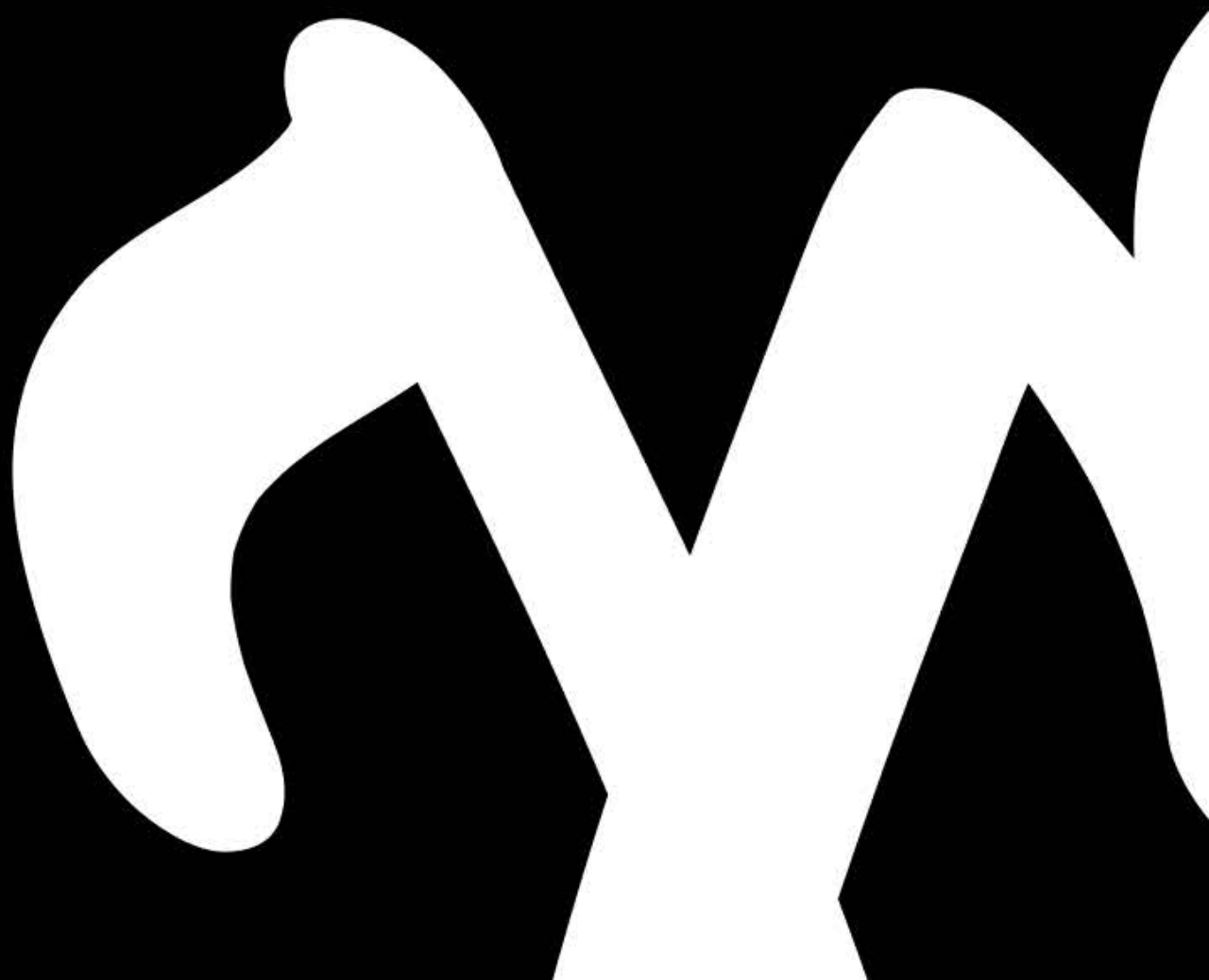
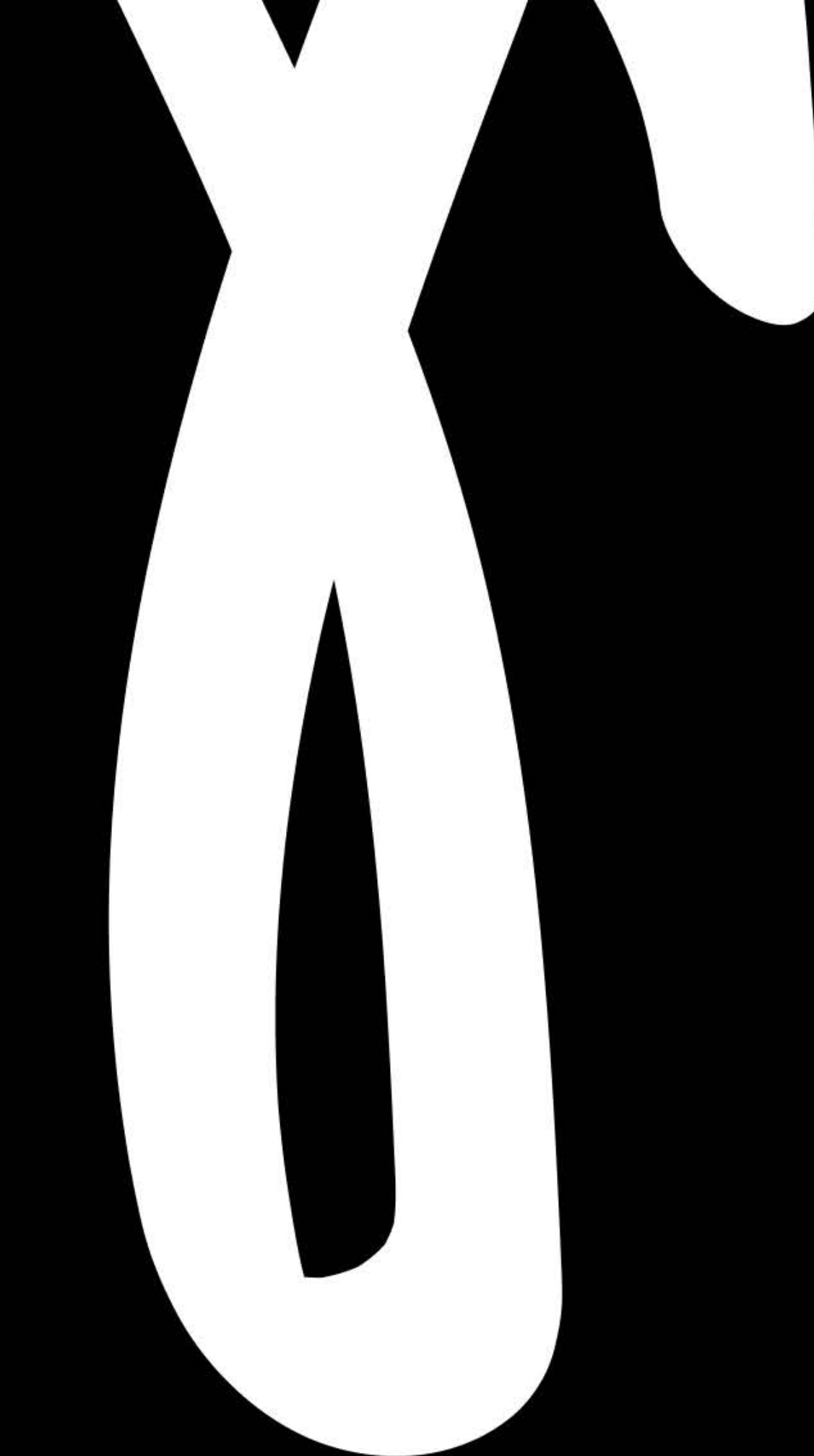




