

Saara Mesterton lives and works in Kerava, a small town close to Helsinki.

After studying music and visual arts, she has had solo exhibitions, including at the Mältinranta Artcenter in Tampere, Galleria Rikhard in Helsinki, Turun taiteilijaseuran Just- galleria in Turku, Emil Danielsson's Stone atelier in Sastamala, Galleria Uusi Kipinä in Lahti (2024) and Galleria Napa in Rovaniemi (2025).

Saara Mesterton has participated in numerous group exhibitions, with the most significant ones taking place at the Kerava Art Museum, Ruukin galleria in Tuusula, Porvoo Art Hall, Art Fair Suomi at Helsinki Cable Factory (2015, 2017, 2019), Artborg 35 in Sipoo, and Galleria Alli in Kerava.

Mesterton is a member of Muu ry (Finnish Artists' Association), Sipoon taiteilijat ry, and Yö ry.

As a visual artist, she has contributed her artistic vision to various collaborative projects, including her latest involvement in Jani Vepsä's doctoral research on Artistic Thinking, Practical Framework 2023-2024.

During the renovation of Keravan Asemansilta in 2018-2019, she participated in an Inclusive Urban Planning art project, collaborating with the children and youth of Keravan kuvataidekoulu (Kerava Art School) and Keravan Kaupunkitekniikka (Kerava City Engineering) to create cat figures on the bridge railings.

In Keravan Taidetivoli from 2016 to 2019, a flagship project of the Ministry of Education and Culture, she organized visual arts, music, and dance workshops for children and young people.

Mesterton was part of the steering group for the Participatory Museum project at Kerava Art and Museum Center Sinkka in 2015-2016.

Osaava (Competent) projects in the Kerava, Järvenpää, and Tuusula areas from 2013 to 2017, focusing on artist-teacher collaboration, showcase her commitment to various artistic and community-oriented endeavors.

Mesterton was involved in the conceptualization and planning of Studio Apartments for Kerava in 1993-1994.