

LARISSA EXALTO



The Colours of Life

2003 – 2010



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

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3 Bedfordbury Gallery,
Covent Garden,
London WC2N 4BP



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Larissa Danielle Exalto was born and raised in Ukraine, in the former Soviet Union; she moved to London many years ago, where she gained an honours degree and decided to stay for good. 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 has been a secret passion.

“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. My art is about life and the importance of simple things around us, things that 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. Over the past few years she has received an enormous amount of praise for her work. With a renewed confidence she is now embarking on her first solo show in October 2010 at Bedfordbury Gallery, in the art heart of London, Covent Garden.

She detaches herself from the media and absorbs herself in her favourite music, the grace and tranquillity of the sounds are gradually diffused into her work. There is little structure or planning in her creative process, more a response to a momentary feeling which can happen at any time of the day. When it happens, 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. I mainly use my hands and fingers, because I have to feel the colour, the paint and the canvas. The transmission of this invisible substance between me and the painting, this bond between us is essential.. When the painting is finished, it rarely resembles the original sketch that lies underneath so many 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 channelling something but I can't say what it is. It's like I am entering the other worlds and trying to replicate back here what I saw there, and bring it back into our time.."

The painting technique is largely self-taught and often experimental. She believes it's only starting point on the breach to start something new and controversial. "I am still working on it," - she says and smiles.

The oil paint applied heavily, often with the use of hands rather than brushes. It then takes thick layers up to 7 -10 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. Paintings are quite large, look textured with almost 3-dimensional effect.

Find the rainbow inside of you, Feel the colours of life, Love the moments it gives you, In every heart beat, 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 nothing is impossible. 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.

L. Exalto

Welcome to My World. See. Feel. Touch. Love. "

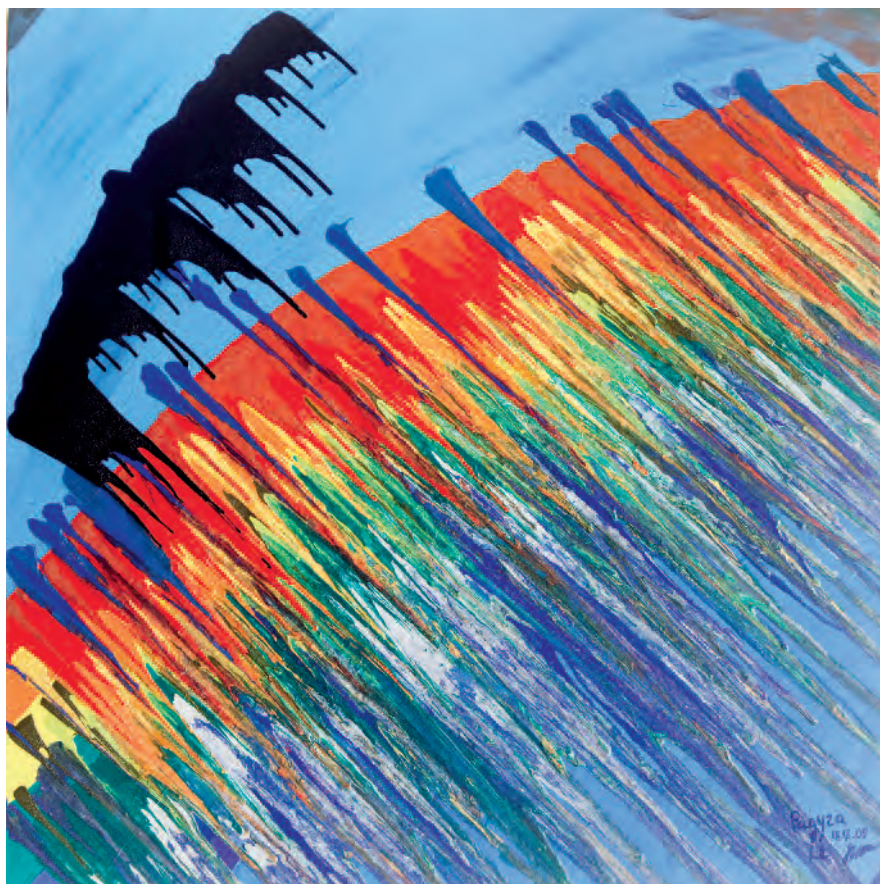
We hope you enjoy this small catalogue of her most recent works.

20 original abstract-expressionistic oil paintings go on display in central London in October 2010, in Larissa Exalto's first solo show she called *The Colours of Life*, 2003-2010.

"The Colours of Life is my first full collection of oil paintings going on public display. I feel myself and my art is strong now as never before. It's bursting with colours and life. That's why it's called the Colours of Life. It's like a little door to those deep and powerful emotions locked up inside every one. I want people to see, uncover and unlock their feelings, discover their other vision and their inner self. Just like I did.



