

Healing Hues

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Healing Hues is a collection of 5 transitional water-based pastel works, featuring illustrations from my point of view of my recovery. *Healing Hues* documents my journey from discovering I had a chronic illness to my hospitalisation, surgery and recovery period.

Finding difficulty in expressing my journey through words, I aimed to communicate the highs and lows through moments in time that capture the significant points of my journey to recovery. I decided to pursue this concept while I was admitted in hospital, initially joking with my mum that earlier in the week, I lacked inspiration for my practical work and could now paint about this.

The purpose behind my artwork is to capture the reality of living with an unexpected medical diagnosis. Visually representing my emotions, and experiences, connected to this period, the aim of this artwork is to reflect on the positive moments that came from my illness. Represented through the aesthetic of the piece, which sees the transformation of every-day objects into symbolic expressions; transforming from cool to warm toned colour palettes, reflecting the physical and mental transition from sickness into recovery. Featuring my reflection in the mirror, the first artwork represents when I discovered I had redeveloped my condition. Moving into a different environment, the second artwork features a medical pump, reflecting the early stages of my hospitalisation. The third artwork captures the hospital room from my perspective. Depicting a bouquet of flowers, the fourth artwork symbolises the moment I was discharged, and gifted flowers. The final artwork illustrates a McDonalds meal I shared with my friends following my discharge.

In developing my final, I explored the works of Frida Kahlo, whose artworks boldly expressed stigmatised themes of sickness, through her manipulation of posture, symbols, and colour. These features of Kahlo's work allow audiences to sympathise, which influenced the direction of my work to follow a similar purpose.

Despite using oil paint, Thomas Ruckstuhl's expertise in blurred figures was influential towards creating lifeless objects appear interesting, seen within my final artworks.

I am extremely satisfied with the outcome of my artwork. I believe I was able to effectively achieve my desired goal of portraying my journey in a technique inspired by artists; Frida Kahlo and Thomas Ruckstuhl. I have a strong appreciation for the simplistic, and slightly imperfect, appearance of the final pieces because it accurately reflects my perspective during each moment. My decision to use water-based pastels was successful as the medium created thick textures, rich pigments, and interesting harmonies between the blended colours. The purpose of these artworks was to embody the unusual sense of peace I encountered in a high-stress situation. Achieved through my illustration of light and perspective. Light held significant value as I wished to recreate the fluorescent lighting in the hospital that provided me comfort. As each scene was portrayed through my perspective, I was motivated to successfully capture each scene through how I saw it at the time, albeit blurry and delirious.