Artist portfolio

Johanna Regårdh 2026



Johanna (Finland, 1992) is a designer, photographer and visual artist based in Lisbon, Portugal. Her work spans visual identity and communications, alongside an independent artistic practice rooted in photography, painting, writing and publishing.

She began her creative path studying BA Fashion Design & Technology at the Arts University Bournemouth, graduating with First Class Honours in 2014. She moved to London immediately after, working in the fashion industry for four years before relocating to Spain and shifting her focus to graphic design. Over the following years she established herself as a freelance designer and art director, building a career across brand identity, digital design and communications for tech startups, agencies, and creative businesses.

Alongside her design practice, Johanna maintains an ongoing artistic practice with the ocean as its central subject. Her project Seventy Percent Water grew out of a lifelong fascination with the sea and now acts as the starting point for her wider artistic output,

extending into photography, abstract painting, writing and independent publishing. Across these mediums, the ocean functions as both subject and metaphor, a way of exploring an inner world through water: its movement, depth, and constant state of change, similar to the mind. Her practice is also motivated by a concern for environmentalism, using the ocean as a lens to raise awareness of climate change and humanity's shifting relationship to water.

Her work has been exhibited in Lisbon and Barcelona and Seventy Percent Water was shown at the Portuguese Surf Film Festival, which continues to evolve into a forthcoming book, an expanding body of paintings, and ongoing research and documentation. Johanna is an active participant in the Lisbon art scene, collaborating with organisations both locally and internationally.

