



Elena Garrigolas

b.1998, Girona, Spain

Elena Garrigolas (b.1998) is a Catalan born artist, currently living and working in Girona. Garrigolas's drawings revolve around the female form, a reflection of her own struggles with body image and societal expectations. Her self-portraits are especially powerful, as they reveal the unvarnished truth of her experience. Through her work, she grapples with the religious teachings and familial pressures that have shaped her perception of her own body. In a world increasingly detached from the act of drawing, Elena Garrigolas champions its significance as the foundation of all visual art forms. Her art is unapologetically personal, eschewing the need for mass appeal or financial gain. Instead, it invites viewers to step into her dreamlike world, to decipher the emotions, and to question their own perceptions.

ARTIST CV

EDUCATION

2020 Fine Art, University of Barcelona, Spain

AWARDS

2023 *Special Mention for Young Artists*, Inund'art Festival, Girona, ES

2021 *Young Talent Gironès Award 2021*, Zona Jove Gironès, Girona, ES

SELECTED EXHIBITIONS

2026 *Maladaptive Daydreaming*, Bolit Centre for Contemporary Art, Girona, ES

2024 *Cave*, AWL, Girona, ES

Confessions of the Flesh, AWL Airas Wang de Lafée, Girona, ES

Mi mamá me mima, Museu de la Mediterrània, Torroella, ES

Mi mamá me mima, Ca l'Anita, Roses, ES

2023 *Mi mamá me mima*, Galeria Ola (Art Nou), Barcelona, ES

Elena Garrigolas, Saatchi Yates, London, UK

Perspectives on Contemporaneity, Palau Martorell, Barcelona, ES

SWAB Art Fair, Barcelona, ES

Recipes for Romance, Hudson House, New York City, USA

2022 *Like Sparks That Turn Into Fire*, Espacio La Argolla, Barcelona, ES

2021 *I+I=I, l'Estació Espai Jove*, Girona, ES

Sense Títol, University of Barcelona, ES

2020 (TFG), *Untitled 2020*, University of Barcelona, Barcelona, ES