



Nerina Villarreal Metzner

Tricks and tips from the colourful Nerina Villarreal Metzner



Nerina Villarreal Metzner is a contemporary artist with 8 years of experience. Her works are a mix of vibrant colors, whimsical textures and abstract shapes that intertwine to create dynamic and exciting compositions. Through her art, Nerina seeks to transcend the barriers of language and culture to connect with the universal essence of humanity, inviting everyone to immerse themselves in a journey of self-discovery and transformation through the beauty and emotion captured in her works.

The artist's studio: is a separate space necessary for productive work? What are the absolute essentials in your working space? What advice would you give to emerging artists in terms of setting up a studio/working space?

Yes, since it will be the place where you will be developing your entire creative process, without distractions. As a basis, it is necessary that you have good lighting, a chair, a tripod, and some furniture or a cart where you can place your paints, brushes, etc.

Try to keep canvases unrolled and unwrapped, so that they do not capture humidity; having an inventory of all your materials saves your time and money. However when you are starting, not always will you have all the materials and space for this purpose, this is where that innate creativity begins to understand how to take advantage of even a minimum of space, and make it functional. Later when you have evolved, you could expand it or get a suitable space that you can use as your studio / workshop and decorate it to your taste or need.



Earning a living from art: what steps are necessary to make a living selling artwork? Please share your experience of developing a website/social media pages, communication with wider audience and potential buyers, working with online and offline galleries, etc.

Selling art is not immediate, you must start by making yourself known in your market in order to connect with your niche. Having a website is essential as it will give personality and presence to your brand. Staying active on social media, sharing your projects and participating in exhibitions are all very important as it will give a boost to your career and your entire journey as an artist.

There are very well-known international sites you can join to sell your art online. Some already have links to galleries, others can do it individually. You just have to create your profile and upload your art and then wait until you can connect with a buyer and make the shipment. Artistic representations with galleries are good as long as your value as an artist is recognized without abusing costs.

Staying inspired: please tell us what you do to keep being an inspired creative. Is it necessary to take breaks from your work? How can an artist maintain their creative curiosity? Does your inspiration come from within or outside?

The way it has worked for me is by surrounding myself with positive elements and environments, even with the simplest activities, but those that generate comfort help me maintain a creative mind. I enjoy nature, taking care of my garden, with my pets or with my family. In this way, there must be a balance and not be isolated from daily life. Spaces are important because you also need those experiences to motivate yourself. Many of my sources of inspiration come from my daily life, trips, past events and even dreams or future goals. I think that inspiration can come from outside or from within. I can tell you that in my case, several of my themes have been from past experiences, such as the example of the recent exhibition in Panama, which was based on a tale of the Arabian Nights, when I soloed as a ballet dancer. One piece of advice I can give you is to always maintain your essence, be yourself, paint what you like, do not be afraid, someone will connect with you at some point.