My work explores expressions of self-love and self-care through decoration and the adornment of our bodies. I design surface patters and create textiles to make objects that bring joy through their use. I investigate the push and pull in functional objects between the expression of meaning and the joy of decoration. Like many in this challenging world, I battle with slowing down and self-care. Young adults are learning to live at a fast pace, breezing through life. With the sense of being endlessly overwhelmed, anxiety builds. With simple reminders, we are able to pause, think things through and redirect our emotions.

I create a range of printed and hand made objects. Some of which consist of functional scrunchies, that are traditionally used to pull back longer hair, and sometimes now used as fashion accessories worn on your arm, are sewn from screen printed fabric. The same patterns are printed on paper to enrich one's space. I also produce jewelry from laminated polymer clay; these multiples are formed by unique 3D printed cutters from home. Works are created both as sets and singles of each design for a variety of flexible options to fit each individual's wants and needs. My work also poses as a decorative wall print or textile design. Wall prints can be used in spaces of comfort to change up the view.

As an artist, the creation of artworks and products is an act of self-care. Fully engaging with a variety of different materials of mixed-media allows me to create both multiples as well as unique works. I find comfort from the process of designing a piece and the physical making of objects. This sense of joy is then experienced by my viewer/consumer who experiences/purchases my work to uplift their life, as an act of self-care and expression of self-love.

My work combines surface patterns and things such as wall prints into expressions of self-care while being functional through decorative pieces.

Some principles of design used in my work consist of patterns, balance and contrast.