

ARTISTS

LARA SAYEGH



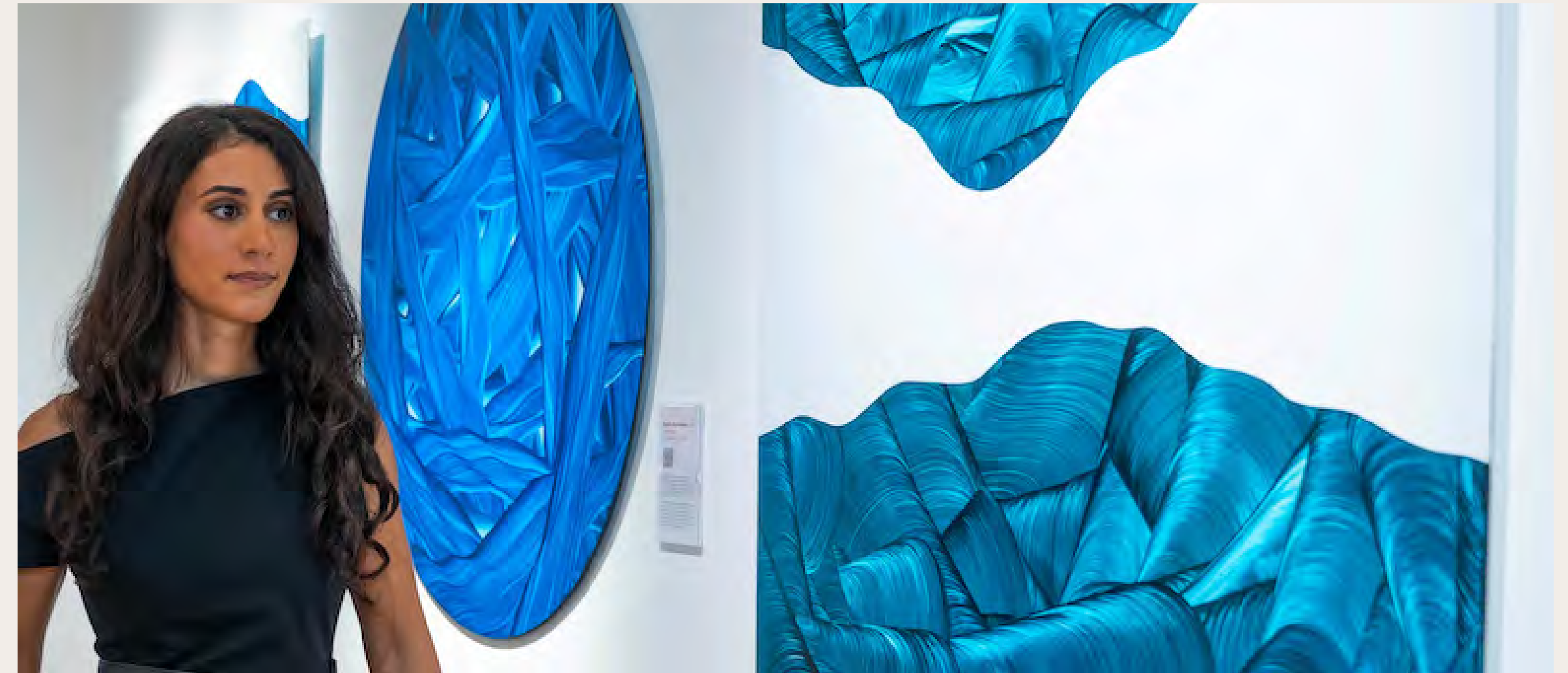
BIOGRAPHY

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Lara Sayegh is a British-Iraqi artist based in London whose practice is grounded in the physical and sensory experience of the natural world. Working through gestural brushstrokes, she translates elemental forces—particularly wind and water—into fluid, expressive compositions that prioritise rhythm, depth and movement over representation. Her close relationship with the sea, shaped by years of surfing and kitesurfing, informs an embodied approach to painting. Extended time in the water sharpens her sensitivity to motion and energy, enabling lived, sensory experiences to be transformed into tactile, emotionally charged works.

She works predominantly with oil, approaching each surface as a responsive, evolving field. Colour is built gradually through intuitive layering, allowing texture to emerge as both structure and sensation. These surfaces evoke slow natural processes such as erosion and tidal movement, retaining traces of shifting environments rather than fixed imagery. As light and viewpoint change, subtle variations in tone and depth are revealed.

Lara’s process is physical and rhythmic, often unfolding across large-scale surfaces positioned on both floor and wall. While her gestures appear instinctive, they are guided by a refined sense of balance and control. Rooted in abstract expressionism, her paintings resist fixed narratives, remaining intentionally open-ended. Each work is conceived as a space for contemplation, inviting viewers to engage slowly and form their own interpretations.



