

I like her Style VANCOUVER

Photo: Kim James Photography



BODY & SOUL
ISSUE

PERSONAL TRAINER &
LIFESTYLE BLOGGER

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TRACEY AYTON

Looking behind the admirable career, we find wellbeing where work and passion meet.



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How does one arrive at the top of their career field, and also have the opportunity to live a life that satisfies the soul? Renowned interior design photographer, Tracey Ayton's work has been featured in countless publications and online features including Martha Stewart, Canadian House and Home, Style At Home, and The Globe and Mail. Her home is impeccably curated and just 30 steps away from the beach, which is her source of creativity and wellbeing.

After chatting with Tracey, we learn that building her career behind the lens was a process of trial and error that was fueled by her determination to create a life where no line exists between her work and personal passions. She has never settled in a place that wasn't a fit for her. She has followed her internal compass.

Long before there were digital cameras, photo filters and bloggers – there was Tracey Ayton, fully immersed in capturing the perfect shot of a centerpiece on film. She had been hired to shoot a wedding, but the floral arrangement is what had this photographer's attention. She got a tap on the shoulder from one of the wedding guests who alerted her to the fact that she was missing the entrance of the bride and groom. She just didn't want to pull herself away from the flowers! It was then that she realized she just wasn't where she needed to be.

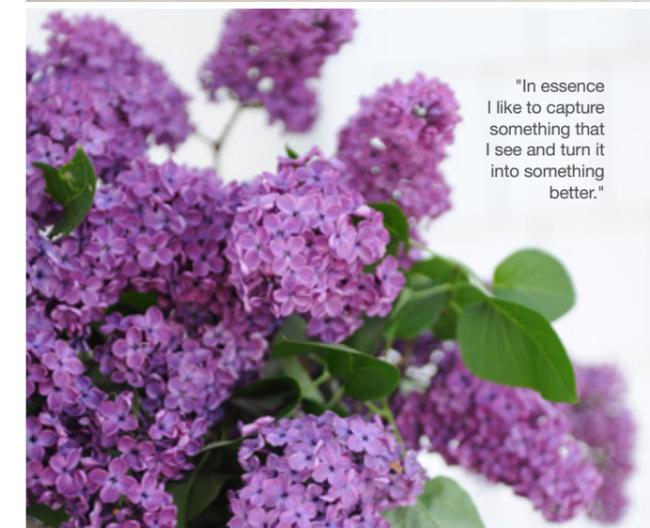
No stranger to refining her career, Tracey originally set off to study graphic design at VCC. It didn't take long (only a day, to be exact) for a fellow student to take note of her innate talent for envisioning spacial layout – but that drawing was just not her calling! She suggested Tracey switch her studies to photography, and Tracey took her advice. It was in the photography program that she found her true 'gift'. In one particular class, while other students shot their subject matter at their desks, Tracey took her project into the bright natural light by the window where the camera was best able to pick up on the unique beauty she saw in her muse.

Many years ago, Tracey worked in a photo lab in her neighbourhood of Kerrisdale. During this time, she surrounded herself with the photographic process and honed into her love of interior design. As an avid reader of shelter magazines, Tracey had an "ah-ha" moment while reading the latest Martha Stewart publication and asked, "Why can't I take pictures of homes and lifestyle stuff?" Knowing that she needed content of nice homes for her website, Tracey (with a lot of courage) knocked on the doors of 3 very stately homes to see if she could photograph them. ALL of them welcomed her! Coincidentally, the homeowners recognized her from the photo lab. She was relieved to see the familiar faces of her customers who were happy to help. It was here that the budding interior photographer honed the skills that she is now celebrated for in her industry.

Today, Tracey lives by the sea with her husband and dog, Frankie. Her highly creative soul is ever evolving. She feels that people – like flowers – experience times of flourish and times in a dormant state readying for growth. For Tracey, there is no end to this cycle – and she is currently readying for growth, once again. She hopes to share the essence of her beach-side lifestyle along with her quest to create, see and do things differently. She will continue to launch and host more photography and styling workshops, bringing creatives together to do what they do best ... CREATE!



Photography: Tracey Ayton @tracey_ayton



"In essence I like to capture something that I see and turn it into something better."