Rain (2009), oil on canvas, 75 x 75cm



Rainbow (2009), oil on canvas, 100 x 100cm



A.E.A.P. (2009), oil on canvas, 100 x 100cm



Magnolia (2010), oil on canvas, 100 x 100cm



The Stone (2010), oil on canvas, 100 x 100cm



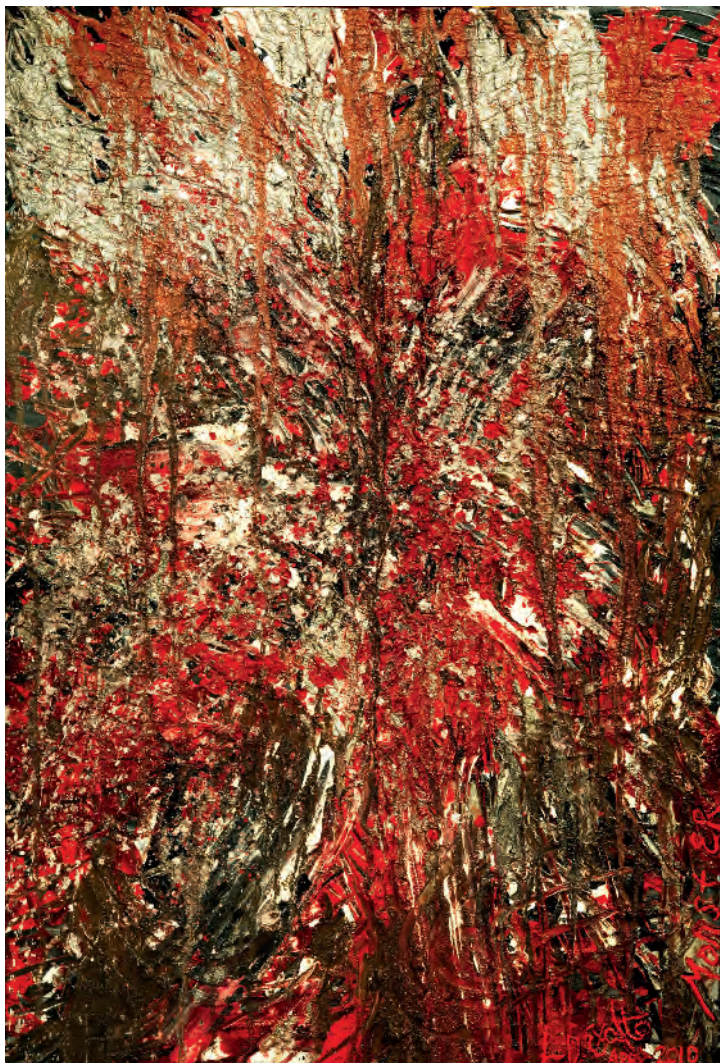
The Butterfly Effect (2010), oil on canvas, 100 x 100cm



The Skyes (2005), oil on canvas, 75 x 100cm



Candles (2010), oil on canvas, 70 x 100cm



Monster (2010), oil on canvas, 60 x 90cm



Eva (2010), oil on canvas, 60 x 90cm



In Your (2010), oil on canvas, 40 x 50cm



The Red (2009), oil on canvas, 45 x 60cm



The Orange Tree (2010), oil on canvas, 76 x 100cm



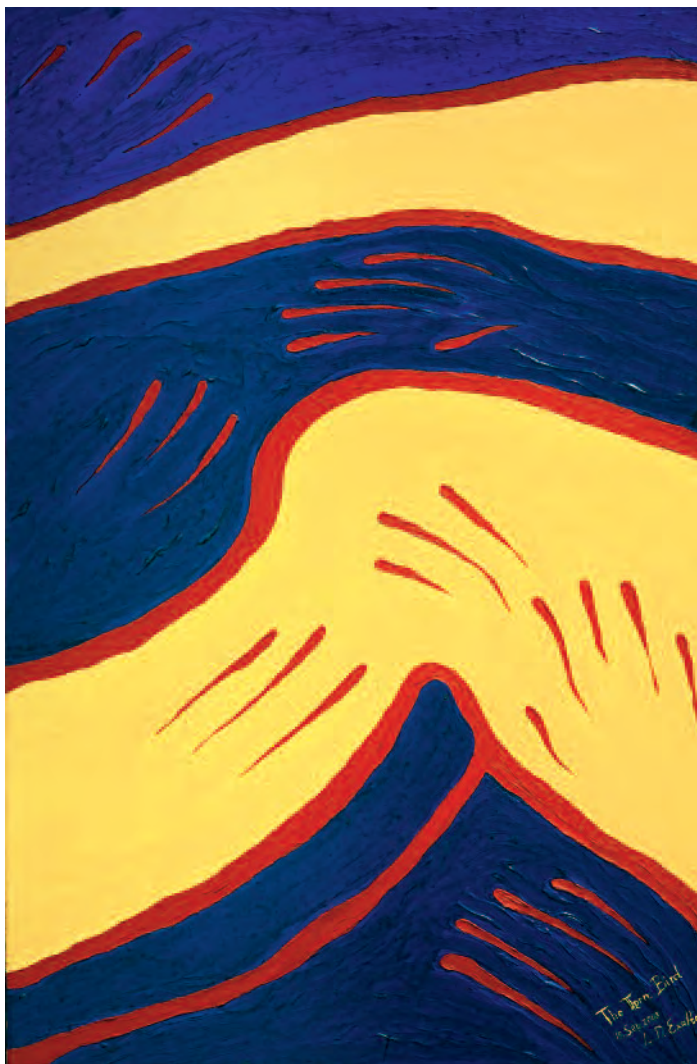
Poppies (2009), oil on canvas, 50 x 100cm