Since sharing her practice publicly in 2021, Lara has gained significant international attention. Films of her painting process, defined by sweeping, immersive gestures, have resonated widely online, reaching over 21 million viewers and establishing her a following of over 40,000 on Instagram alone, making her as one of the most influential emerging voices in the digital contemporary art landscape.

Her first London solo show “World Beneath The Waves” was opened to much acclaim in December 2025. 2026 begins with a group show “Together We Art’ in Chelsea, London.

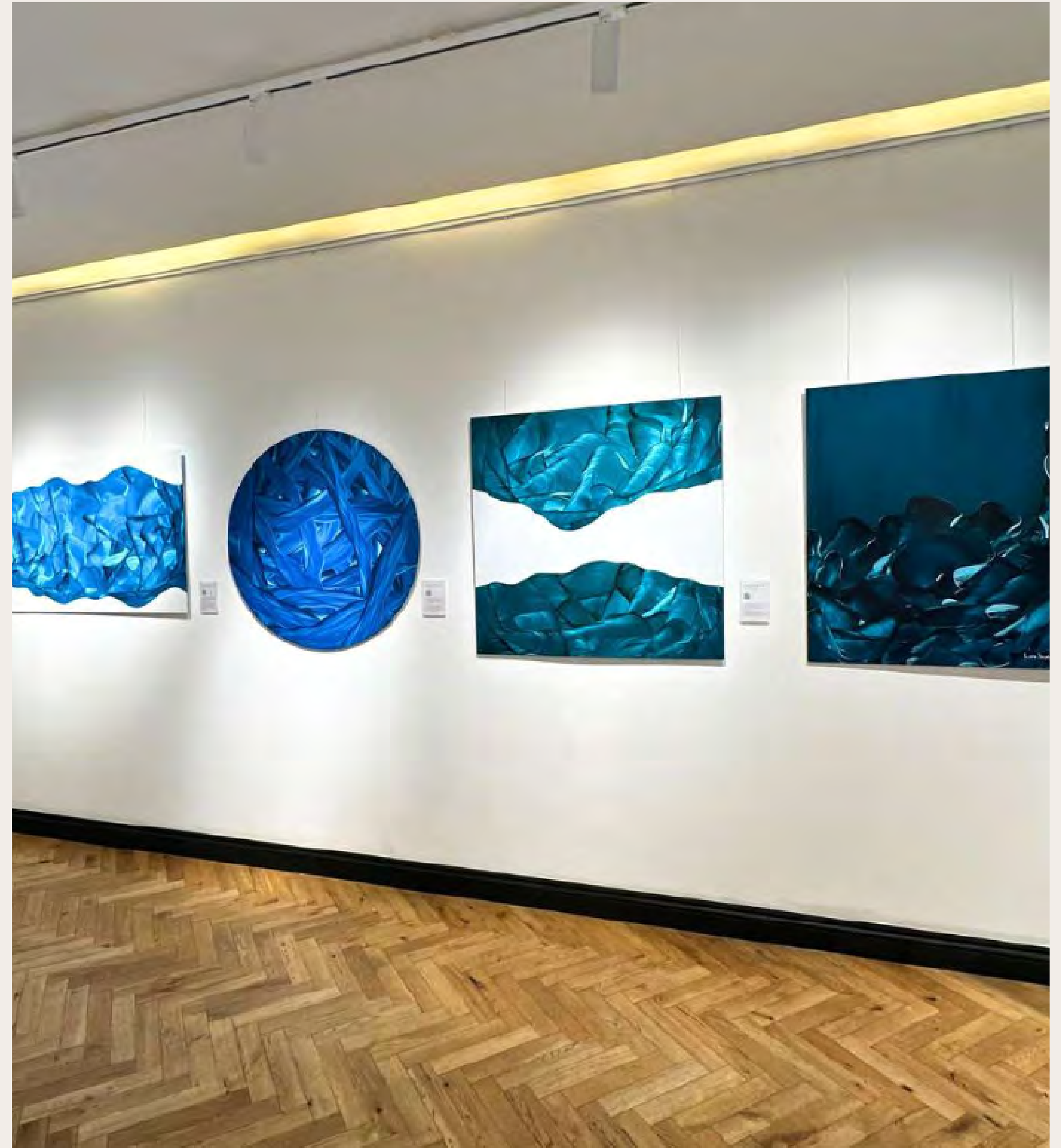


SHOWS

SHOWS



Lara Sayegh's debut solo exhibition in London, *World Beneath the Waves*, opened in late 2025 at the London Art Exchange in Marylebone, introducing audiences to her evocative abstract practice. The show featured a new body of work inspired by the hidden dynamism of the sea, from shifting tides and coral ecosystems to the unseen energy that pulses beneath the surface. Sayegh's pieces blend gestural, expressive mark-making with textured natural materials like sand and marble dust, creating vibrant, tactile canvases that feel alive with motion and emotion. This London premiere marked a significant moment in her artistic journey, inviting viewers to dive into the depths of nature and perception.





