



"Sacred Passage-Balance" ©Vara Kamin

SITETM
BY VARA KAMIN

Introducing S.I.T.E.™ Sensory Immersion Transition Experience™

S.I.T.E.™ by Vara Kamin—formerly referred to as Vara Kamin's Impressions of Light®, Inc., VKI/IOL—seamlessly integrates over 25 years of Kamin's knowledge and expertise in the healing arts, scientific insights gained from extensive installations, and the increasing societal emphasis on wellness.

“Inspired by the integration of art and science, I offer a transformational tool for self-reflection and the cultivation of insight, while inviting individuals to connect with their innate healing capacities”



— Vara Kamin
*President and Artistic Director,
S.I.T.E. by Vara Kamin*

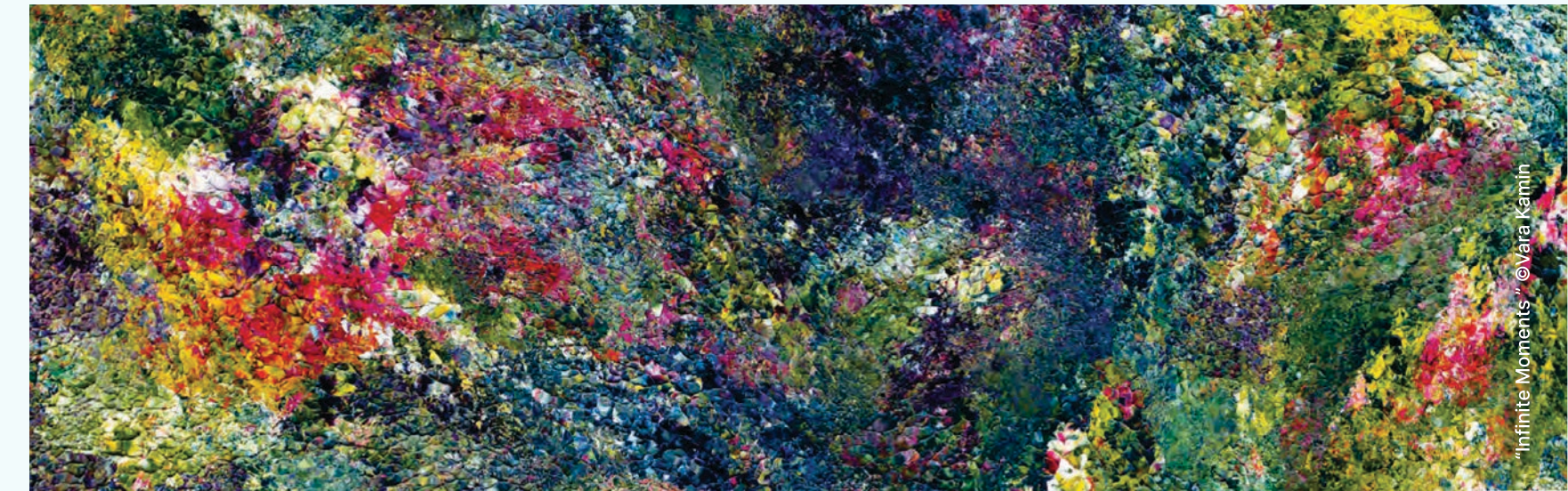
Summary

Vara Kamin's custom-curated installations are replicated from Kamin's original works of art and have been providing innovative visual support to the architectural and design community since 1999.

Installations include a wide variety of environments but not limited to: healthcare, community respite spaces, educational, hospitality, and private residential settings. The paintings enhance environments for well-being by inviting curiosity, stimulating active imagination, and engaging the relaxation response through body-mind integration.

Celebrating the universal human experience, Kamin's paintings transcend cultural, social, and demographic boundaries; inviting individuals of all ages and ethnic backgrounds to explore their own personal encounter and find meaning within the art.