She is currently undertaking an MA in Art Markets at ISCTE, formalising her long-standing interest in curation, the cultural sector, and the role of visual communication within it.



Halfway Home

Photography
2024-25

Part of my ongoing project 70% Water. Exhibited in collaboration with Atelier de Lisboa in 2025 as a group show.

Halfway Home is the outcome of a year-long journey through the Process & Production course at Atelier de Lisboa, led by Martim Ramos. For me, the project felt like a milestone in a bigger shift; it was the first time I've really started working with photography as a medium, which I explored through analog (with special thanks to my dad, and his collection of cameras), digital, and water-based processes.

Throughout the year, I used the camera to investigate subjects that have forever been close to my heart—the ocean, marine life, and people's emotional and physical connection to water. These themes are intertwined with more internal explorations: the search for belonging, the pull between movement and stillness, and the desire to find steadiness amid change.

"Halfway Home" reflects a moment in that search, where you are neither fully settled nor completely adrift. It is an ode to going with this flow we call life, to discovering that home might not be a place, but a feeling that lives within.



*At a time when we no longer have
to be at the right place at the right
time, we end up being everywhere
at the same time.*

It's not just about missing the past or a person; it's also about the intensity of the emotions stirred by the absence, a mixture of joy for what was experienced and sorrow for what is now lost.





Johanna Regårdh







Seventy Percent Water

Book project
WIP
2025-present

Part of my ongoing project Seventy Percent Water has been edited and curated into a photobook in collaboration with Atelier de Lisboa.

It serves as both an extension and summary of my photographic work on the subject so far, continuing to explore the human mind and inner worlds through the metaphor of the ocean.

Land represents the surface of our lives; the part of us that is seen, named, and navigated daily. It shows signs of erosion, how water, our inner world and previous experiences, adds to our presentation of ourselves. Under water represents the inner landscape; the emotional, intuitive, and subconscious world where control softens and perception shifts. The body becomes fluid, buoyant, unanchored from fixed orientation. Storms and waves embody emotional turbulence, instinct, and the body in reaction. This space reflects confrontation, resistance, surrender, and momentum.

Just like water we're constantly moving, and reacting based on previous storms. Eventually we will learn to ride the swells, until we once again find calm seas.





On journeys without
a path

On missing what never
was

On arriving where
doesn't exist.











Johanna Regårdh



Eroding Coastlines

(Working Title, In Progress)

