

Sandy Benkimoun

PORTFOLIO



Dunes of my Soul. Acrylics on cardboard, 100 by 62 cm

A R T I N S P I R E D B Y N A T U R E
2025-2026

About the artist

PROCESS

"A SCREAM WRAPPED IN A STORY"

Sandy's work tells stories inspired by her observation and admiration of Nature's capacity to unite dualities and thrive on this alliance. She sees our environment as an intricate symbiosis of dualities, vital to fostering life. Through this perspective, her art explores our Origin, Identity, the relativity of Reality, and the role of Chaos in Change.

A few years ago, she lost her first means of self-expression. Life happened and ended up offering a fascinating new prospect. Through connection and introspection, her health struggles guided her to meet the artist within. What a chaotic, natural, and revealing encounter!

She experiences every creation as a union with previously unknown parts of herself and the world. This association likely explains why her work is primarily abstract or figurative and uses natural materials. Whenever Sandy is stick-drawing, painting with tea and fruit infusions, crushing colourful rocks for texture, or sculpting with repurposed glass, she enjoys playing with Nature and the inner-outer exploration it offers her.

As she delved into this skin-thin relationship, a natural duality emerged in her creative process: opposing concepts refine each other's definitions and perceptions. Nothing is a greater source of opposition to concepts and materials than creation. The artist deconstructs, even destroys, to produce a new reality. An approach she fully applies when she smashes used materials before sculpting with them. She refers to her process as "creative destruction".

Sandy's art is born of necessity; however, it is worked out and sustained over time. Her creative process feels like a scream wrapped in a story—impulsive yet grounded.

Thanks to her varied inspirations, each viewer discovers different interesting stories in her work, which always makes her smile.

The Art

This sculpture depicts a Tree of Life striving to grow in a chaotic, inorganic habitat- referring to the abiogenesis theory as a potential for our origin. The Yin-Yang form of the base symbolises the need to juxtapose dualities to attain a sustainable equilibrium. This artwork illustrates how we should emulate nature. Indeed, our environment has achieved, time after time, an ideal balance through a continual symbiosis of opposites that fosters life. We should intend to replicate the intricate process to secure our future. Like a butterfly learning to gather the necessary strength to break out of its chrysalis, struggle can become a source of life, beauty, and sustainability. Indeed, resilience can even be born out of fragile, broken glass; exploring chaos as a source of growth, naturally and intellectually. This piece aims to convey hope for our environmental prospects despite the herculean challenges we face.



ABIOTENESIS RESILIENCE- DUAL BY NATURE SERIES.

REPURPOSED GLASS AND WOOD, DRIED VEGETALS
AND VEGETALS IN RESIN, ACRYLICS, ADHESIVES AND
VARNISH.

37 X 36 X 36 CM

2026

"Rainbow hour in the Valley" celebrates the beauty of our daily-evolving surroundings, even amidst immutable mountains. It contrasts the rocky reliefs' dense presence and texture with the shimmering clouds and background, both of which shift with the light throughout the day.



RAINBOW HOUR IN THE VALLEY.

NATURAL PIGMENTS-WINE, EUCALYPTUS AND DRIED
ROSES INFUSIONS-, TEAS, INK, ACRYLICS, UV SATIN
VARNISH ON CANVAS.

30 X 30 X 1 CM

2026

An Ode to the artist's grateful love for Australia. Surrounded by sunshine, the ocean, and smiling people walking barefoot along The Corso of Manly, Sandy fell in love with Sydney and promptly, the continent. Becoming grounded has been an intrinsic journey of exploring the Aussie land, wildlife and its culture. In this painting, each memory is encapsulated in glimmering, unfocused bubbles on an aged leaf. Each "time bubble" illustrates every step she took towards uncovering her true self through the exploration of her surroundings. It also combines the concepts of Time and Nature, both fleeting and permanent. By blending these themes, the artist aspired to capture the ephemeral yet enduring essence of life. Thus, learning not to take everything so seriously and to appreciate what is before her.



AUSSIE SPRINGS LOVE MEMORIES.

NATURAL PIGMENTS -RED WINE, TEAS, HIBISCUS
INFUSION, DRIED PEACHES INFUSION-, ACRYLICS,
INKS, UV SATIN VARNISH ON CANVAS.

30 X 30 X 1 CM

2026



**FREEDOM-
IN THE SHADOWS SERIES.**

TEAS, HIBISCUS INFUSION, ACRYLICS, INKS, UV
SATIN VARNISH ON WATERCOLOUR PAPER.

30 X 21 CM

2026

The first painting of the “Origin” series, humorously titled “Lazy Sunday”, captures tidal waves at dawn. It combines the sunrise and the ocean to evoke the warm, cosy lethargy of a Sunday, juxtaposed against the complex origins of life.

The luminous intensity and texture of this birds-eye-view landscape emerged from weeks of alternating layers of various teas, watercolours, and acrylics.

This piece illustrates how pairing opposites leads to lasting conception: in an ocean of improbable odds and mayhem, our Origin emerged. Here, chaos proves auspicious to creation and a source of life, a recurring theme in the artist’s work.



LAZY SUNDAY-

ORIGIN 1/3.

NATURAL PIGMENTS -TEAS-, ACRYLICS,
WATERCOLOURS, INK, AND ANTI-UV SATIN VARNISH
ON DEEP-EDGE CANVAS.