The high-definition digital reproductions of these paintings have the ability to hold their integrity both at small and large scale along with applications on various substrates.



“Crossing the bridge from decorative art to healing art, Vara Kamin’s images are powerful, therapeutic tools that move the human body into a healing state of equilibrium, harmony, and balance.”

— Mary Rockwood Lane, RN, Ph.D.
*Co-Founder Arts in Medicine Program,
University of Florida*

Client-verified efficacy

Clinicians and patients have confirmed the power of these installations: reduced stress and enhanced wellness by generating an autonomic relaxation response.

“The ability to dim the **backlighting of the image is very powerful.** We raise or lower the intensity of the lighting based on treatment requirements and patient preference. **Dimming the light can change the look of the image and can make a difference to the patients.** It is also gratifying to see that even as the length of some procedures has grown longer and the LINAC face masks the patients wear have grown larger, we still use very little sedation in our Center, and **we attribute that in part to the calming influence of the images.**”

— Karen Alban, RN, BSN, OCN,
Executive Director Oncology Services
William E. Kahlert Regional Cancer Center



William E. Kahlert Regional Cancer Center
Linear Accelerator Suite
Westminster, MD
“Infinite Moments”

Impact verification

“Vara Kamin’s paintings generate curiosity and discovery; there is also harmony that soothes and relaxes...There are additional research studies that assist in explaining the ability of non-referential interpretative works of art to promote positive responses: exposure to aesthetically pleasing stimuli can result in the release of endorphins, which help the body relax and enhance mood.”

— Judy Rollins, PhD, BFA, RN
Arousing Curiosity: When Hospital Art Transcends
HERD Vol 4 No 3 Spring 2011, Pgs. 73–94
Georgetown University School of Medicine

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Health Environments Research & Design Journal

GUEST EDITOR'S COLUMN

It's All About Healing
Upali Nanda

RESEARCH METHODS COLUMNS

Research Methods for Design Practitioners To Evaluate Facilities
Mardelle McCuskey Shepley

Rooftop Hospital Gardens for Physical Therapy: A Post-Occupancy Evaluation
Brad E. Davis

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Peer Review and the Development of a Science
Jaynelle F. Stichler

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Debajyoti Pati

Arousing Curiosity: When Hospital Art Transcends
Judy Ann Rollins

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Ten Suggestions for Increasing Rigor in Architecture and Design
D. Kirk Hamilton

RESEARCH

Lactation Space Design: Supporting Evidence-Based Practice and the Baby-Friendly Hospital Initiative
Tammy Smith Thompson and LaShawna Heflin

A Comparison of Parent Satisfaction in an Open-Bay and Single-Family Room Neonatal Intensive Care Unit
Dennis C. Stevens, Carol C. Helseth, M. Akram Khan, David P. Munson, and E. J. Reid

Influence of Positive Distractions on Children in Two Clinic Waiting Areas
Debajyoti Pati and Upali Nanda

LETTERS TO THE EDITORS

Kathy Hathorn
Mary Grehan
Samira Pasha

BOOK REVIEW

Transforming the Healthcare Experience Through the Arts
Reviewed by Jill Sonke

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VENDOME GROUP THE CENTER FOR HEALTH DESIGN

Benefits of art and healing

“Abstract art seeks to break away from traditional representation of physical objects...

