

Larissa Exalto's Solo Show 'The Colours of Life' 26th October

About the show

20 original abstract-expressionistic oil paintings go on display in central London starting 26th October, in Larissa Exalto's first solo show.

"My art is about life and the importance of simple things around us, things we take for granted and rarely look at. We don't need eyes, we need vision..."

The work is bold and full of energy and colour. Larissa attempts to capture her emotions, her pain, and how she sees and feels through paint – a colourful reflection of the world and relations between people and nature.

Some describe her art as decorative, others new-age abstract expressionistic, but Larissa doesn't like tags preferring to let the viewer decide.

"It's like a little door to those deep and powerful feelings locked up inside every one. I want people to see, uncover and unlock their emotions, to discover their inner self."

Over the past few years Larissa has received an enormous amount of praise for her work – through colleagues, a worldwide fan-base on Facebook and from friends and later her family. With a renewed confidence she is now embarking on her first solo show.



The Stone



The butterfly effect

About the artist

Larissa was born and raised in Ukraine, ex Soviet Union; she moved to London 15 years ago, gained an honours degree and decided to stay for good.

"I took up art because I have this feeling and urge sometimes to paint what's in my head and I cannot relax until it's done, it's like a hunger."

Since she was a child she had always dreamt of being an artist. Her parents pushed her down more conventional channels and so for the last 15 years art had been a secret hobby.

Overcoming Obstacles

Larissa was rarely allowed to draw as a child, it was considered a waste of time. She was very sensitive and the only child in a typical working class communist family. Art was an irrelevant concept to the family, they had home, work and the party.

Larissa's parents now happily appreciate her value as an artist.

"I guess now my parents understand me more and my mother actually said she wishes she had spotted my talent earlier and had sent me to art college. I have no regrets, a diploma will not make you a great artist but a talent will."

The Ukrainian Effect

Larissa's Ukrainian background moulded her into who and what she is now. The folklore, the traditions and influences of the country shaped her up from earliest years.

The Ukrainian people are typically very emotional and passionate (their spirit often likened to the French and Italians) and Larissa has inherited all the passion, the depth of emotions of her place of birth.

"I am very glad I had the opportunity to move and stay in the UK, it's a very liberal and wonderful country that has given me a chance to make my dream to come true. If I'd stayed back in the Ukraine it's unlikely I would have had this opportunity. Being independent and moving away from my parents at 17 helped a great deal. My way wasn't the easy way but I have achieved a lot and this is only a start."

About Inspiration

Larissa draws little inspiration from other famous artists or famous artworks. It comes more from within and from the natural beauty found in everyday life - momentary feelings from the rays of light from the sun, listening to the rain, a subconscious channelling of emotions.

She detaches herself from the media and absorbs herself in her favourite music for most of the day - classical, flamenco and strong violin/guitar - her i-pod playing a crucial part.

The grace and tranquillity of the sounds are gradually imbued into her work.



A.E.A.P



'In Your'

The Creative Process

There is little structure or planning, more a response to a momentary feeling which can happen at any time of the day (even at midnight). Then Larissa has to embark on a new painting.

"And then I have this kind of vision/sketch in my head that I need to put on the canvas first, and then I start work with colours. When the painting is finished, it rarely resembles the original sketch that lies underneath the layers of paint... I don't know why it turns out as it does; I guess it was meant to be this way."

"I am trying to channel something but I can't say what it is. It's like I am entering the other worlds and trying to replicate what and how I see there, back into our time and life."

Painting Technique

Larissa's methods are largely self-taught and often experimental. She applies heavily oil paint, allowing thick layers up to 7 months to dry before working into and moulding the shapes and colours over and over. The shapes appear chiselled, ribbed and sculpted, resulting in a fairly unique impasto. The paintings look textured with almost 3-dimensional effect.

Larissa's Statement

*Find the rainbow inside of you,
Feel the colours of life,
Love the moments it gives you,
In every heartbeat, in every breath.
Love. Feel. Live.
See the magic of rain through the windows of your soul,
Feel the passion of nature that lightens your heart,
Call it love. Call it life.
Welcome to my world, my dream, - my art.
Where all is possible. Where raw emotions rule with absolute power and inspire me
all the way through.
What will you find behind the bars and walls built around you?
Only what your imagination will want to show you.
See. Feel. Love.*

If the sky is the limit, then your dreams are only the BEGINNING...

When

26th October -1st November 2010.
Private View 26th.

Where

3 Bedfordbury gallery,
Covent Garden,
London WC2N 4BP

N.B. 10% of each sale is donated to the [WWF](#).

Artist's website: www.larissaexalto.com

Gallery website: www.3bedfordbury.com