Photography and paint studies

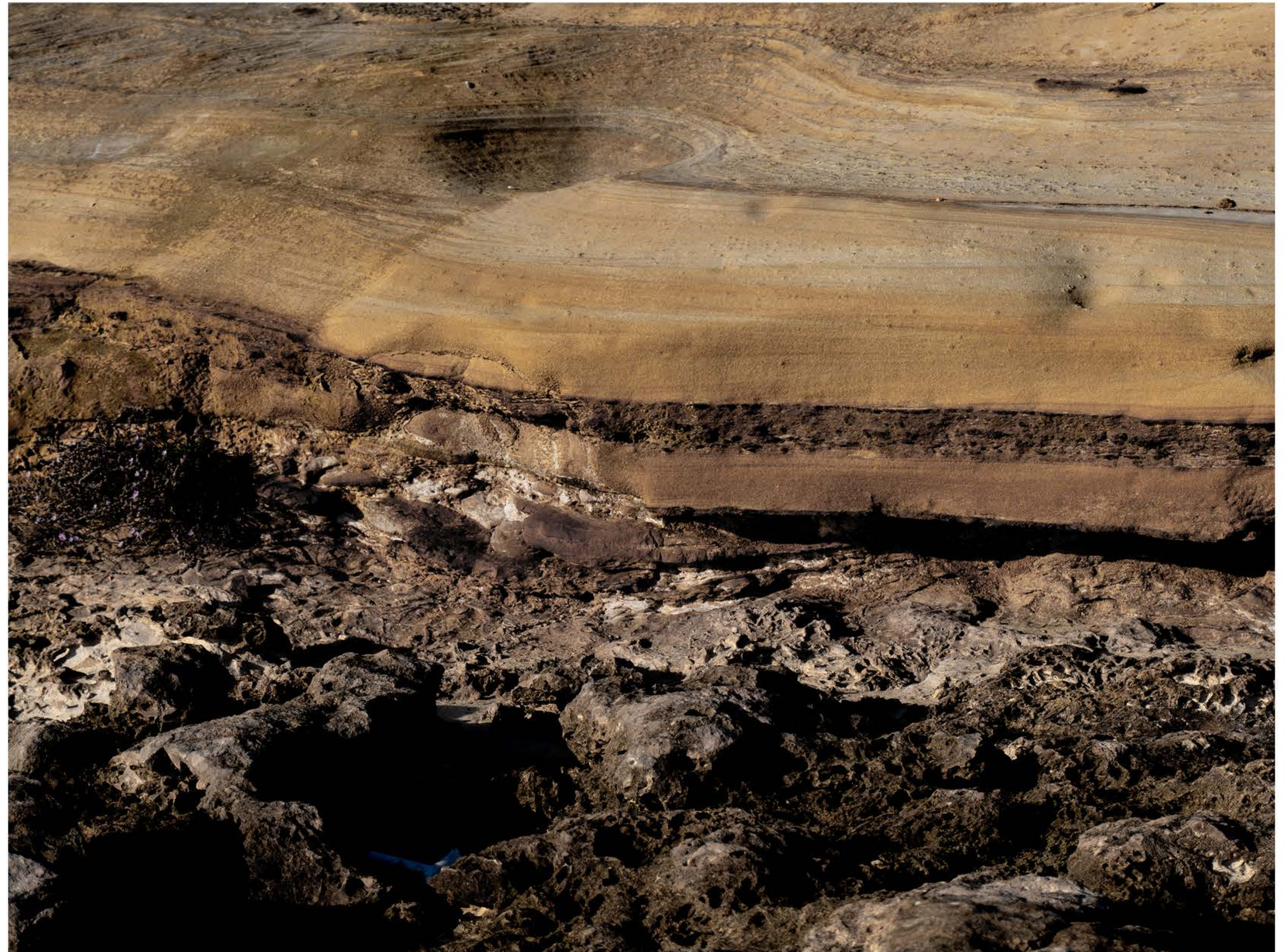