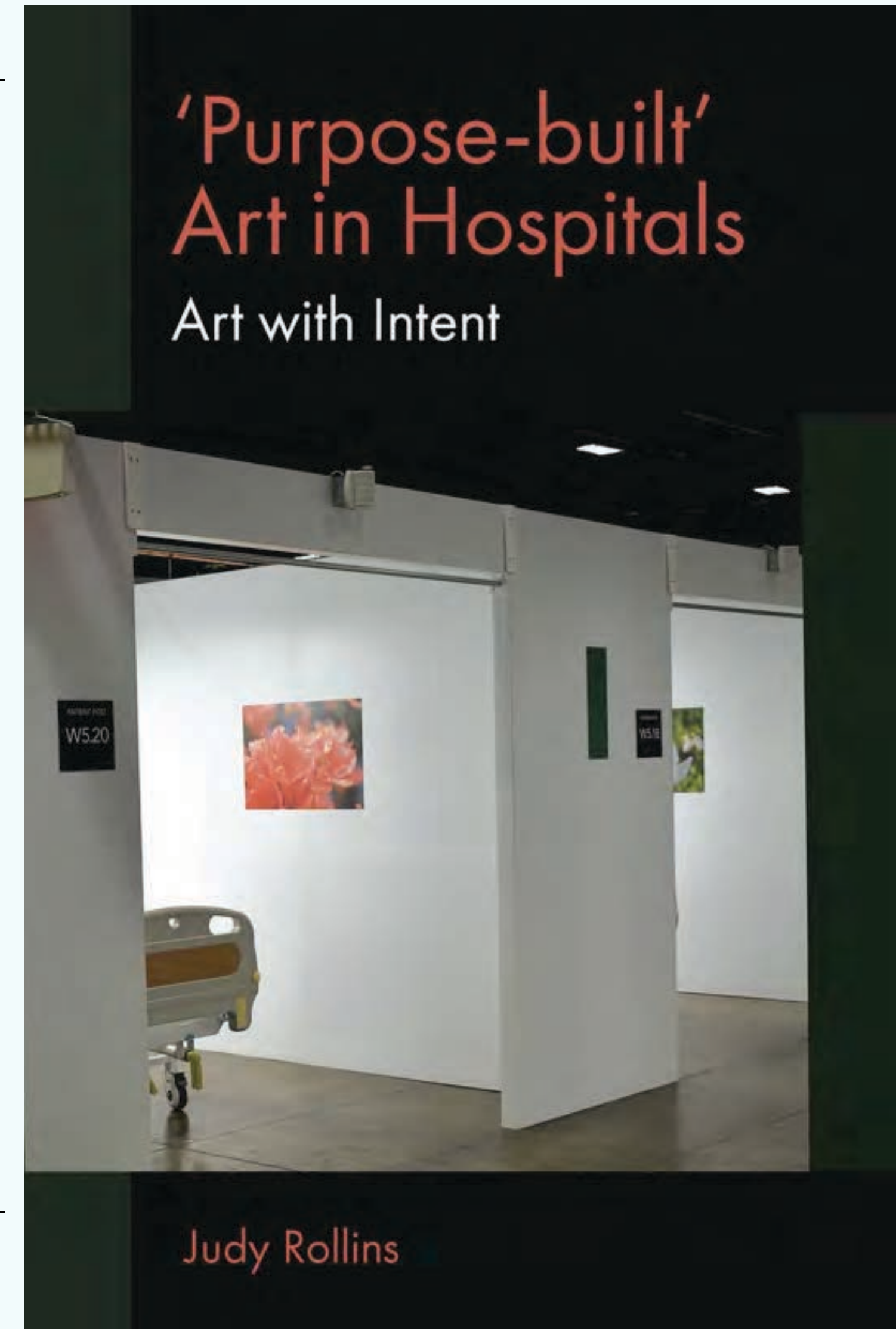
It explores the relationship of forms and colors and **enables our brain to create new emotional and cognitive associations...**

Vara Kamin’s abstract art has been found to be valuable in **promoting transcendence in stressful areas.**”

— Judy Rollins, PhD, BFA, RN
*‘Purpose-built’ Art in Hospitals: Art with Intent*¹

¹ Judy Rollins, PhD, BFA, RN, is a Scholar at The Institute for Integrative Health in Baltimore, Maryland, conducted an international study that explored artwork in hospitals.

‘Purpose-built’ Art in Hospitals: Art with Intent (Emerald Publishing 2021) is built on an international study of artwork around the globe.