MEDIA

MEDIA



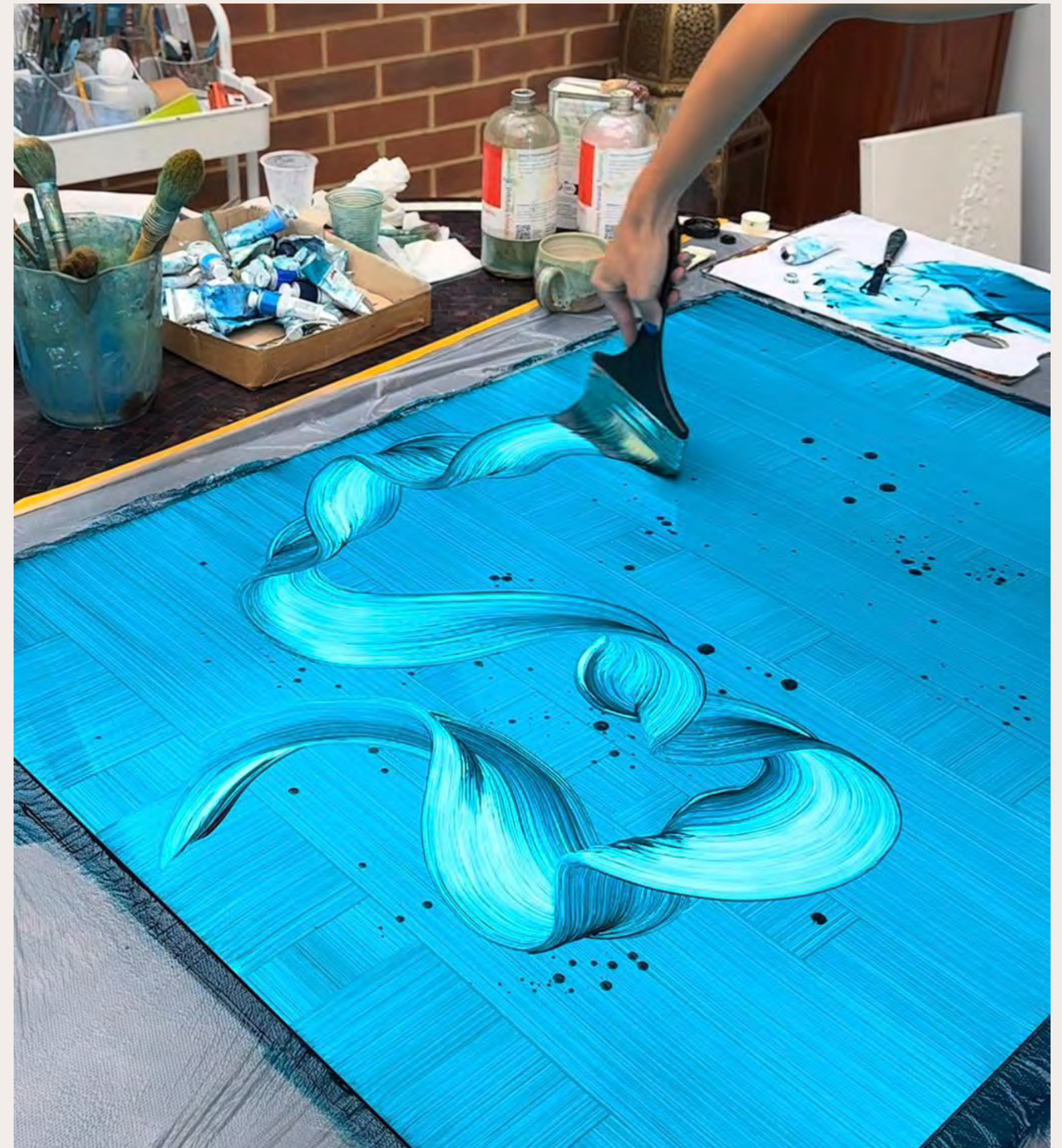
larasayegh.art  ...
Lara Sayegh لارا
247 posts 41.2K followers 1,022 following

Artist
Iraqi contemporary artist  
Lifestyle + travel
Contact for commissions
London

arte.bio/lara-sayegh  larasayegh.art



Lara Sayegh's Instagram presence reflects her growing profile as a London-based contemporary artist. On her official account @larasayegh.art, she has built an engaged creative community with around 41,000 followers, while following just over 1,000 accounts and sharing around 245 posts that showcase her studio practice, works in progress, and finished paintings inspired by nature's forms and the sea. This following highlights a significant digital audience for her abstract art.





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