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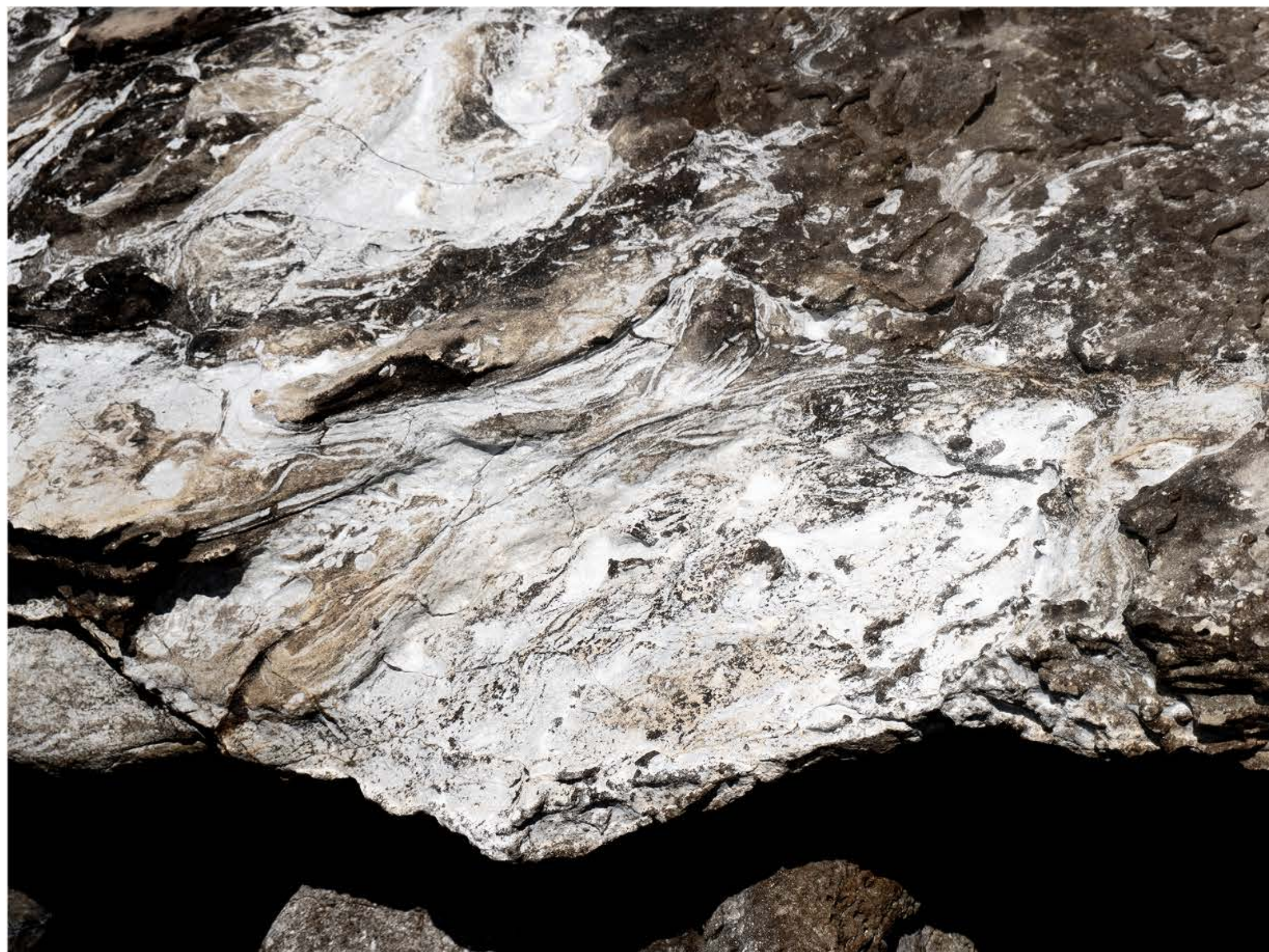
2025-present

