

## Lara Frances | Birds of a Feather

"My art celebrates the vibrant beauty of the natural world. From the graceful flight of egrets to the playful antics of swans, I find inspiration in the movement and energy of animals and nature. My style embraces bold colours and a touch of the naive, capturing the essence of life with a joyful, expressive touch.

The natural world has always captivated me, particularly the creatures that inhabit it. Their resilience, the grace of their movement, and the spectrum of emotions they evoke. Through my art, I hope to share the healing power of nature and inspire others to embrace their passions, especially those facing challenging life experiences."

- Lara Frances



LARA FRANCES  
*Running Ducks in Rosey Hue*, 2025  
Oil on Canvas  
35.5 x 25.5 x 3 cm  
ZAR 8,000





LARA FRANCES  
*Running Ducks in Indigo Hue*, 2025  
Oil on Canvas  
35.5 x 25.5 x 3 cm  
ZAR 8,000





LARA FRANCES  
*Running Ducks in Green Hue*, 2025  
Oil on Canvas  
35.5 x 25.5 x 3 cm  
ZAR 8,000





LARA FRANCES  
*Running Ducks in Forest Tones*, 2025  
Acrylic on Canvas  
25.5 x 30.5 cm  
Framed: 28 x 33 x 3.4 cm  
ZAR 8,000





LARA FRANCES  
*Flamingo Bay*, 2025  
Acrylic on Canvas  
40.5 x 40.5 cm  
Framed: 42.5 x 42.5 x 4.5 cm  
ZAR 10,500





LARA FRANCES  
*Sable Swans*, 2025  
Acrylic on Canvas  
45.5 x 35.5 cm  
Framed: 47.3 x 37.5 x 4.5 cm  
ZAR 10,500





LARA FRANCES  
*Lovebirds in "Garing" Trees, 2025*  
Oil on Canvas  
40.5 x 40.6 x 3.3 cm  
ZAR 9,000





LARA FRANCES  
*Parrots of Ancient Tropics*, 2025  
Acrylic on Canvas  
45.5 x 35.5 cm  
Framed: 47.5 x 37.5 x 4.5 cm  
ZAR 10,500





LARA FRANCES  
*Ducks Frenzy*, 2025  
Acrylic on Paper  
42 x 29 cm  
Framed: 48.2 x 36 x 4.5 cm  
ZAR 8,000





LARA FRANCES  
*Ducks Parade*, 2025  
Acrylic on Paper  
42 x 29 cm  
Framed: 48.2 x 36 x 4.5 cm  
ZAR 8,000





LARA FRANCES  
*Scarlet Ibis over Eden*, 2025  
Oil on Canvas  
45.5 x 35.5 cm  
ZAR 9,000





LARA FRANCES  
*Pastel Palms*, 2025  
Oil on Canvas  
40.5 x 30.5 x 3 cm  
ZAR 8,500





LARA FRANCES  
*Flight Over Floral Shores, 2025*  
Acrylic on Canvas  
40.5 x 40.6 x 3.3 cm  
ZAR 9,000



## About the Artist | Lara Frances

"For fifteen years, I navigated the corporate world, finding a creative counterpoint in performance art and music, but it was a health diagnosis in 2023 that truly ignited my passion for visual art. The solitude and introspection that followed allowed me to fully embrace this long-held dream, transforming it into a cornerstone of my healing journey.

Despite having no formal training in visual arts, I have found solace and inspiration in the act of creation itself. Through my art, I hope to share the healing power of nature and inspire others to embrace their passions, especially those facing challenging life experiences. By exploring themes of resilience, hope, and the interconnectedness of all living things, I aim to create a visual language that resonates with audiences on both an emotional and intellectual level.

Working primarily with acrylics, gouache, and oils on canvas and paper, I strive to capture the essence of animals. Their uninhibited spirit and honest expressions resonate deeply with me, perhaps reflecting my own vulnerability and resilience. My work often depicts them in a lighthearted way, celebrating their unique personalities and the joy they bring to the natural world."