Customized sensory experiences

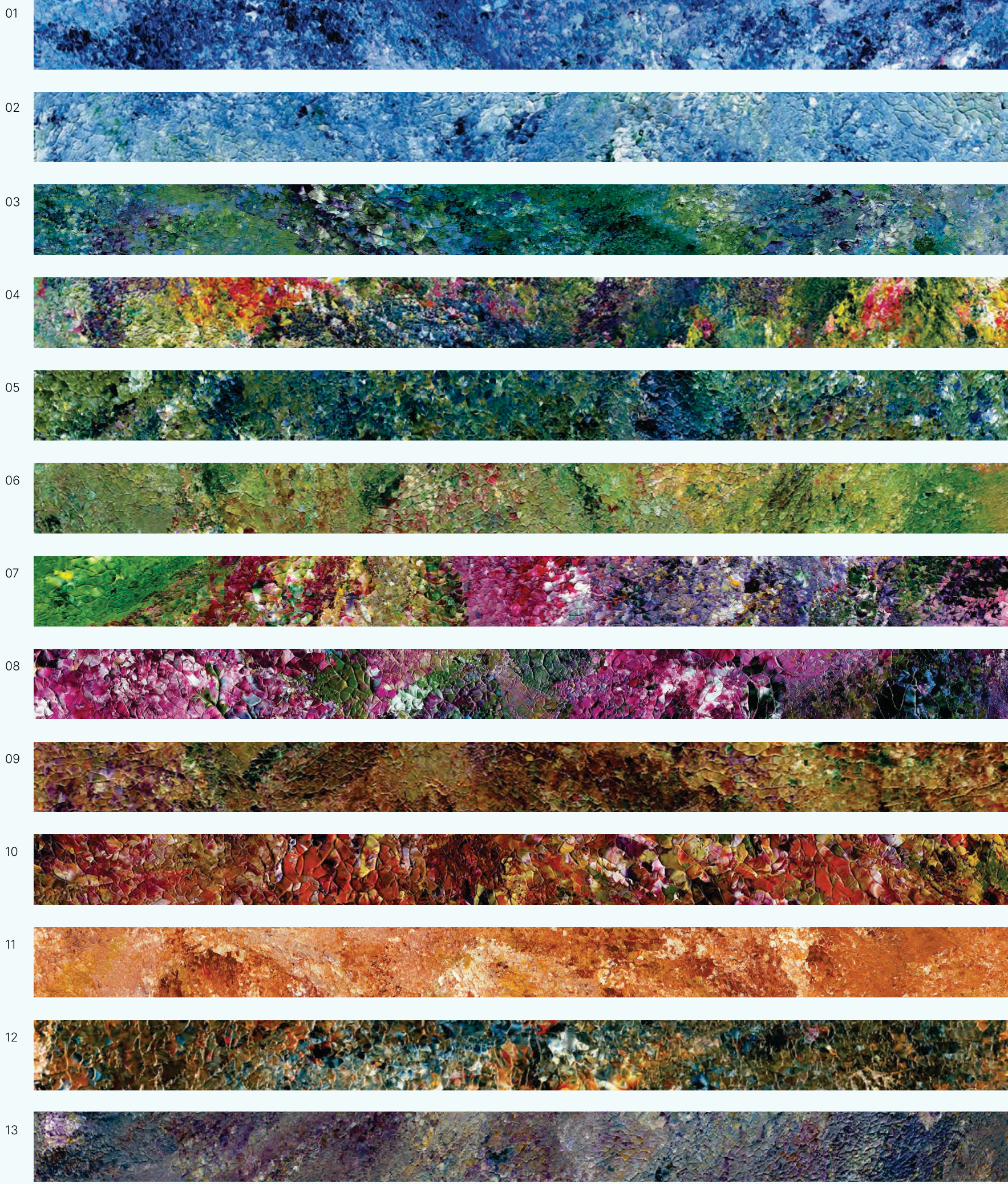
Celebrating the universal human experience, Kamin’s paintings transcend cultural, social, and demographic boundaries; inviting individuals of all ages and ethnic backgrounds to explore their own personal encounter and find meaning within the art.