I'm documenting the coastline of Portugal, one of Europe's most climate-vulnerable countries, and the patterns left behind by the Atlantic's slow, constant reshaping of the land. Cliffs collapse, dunes shift, rock faces are carved and undercut over years of exposure. These patterns are the starting point for a body of abstract paintings, where I reinterpret what the water leaves behind.

There's a tension at the centre of this project. The erosion is genuinely beautiful to look at, the water working the land into shapes no hand could plan. But it's also evidence of a coastline under pressure, and a preview of change that will keep accelerating. I'm interested in holding both of those at once rather than resolving them, documentation as research, and painting as a way of sitting with what the research shows me.

This project is ongoing. The photographic documentation is underway across different points on the Portuguese coast, with the paintings developing alongside it.



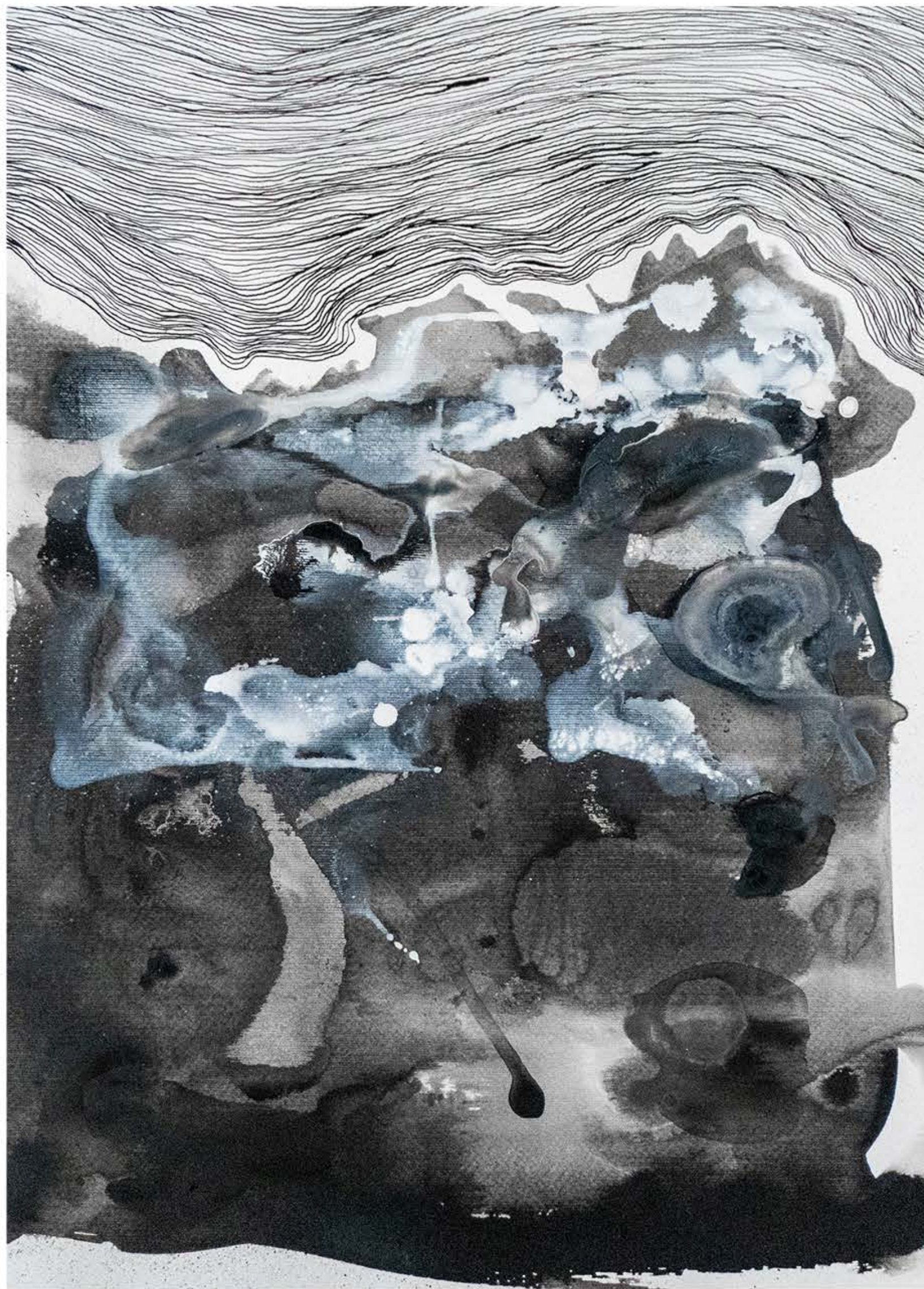


Acrylic and ink on paper
21x30 cm
2026





Acrylic and ink on paper
40x60 cm
2026



Acrylic and ink on paper
30x42 cm
2026

Ink on paper
21x30 cm
2026



Ink on paper
40x60 cm
2026



Recent Paintings

2026

An extension of my ongoing project Seventy Percent Water, this body of paintings explores abstract form as a way of interpreting the ocean, its movement, its scale, and the feeling of being immersed in it. Working across paper and canvas, I'm using water and its unpredictability both as a medium and concept, turning emotion and sensation into physical paint.

These works aren't yet a resolved series. They're a current, active part of my studio practice, continuing to develop as the project itself evolves.

