



**‘THE BEAUTY
IS IN THE DETAILS ’**

An exhibition by Irene Kontakosan

Women's & Children's
Hospital Foundation



Irene Kontakos is an Adelaide-based artist working across multiple mediums, including drawing, painting, sculpture, and textiles. She graduated from the Adelaide Central School of Art in 2013 and has since exhibited widely locally and interstate, as well as having been selected as a finalist for local art prizes. Irene recently returned to professional practice in 2023 after a short hiatus during which she completed further study and became a mother of two.

Irene's current practice explores themes around nature, the human condition, and motherhood, often combining representational forms with abstract elements.

Her interest in nature and human connection/disconnection with nature has been inspired by her own childhood memories of spending large amounts of time outside playing and working in natural environments. This deep appreciation of nature is evident in this collection of small paintings titled 'The Beauty is in the Details'.

This exhibition depicts a collection of biophilic paintings that convey the beauty and wonder of nature.

Biophilia refers to the human predisposition toward seeking connections with nature, derived from two Greek words: bio meaning 'life' and philia meaning 'love of'. These small works are made with a profound appreciation and love for the beauty found in subtle details of nature's intricacies. It encourages one to pause and revive a sense of awe and curiosity in the natural world.

The viewer is invited to reflect on the rhythmic geometry that can be found in the imperfect symmetry, circles, meanders, and spirals found in the details of nature.

The title of each work has been left deliberately ambiguous in the hope of coaxing the viewer into spending some time in contemplation of each work and, drawing from their own experience within the natural world, attempting to identify the plant from the detail shown. Each painting has been inspired by plants that the artist has encountered growing in various locations, including the flower garden, the vegetable patch, on farms, and along the sides of the roads—beautiful complexities of nature hiding in plain sight.

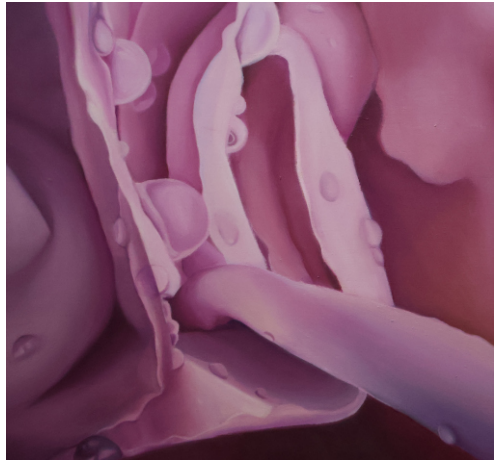
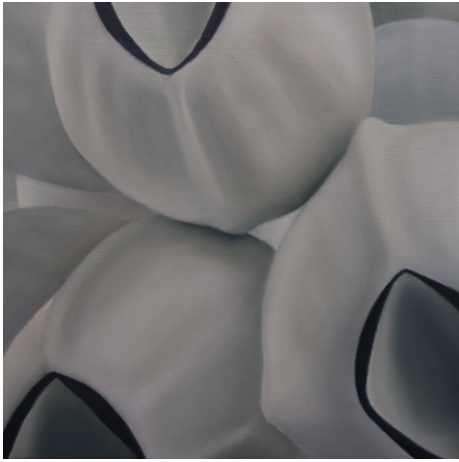


Image top left: detail of *Panel IX*, oil on wood panel 2026

Image top right: detail of *Panel V*, oil on wood panel 2025

Image bottom: detail of *Panel XIV*, oil on wood panel 2026

See more of Irene's works:

www.irenekontakos.com.au + instagram [@irenekontakos](https://www.instagram.com/irenekontakos)

The Women's and Children's Hospital Foundation (WCH Foundation) improves the health and wellbeing outcomes for children and families under the care of the Women's and Children's Hospital and the broader Health Network.

The WCH Foundation Arts in Health program creates an interactive and vibrant hospital environment that improves the health and wellbeing of the hospital patients, their families and staff. Through art, play and music, we encourage curiosity and creativity and reduce the stress of being in hospital.

The Arts in Health Exhibition program provides a space away from the stresses of treatment to distract, entertain and inspire by improving the hospital environment. The artworks displayed in the exhibition spaces come from a range of sources – internally from hospital staff, patients (women & children) and their families, through specific Arts in Health activities and externally from local artists and art collectives.

This exhibition was planned and exhibited on the lands of the Kaurna People, we pay our respects to the Kaurna Elders past and present and to the Elders of the lands this brochure reaches.

Cover image: detail of *Panel VII*, oil on wood panel 2026



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