



Natural Fibres

WHERE DO OUR CLOTHES COME FROM?

COTTON

Origin: Cotton plant flower

Use: T-shirts, jeans, underwear

Interesting fact: Most widely used natural fibre in the world

Impact: Requires a lot of water to grow

FLAX (LINEN)

Origin: Flax plant stem

Use: Shirts, tablecloths, summer clothing

Interesting fact: Mainly grown in France and Belgium

Eco-friendly: Requires very little water

HEMP

Origin: Hemp plant stem

Use: Bags, durable clothing, ropes

Interesting fact: Very strong and grows without pesticides

Eco-friendly: Improves soil quality

ABACA

Origin: Banana plant stem (Musa textilis)

Use: Ropes, specialty paper, biodegradable bags

Interesting fact: Also called "Manila hemp"

Property: Very strong and water-resistant fibre

WOOL

Origin: Sheep hair (or other animals like alpaca, goat)

Use: Sweaters, coats, scarves

Interesting fact: Keeps you warm even when wet

Natural and durable: Biodegrades quickly

SILK

Origin: Silkworm cocoon

Use: Light, shiny fabrics, scarves

Interesting fact: 100% natural and very fine fibre

Luxury: Soft and strong at the same time

Conclusion

Clothing can come from nature or from chemistry.

Natural fibres (like cotton, linen or abaca) come from plants or animals

Synthetic fibres (like polyester) come from petroleum

Choosing natural fibres also means choosing the planet



Synthetic Fibres

WHERE DO OUR CLOTHES COME FROM?

Polyester

- Most used fibre in the world
- Found in most fast-fashion clothing
- Made from petroleum
- Releases microplastics when washed

Nylon (polyamide)

- Used for tights, swimsuits, windbreakers
- Very strong and stretchy
- Made from petroleum-based chemicals

Acrylic

- Used as imitation wool
- Soft and warm, but less breathable
- Not biodegradable

Elastane (Spandex, Lycra)

- Adds stretch to sportswear and leggings
- Very elastic, but not recyclable

Type	Origin	Use	Impact
Polyester	Petroleum	T-shirts, sportswear	Microplastics
Nylon	Petroleum	Tights, swimsuits	Not biodegradable
Acrylic	Chemical	Sweaters	Pollution
Elastane	Chemical	Sportswear, leggings	Not recyclable