

ABSTRACT

Designing Yoga Women Clothes for Healthy Lifestyle Actors

In Bandung City

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Currently phenomenon of healthy food culinary trends is developing in urban Indonesia, even starting to be applied by the people of the City of Bandung. The phenomenon of culinary trends is developing because of the desire for changes in quality, lifestyle, taste in consuming food in urban communities. In the city of Bandung itself there are groups of people in Bandung who consume healthy food, making the emergence of healthy food outlets in the city of Bandung. The perpetrators of a healthy lifestyle usually adopt a balanced lifestyle. Perpetrators are also aware of their daily bodies filled with dense activities so that it drains their energy and mind. Based on the solid activity of the performer, yoga is a sport that can help balance the mind and heal physically at the same time.

This is the reason for this research to design yoga clothes for women who have healthy lifestyles that adjust to the needs of actors from material to design. This study uses qualitative methods as well as analysis through literature studies, searching for field survey data, interviews and conducting exploration methods on natural fiber material. The design of yoga clothing is inspired by nature, namely sea water by the application of surface techniques and Indigofera natural dyes that implement from women in a healthy lifestyle.

Keywords: healthy lifestyle, trends, yoga clothes. surface techniques.

