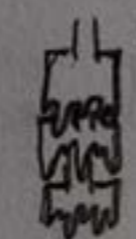
ring
hard



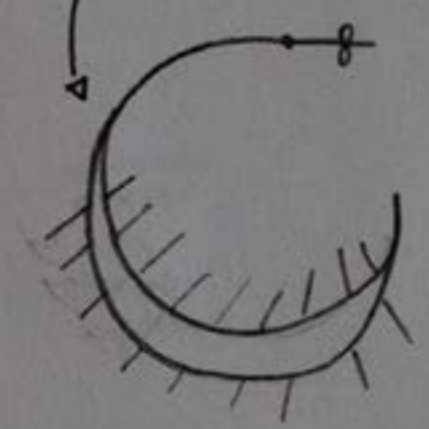
layered
sheet
metal
|
might add
extra weight?



side
view.



front
on



front
view



resin
inside



The discolouring and fire scale created a darker colour on the layered pieces which contrasted against the silver to create an interesting aesthetic. Wanting to keep this but in a more permanent and even coverage I experimented with renaissance wax but found a high concentrate of antiquing fluid created a darker colouring. Adding to the overall visual effect.





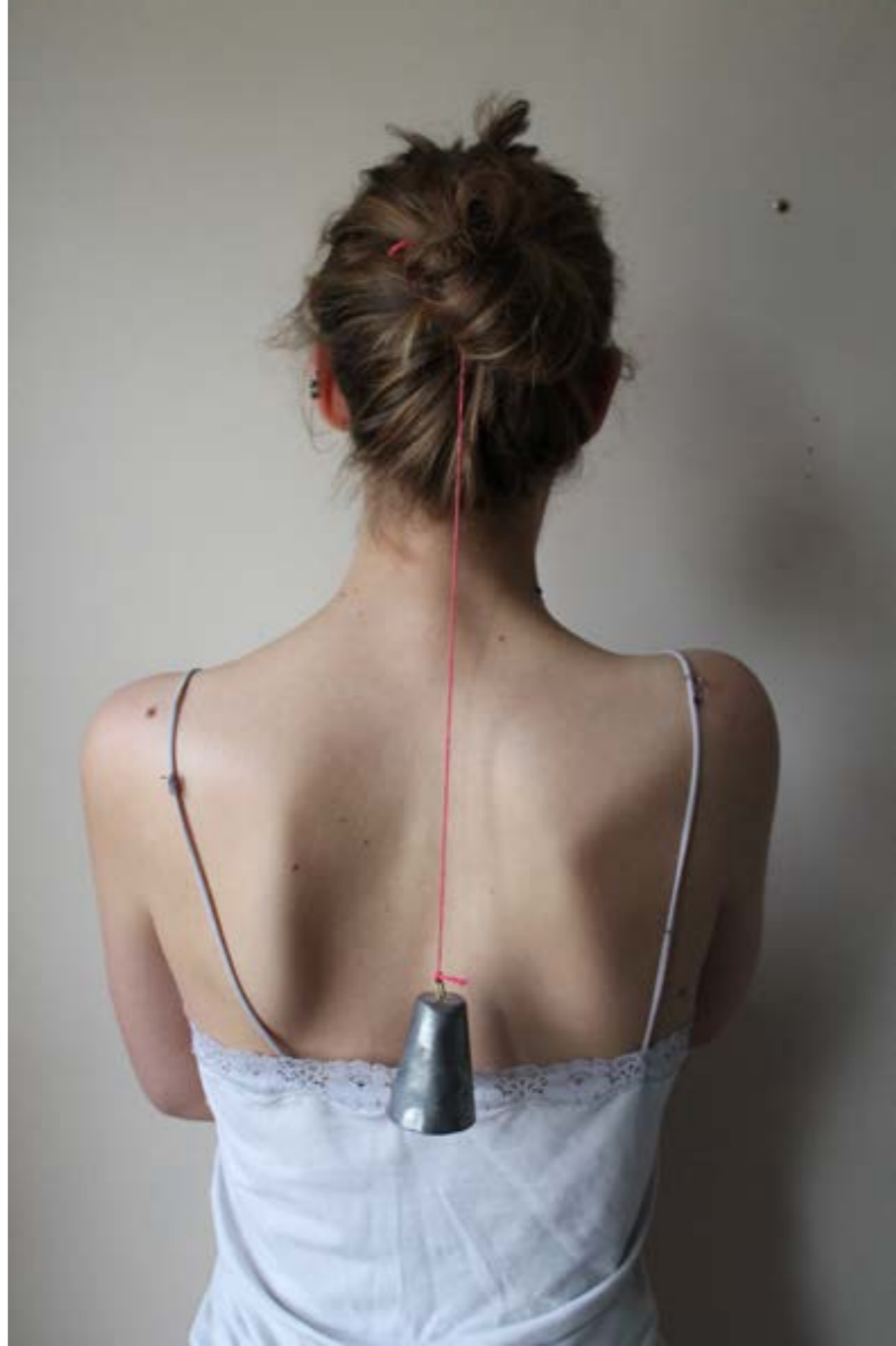






Using texture and negative space to create a migraine state. Contrasting them against each other makes it harder for the viewer to look at it. Combining steel and silver to have a shiny and matte surface working against one another to help to induce migraines. It was difficult to work with the two materials as I had to use special flux to combine the two materials as well as contrasting solders allowing the piece to be less difficult when re-heating.





PHYSICALLY INDUCE

Exploring physical feelings and experiences of migraines.

Physical feelings are only ever felt by an individual. Using physical attributes as a way of communicating migraine feelings to others. Lead weight maquettes explore the weighted, heavy feeling to create a strain on the wearer. Associated with inducing migraines, I further developed this strained, stiff characteristic through three dimensional work.



FINAL COLLECTION