Love (2010), oil on canvas, 125 x 76cm



The Sun (2010), oil on canvas, 100 x 70cm



The Thorn Bird (2008), oil on canvas, 50 x 75cm



Untitled (2003), oil on canvas, 30 x 45cm



The Eyes (2003), oil on canvas, 35 x 45cm



The Glory (2010), oil on canvas, 25 x 30cm



MonA Mi (2008), oil on canvas, 30 x 40cm

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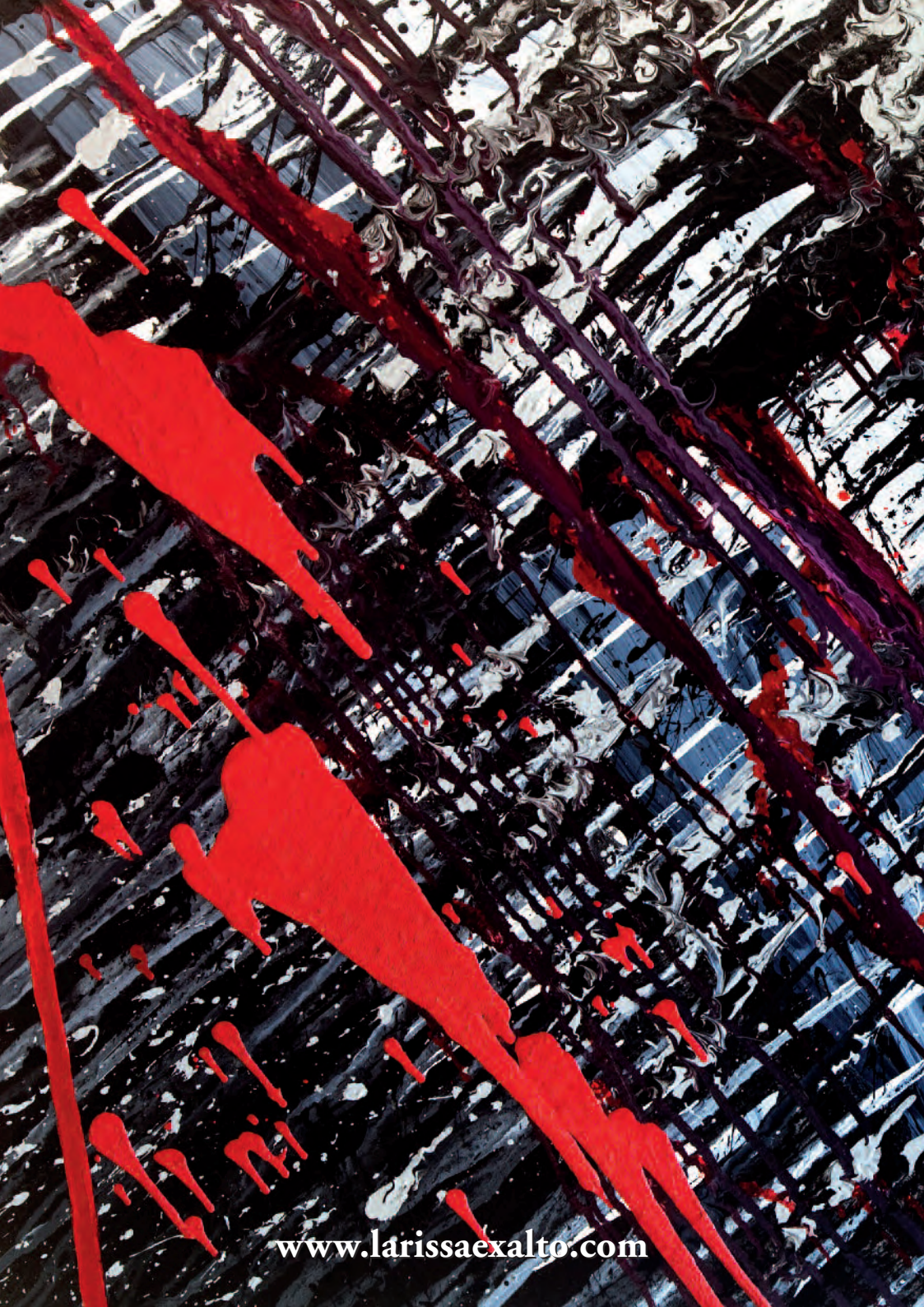
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