Curated from a collection of over a hundred works of original art, Kamin has selected 13 paintings through the lens of color theory as well as cultural and regional relevance. Replicated, adapted, and installed in hundreds of spaces, the paintings have been encountered by hundreds of thousands of people in healing and healthcare settings.

SELECTED PAINTINGS*

- 01 Moon Drops
- 02 Bridge of Light
- 03 Sacred Passages-Balance
- 04 Infinite Moments
- 05 Sea Garden
- 06 Summer of Sundays
- 07 Touching Petals
- 08 Morning Melody
- 09 Soul's Eyes
- 10 Priscilla's Garden
- 11 Sacred Soil
- 12 View from the Mesa
- 13 Still Point

*paintings seen here are detail views—entire paintings can be seen upon request



Areas of applications

Areas include but are not limited to healthcare, wellness, and education.

- Diagnostic & Treatment Radiology
- Oncology Infusion Centers
- Inpatient/OPD Clinic Areas
- Intensive Care Units
- Emergency Rooms
- Burn Units
- Pre & Post-Operative Areas
- OB/GYN Clinics
- Labor/Delivery Suites
- Physical Therapy/Rehabilitation
- Dental Operatories
- Psychiatric Units
- Mental Health Clinics/Drug Rehab
- Atriums/Waiting Areas
- Respite Spaces/Meditation Rooms
- Sensory/De-escalation Spaces



University of Minnesota
Masonic Institute for the Developing Brain
Minneapolis, MN
"Infinite Moments"



Boston Children's Hospital
Ultrasound Room
Boston, MA
"Sea Garden"

Transforming spacial experiences

Immersive interiors for the cultivation of stillness, awareness, and insight.

“..Vara Kamin’s art provides a bridge into the realm of active imagination while inviting the body to engage the relaxation response”

— Joan Borysenko, Ph.D.
President, Mind-Body Health Science, Inc.
Boulder, CO



“Priscilla’s Garden”