25 X 25 X 3 CM

OCT. 2025

In "Mother of All", the second of the series, life's origin is represented here as effervescent yet grounded. It conveys a feminine, elemental quality, associated with the womb and sourced in water and earth. Draped in her Rock 'n' Roll attire, this embodiment symbolises the resilience of life -roll- in the turmoil of creation -rock-. Influenced by the Chinese approach of the feminine within each of us, Yin, the Mother's open arms appeal to welcome and unify.

This piece depicts one origin for a diverse world. It reminds us that every lifeform shares a genesis, despite the differences developed over time. However, contrasts and oppositions, illustrated in the choice of tones, are crucial in our evolution to prevent the limitation of a singular view. Instead, they serve as catalysts to expand our perspectives.

The artist invoked a compassionate, patient and creative force as a muse of conscious solutions for our society and environment.

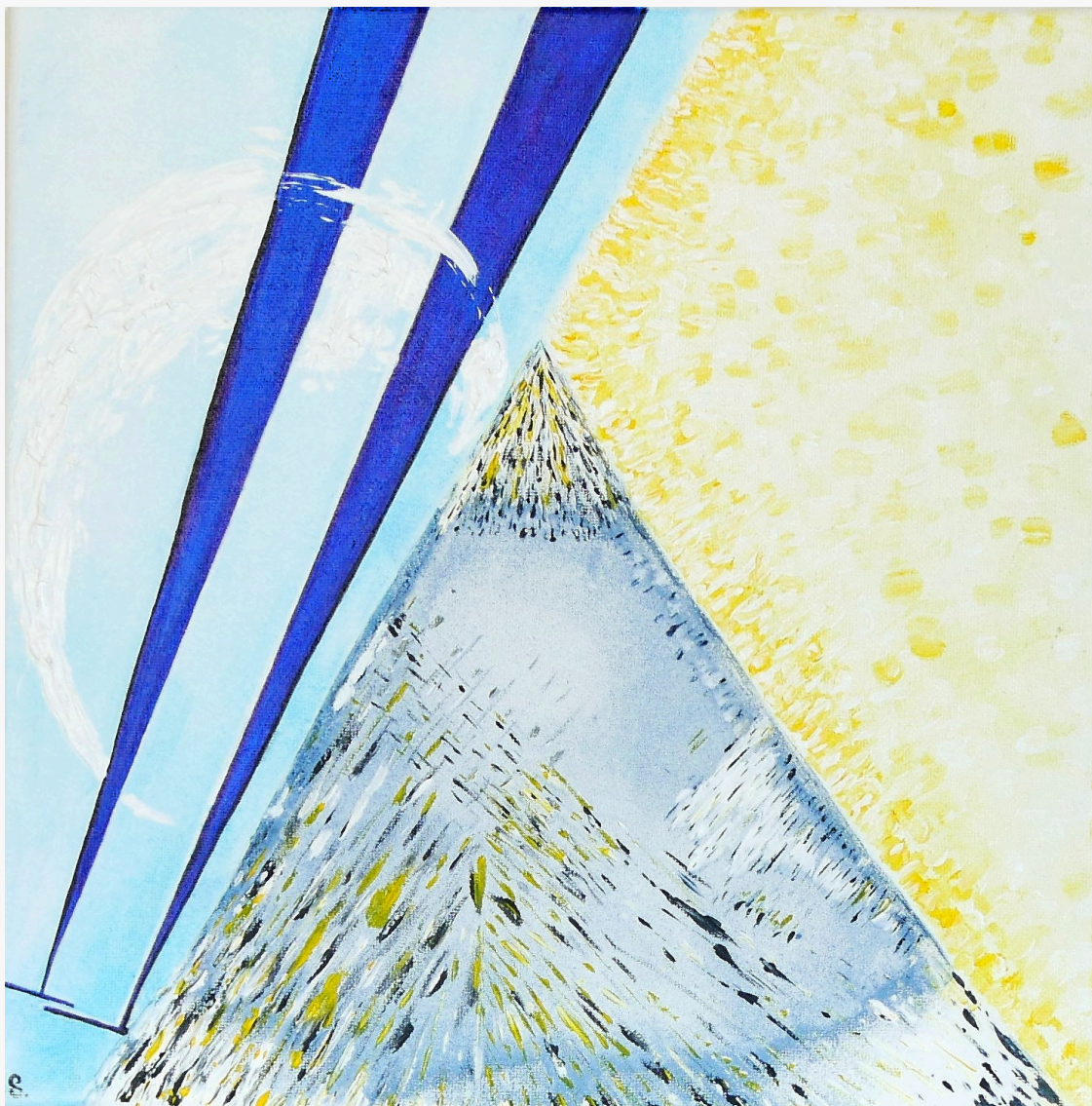


**MOTHER OF ALL-
ORIGIN 2/3.**

TEA, ACRYLICS, UV SATIN VARNISH ON DEEP-EDGE
CANVAS.

25 X 25 X 3 CM

OCT. 2025



COMPLEX IN BALANCE, OR SELF-PORTRAIT-DUAL BY NATURE SERIES.

INKS, ACRYLICS, UV SATIN VARNISH ON CANVAS.

30 X 30 X 1 CM

2025



**INNER-CHILD-
DUAL BY NATURE SERIES.**

INKS, ACRYLICS, UV SATIN VARNISH ON CANVAS.

30 X 30 X 1 CM

2025



WOMB HEAT WAVE-

WELCOME CHANGE SERIES.

INKS, ACRYLICS, UV SATIN VARNISH ON CANVAS.

30 X 30 X 1 CM

2025

Thank you, let's connect!

CONTACT DETAILS AND WHERE TO FIND MY WORK

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