Acrylic and ink on canvas
70x50 cm
2026

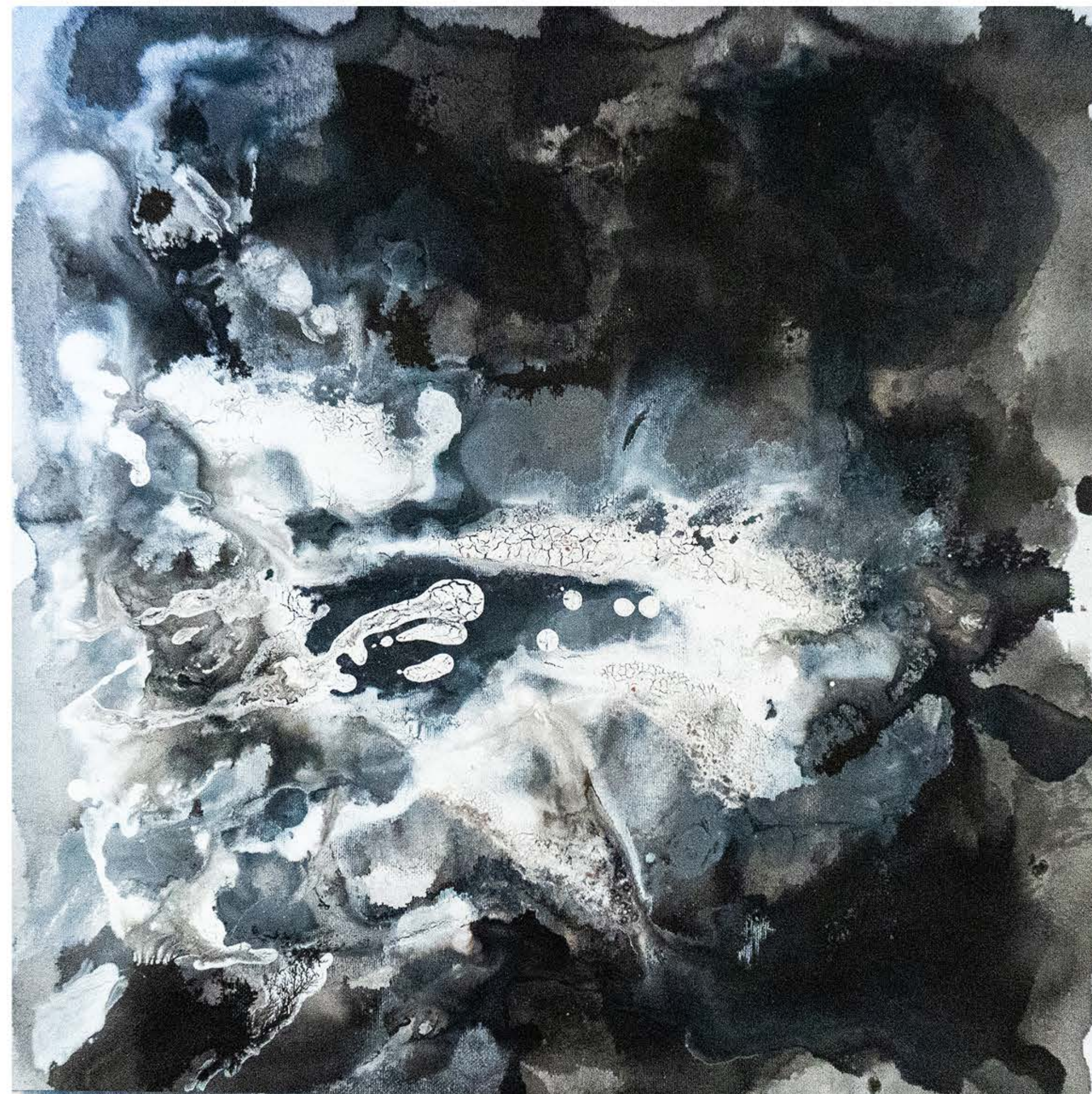


Acrylic and ink on canvas
40x40cm
2026



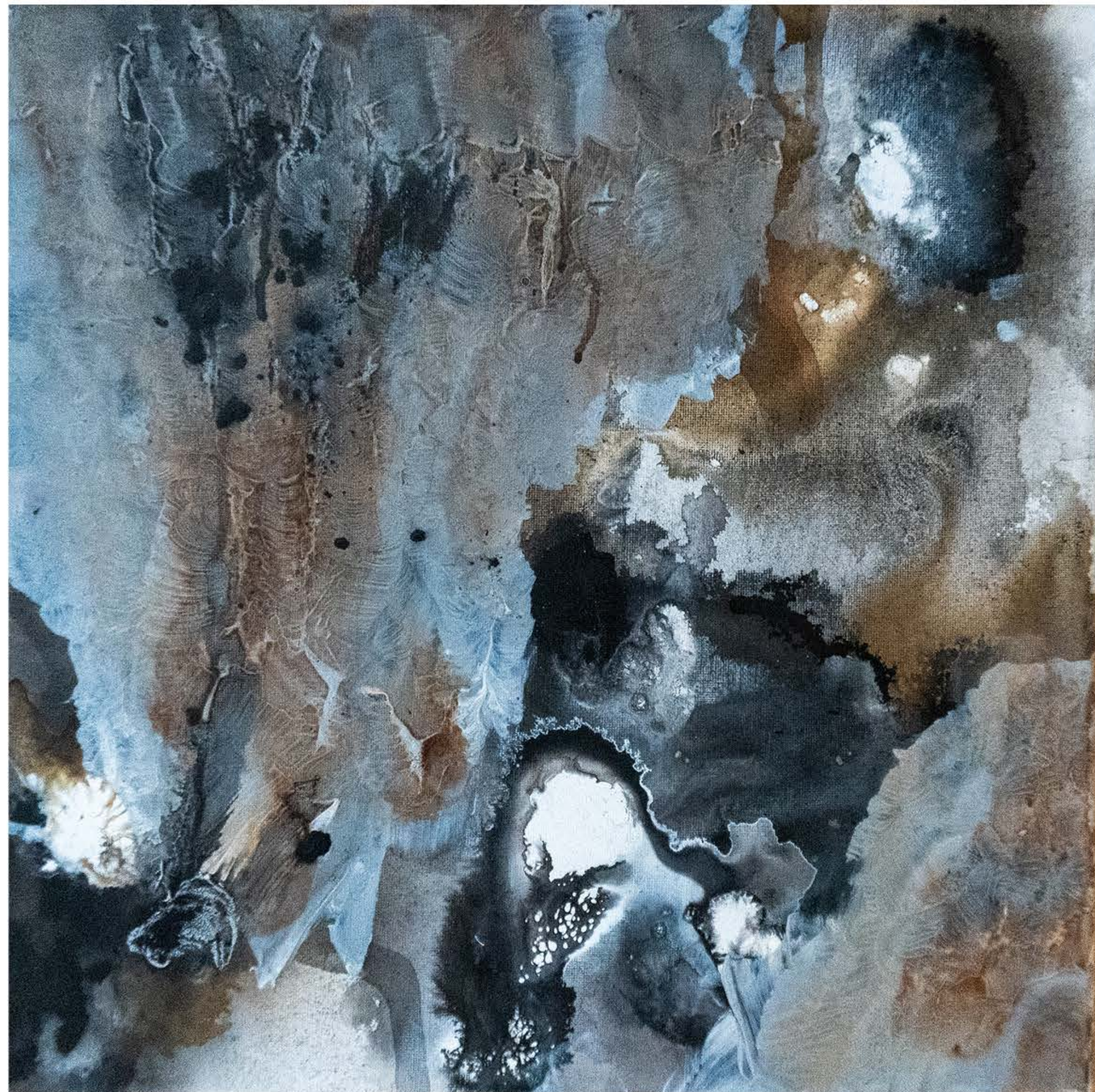
Johanna Regårdh

Acrylic and ink on canvas