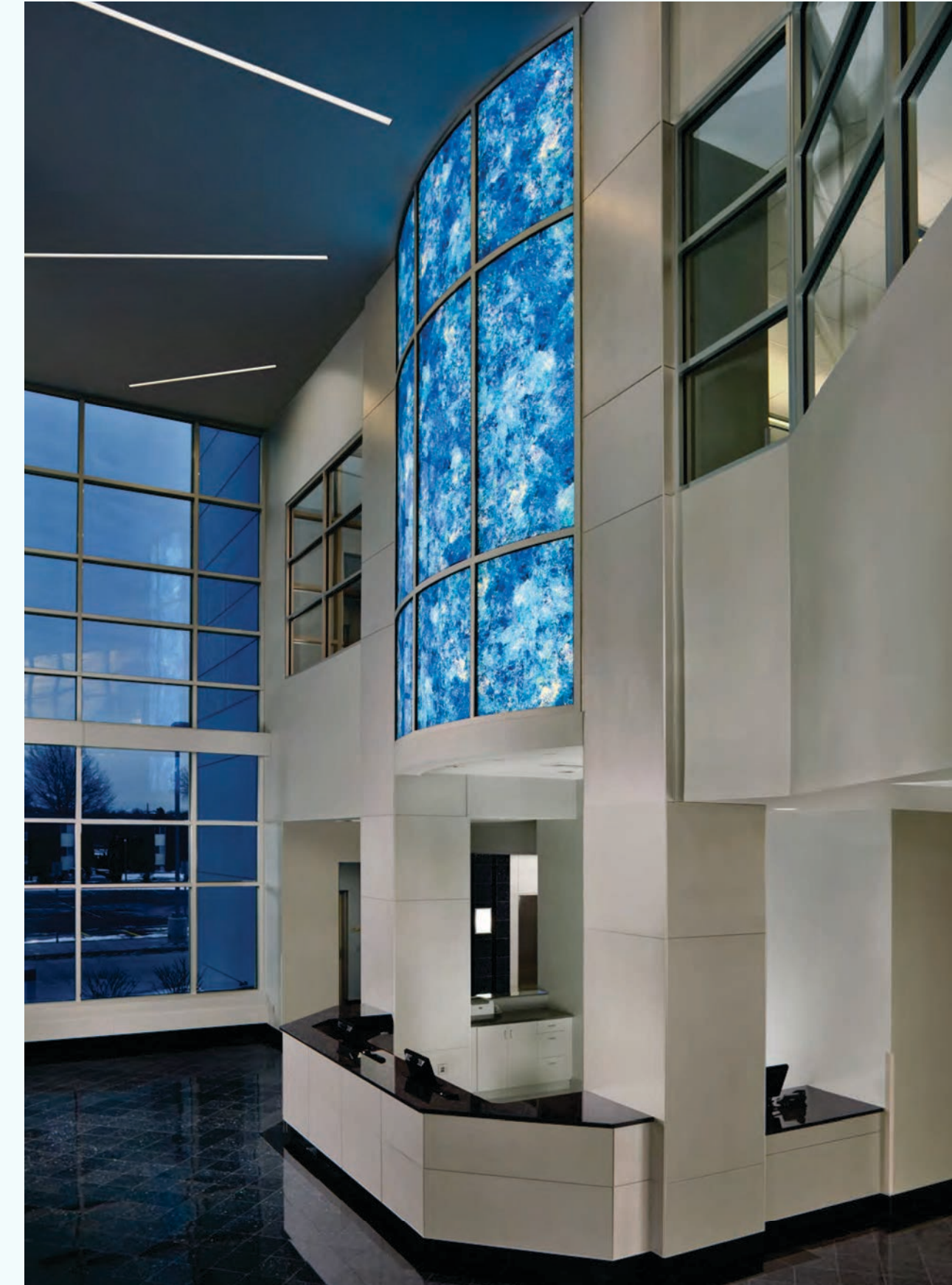
Cook Children’s Medical Center
Meditation Chapel
Fort Worth, TX
“Sacred Passages-Balance”

The healing power of art

Scale and materials harmonize with the very soul of each space.

“Within the arts lies a powerful, but largely untapped force for healing. The **arts and science** are two sides of the same coin which is our **shared humanity**. Our ability to live fulfilling, healthy lives depends on bringing these two forces together.”

— Dr. Vivek Murthy
Surgeon General of the US



College of Osteopathic Medicine
Wellness Center, Lobby Atrium
Erie, PA
“Moon Drops”

Vara Kamin

Artist, Author, and a graduate of Massachusetts General Hospital School of Nursing in Boston, Vara Kamin is a former public health nurse. Her broad range of creative self-expression and artistic experiences are reflective of her background in health care and her lifelong interest and studies in art, color, design, literature, philosophy, and meditative practices.

Vara Kamin has been recognized as a pioneer and thought leader in the field of art and healing for over 25 years. In 2012, she received the designation of an Arts and Health Distinguished Fellow for her outstanding leadership and contributions to the field.

Kamin's original works of art have been commissioned by various healthcare, commercial, and residential clients throughout the United States. Hospitals and healing centers have selected Kamin's original works for replication, primarily as backlit installations in a wide variety of adult and pediatric clinical care settings.



A handwritten signature of Vara Kamin in black ink on a white background.

