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You are what you paint

COLOR CAN DEFINE YOUR MOOD, OR YOUR MOOD CAN PICK A COLOR. FIND OUT WHICH COLORS CREATE JUST THE RIGHT MOOD FOR YOU BY JULIETTE GUILBERT

Color trends come and go like the tides, and yesterday's harvest gold refrigerators and salmon-and-teal upholstery look — well, they just look wrong. But even if you're up on the fashionable shades, it can be difficult — even scary — to choose just the right color for a particular space. If you pick wrong, the results could be anywhere from headache-inducing to gloomy.

"Color is highly personal," says Denise Turner, ASID, CID, an Alta Loma, Calif.-based interior designer and color expert. "One of the first things an interior design client will do is tell me what their favorite

color is." Turner is a member of the Color Marketing Group, an international organization that forecasts color trends for manufacturers, so she knows what's hot in color (she says that brown is still the new black).

Color your Feelings

While color preferences are very individual, colors have been scientifically proven to have pretty consistent psychological and even physical effects, which is worth >>

Inspiring Ideas

considering when painting. "Red is passionate and exciting, and people who drive red cars drive faster than someone with a black car," Turner says. "Pink, the same color as red but

tinted with white, has an entirely different effect. It calms the heart and slows down aggressive behavior, and is used in prisons and hospital trauma rooms for this reason."

Assuming you're not in prison, how do you pick the ideal color for each room? Again, Turner says it's personal. "I had one client for whom we did bright

Skin-flattering tones of yellow or pink are perfect for a bathroom, like this one done in Behr's Lion Mane (32OD-6). www.behr.com



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Using soothing tone-on-tone blues is a great way to instill a calm and peaceful feeling in a bedroom.

yellow and cobalt blue in the kitchen, and that was perfect for him — his style was big and loud — but it is not for everyone,” she says. “It also depends a lot on what you’re trying to accomplish in each room.”

Color Your Home

In bathrooms (particularly ones where women put on makeup), Turner recommends using colors with skin-flattering pink or yellow undertones — you can hold paint chips up to your face to see which hues make you look good. Oranges and reds stimulate the appetite, so they can work well in dining rooms and kitchens — unless you’re watching your weight, of course; then you might consider green, a color associated with health, nature and harmony. Warm reds and oranges encourage socializing, so they can also work well in living areas, especially in comfortable, earthy tones.

You should also consider where you want a room’s focal point to be. Using a

pale shade in the dining room keeps the focus on the table, while a deep color like chocolate brown creates warmth and intimacy. “I like to use lighter tones in the dining room — pale gray, pale sea foam green, or very light yellow if it’s a more traditional space, with a table in darker wood and chairs with darker upholstery. Then the center becomes where the flowers and food are going to be,” says Jeffrey Lamb, a Miami-based interior designer.

Dark colors (deep red, slate gray, even black) can also be great in media rooms, bringing the room in and directing attention to the screen. Strong color is wonderful in dramatic entryways, but in an open floor plan it can be a bit tricky, so Turner suggests using a saturated color on a focal wall and a toned-down shade throughout the rest of the space.

Lamb says, “I think strong color is good used as an accent in the living room or in the bedroom, either behind the bed or opposite it. If the rest of the room is in >>

Make it Easy

Turner recommends paying a bit of attention to trends when making color selections so you don’t get stuck with a palette in which no coordinating bedding, rugs or accents are available.

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Oranges and reds stimulate the appetite, so this dining room is delicious in Benjamin Moore's Fuchsia (1343).
www.benjaminmoore.com

a flat finish, you can lacquer one wall in a dramatic color. Or if you have a dramatic entryway or a small room that's like an accent room — a sitting room or library area — you can use a dramatic color to give a bit of a shock when you walk past it."

The bedroom demands special consideration when it comes to color. "I personally have to have color around me, but

there are certain areas of my home where I need almost to cleanse my palate," Turner says. "For me, the ideal color scheme for a bedroom would be tone-on-tone, or green-on-green, very calming. But if you want to spice it up you could throw some red sheets in there — red stimulates the adrenal glands and also all the other passions." ●

Inspiring Ideas

Mood Board

| Emotion | Color to use | Room to use it in |
|----------------------------|----------------------|-------------------|
| calming | soft blues or pinks | bedroom |
| convivial | bold oranges or reds | dining room |
| intellectually stimulating | yellow | office |
| spiritually stimulating | purple | bedroom |

You can also fine tune the effects of your primary paint color by using an accent shade, cooling down burnt orange with aquamarine, terra cotta with leaf green, or purple (a very powerful color and best used sparingly, says Turner) with yellows or white.

Painting a kitchen green is a great way to promote a healthy lifestyle, as this color reminds you to eat well. Try this shade: Glidden's Victorian Sage.



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