



**S O U L F U L C O L O U R**

INSPIRED BY NATURE

# STEPHANIE MILL

IS AN URBAN CONTEMPORARY  
ARTIST WITH A LOVE FOR THE  
NATURAL WORLD.

She combines photography with carefully considered colour palettes, use of symmetry and natural elements in her practice to create a balanced inner & outer harmony with a vibrant digital aesthetic.

Stephanie's work explores how the language of colour connects us; how light and form affect our personal experience, as well as our shared understanding. Working intuitively she invites you to feel into your senses; using symmetry as a soft point of focus to centre oneself on during meditation. Her work reveals the underlying patterns and rhythms of nature that surround us, offering healing on a soul level.

#NaturalWorldDigitalLandscape

As Seen In  
**VOGUE**



## **PRESS**

2020

Vogue Magazine | January - February

2019

Aesthetica Magazine | February - March Issue 87

Murze Magazine | June Issue 6

Vogue Magazine | Dec

## **EXHIBITIONS**

2021

Bhuti | London

2019

Curious Duke Gallery | Total Eclipse Of The Art | London

2018

BEAT X West London Art Factory | London

ReCentre | Choose Your Hero | London

The Herrick Gallery | London

Art Below X TFL Takeover | London

Whitecross Street Art Festival | London

Curious Duke Gallery | Summer Show | London

Lost Weekend Takeover | Munich

West London Art Factory | Spring Open Studios | London

2017

FIELD X Artist Open Houses | Brighton

## **RESIDENCIES**

2018

ReCentre X ArtBelow | July - September | London

## **EDUCATION**

BA (Hons) Visual Communication | Birmingham City University

Foundation Art & Design | London College of Communication



## HOW DO YOU MAKE YOUR ART?

My work starts with photographing nature...

I first learnt to take photographs on my Dad's vintage Pentax SLR. He taught me how to read the light levels and adapt the settings based on the speed of the film you were using. I loved learning about the science of exposing light particles onto film and the "aliveness" of this medium. My training in graphic design means that my tools are digital tools; by bringing that photograph into the computer I can then work directly with light and colour, which to me is working directly with Source.

People often comment that they feel they can dive into my artwork as if it's a portal to another dimension! I believe it's in part to do with the quality of light in my work, how I capture this "aliveness of light"; and partly to do with an internal recognition of Spirit... the divine in you witnessing the divine that is revealed through nature.

*"Nature is our biggest ally and our greatest inspiration."*

- Sir David Attenborough

## **WHY DO YOU USE SYMMETRY?**

Historically symmetry has been used as a way of focussing our attention, a form of embellishment, and as a signifier of sacred space. It is a tool to establish balance both internal and external. Symmetry resonates deep within our psyche - it is recurrent through different cultures, architectural styles and within Nature herself.

Working with symmetry acts as a point of focus for our minds and bodies. Simply put it makes us slow down... allowing us to get out of our heads and be more present, which is something that we can all benefit from.

My artwork invites you into this meditative place. You can use it as a soft point of focus within a room, or just enjoy the play of underlying patterns & rhythms, colours & shapes... allowing it to work quietly on your subconscious and energetic body.

Symmetry feels good!

## HOW DOES COLOUR RELATE TO WELLBEING?

Colours have the ability to powerfully transform our surroundings and in doing so the way that we feel also. Some are uplifting and raise our energy, others are more soothing and calm the senses. My training in colour theory, and intuitive understanding of colour therapy allows me to recognise how colours affect our physical and energetic bodies.

I hope to encourage a mindful approach to interior design through my creative practice, and believe in the benefits of living with great art as part of our day-to-day wellbeing.

Ultimately it is my intention to help spark more joy in the world through my work by creating art that makes you smile from the inside out!

*"Colour is a power which directly influences the soul."*

*- Wassily Kandinsky*

# I BELIEVE IN SUSTAINABILITY, & THE POWER OF POSITIVE CHOICES.

For this reason I create my artwork using sustainable Hahnemühle Bamboo paper. This beautifully tactile natural resource has a wonderful look and feel to it, while light-fast inks and museum quality production ensure that the vibrant depth of colour will last a lifetime.

Additionally, I'm delighted to be in partnership with One Tree Planted, donating 10% of all sales towards global reforestation projects.

When you buy art - I plant trees.

Together we can make a positive impact!



ONETREEPLANTED

We make it simple for you to plant trees around the world.  
One dollar plants one tree.





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