Selected installations

University of Minnesota Masonic Institute for the Developing Brain; Minneapolis, Minnesota

Thomas Jefferson University Hospital, Philadelphia, Pennsylvania

Vanderbilt University Hospital-Spring Hill; Nashville, Tennessee

Mayo Clinic Health System – Northland Clinic; Rice Lake, Wisconsin

The Children’s Hospital of Philadelphia; Philadelphia, Pennsylvania

Children’s Hospital; Boston, Massachusetts

Cooks Children’s Hospital Palliative Care Room; Fort Worth, Texas

The Johns Hopkins Hospital; Baltimore, Maryland

University of Minnesota Ambulatory Care Center; Minneapolis, Minnesota

Sinai Hospital; Baltimore, Maryland

Lake Erie College of Osteopathic Medicine; Erie, Pennsylvania

Our Lady of Mercy Hospital; Seoul, Korea

M Health Fairview Southdale Hospital; Edina, Minnesota

Beth Israel Deaconess Medical Center; Boston, Massachusetts

Holy Redeemer Hospital; Meadowbrook, Pennsylvania

Nationwide Children’s Hospital; Columbus, Ohio

Mille Lacs Health System; Onamia, Minnesota

Karner Blue Education Center; Blaine, Minnesota

Children’s Hospital; Cincinnati, Ohio

The Holy Cross Hospital; Ft. Lauderdale, Florida

University of Minnesota Center for Spirituality; Minneapolis, Minnesota

University of Minnesota Ambulatory Care Center; Minneapolis, Minnesota

Gillette Children’s Specialty Medical Center; Minneapolis, Minnesota

Houston Water Works; Houston, Texas

Coborn Cancer Center; St. Cloud, Minnesota

Health Partners Specialty Center; St. Paul, Minnesota

Hennepin County Medical Center; Minneapolis, Minnesota

National Art Services; Houston, Texas

Mount Airy Spa and Resort; Mount Pocono, Pennsylvania

St. Paul Heart Clinic; St. Paul, Minnesota

VA Medical Center; Fargo, North Dakota

River’s Edge Hospital; St. Peter, Minnesota

Madelia Community Hospital; Madelia, Minnesota

Arkansas Children’s Hospital; Little Rock, Arkansas

LifeDiagnostics Imaging/HFA Interventional Pain Clinic; Minneapolis, Minnesota

Abbott Northwestern Hospital; Minneapolis, Minnesota

Hoag Hospital; Newport Beach, California

Bethesda North MediCenter Diagnostics; Cincinnati, Ohio

St. John’s Hospital Heart Clinic; St. Paul, Minnesota

St. Elizabeth’s Hospital; Youngstown, Ohio

Hillsboro Area Hospital; Hillsboro, Illinois

Marquette General Hospital; Marquette, Illinois

St. Francis Medical Center; Shakopee, Minnesota

Independence Regional Health Center; Independence, Missouri

AtlantiCare Regional Medical Center; Atlantic City, New Jersey

Ridgeview Medical Center; Waconia, Minnesota

Children’s Hospital; Birmingham, Alabama

CentraCare Health System, Monticello Cancer Center; Minnesota

St. Elizabeth’s Hospital; Beaumont, Texas

Upper Delaware Valley Cancer Center; Milford, Pennsylvania

St. Luke’s Episcopal Hospital; Houston, Texas

Ridgeview Medical Plaza; Chaska, Minnesota

Health Partners Specialty Center; St. Paul, Minnesota

Advanced Shielding Technologies; Milford, Pennsylvania

Patterson Dental/Steven C. George, DDS; Fargo, North Dakota

Grand Senior Living Community; Phoenix, Arizona

The Goodman Group Offices; Chaska, Minnesota

Village Health Care Center; Billings, Montana

The Commons on Marice; Eagan, Minnesota

Maramont Pointe; Clackamas, Oregon

The Katella Senior Living Community; Los Alamitos, California

Inova Schar Cancer Institute; Falls Church, Virginia

Jackson Memorial Hospital; Miami, Florida

Harriet Tubman Women and Children’s Shelter; Minneapolis, Minnesota

For further information and HSW CEU offerings



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Sensory Immersion Transition Experience™

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