40x40cm
2026



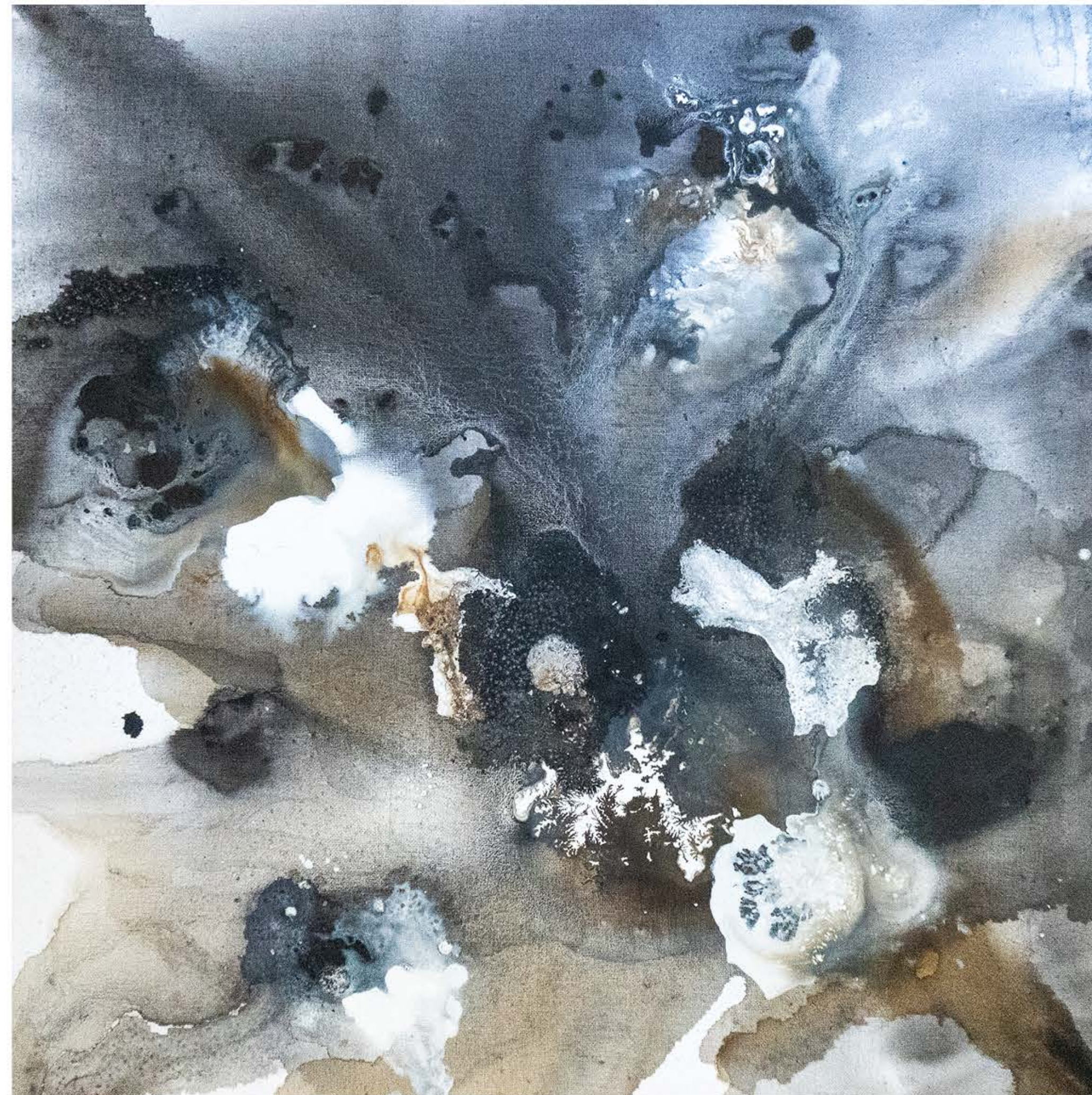
2026

Acrylic and ink on canvas
40x40cm
2026



Johanna Regårdh

Acrylic and ink on canvas
40x40cm
2026



2026



Acrylic and ink on canvas
80x60 cm
2026