

When designing the interior of your home, color is the single most important design element. Color reflects our moods as well as our personalities. Color can create a sense of peace or a sense of excitement. It is a very powerful presence in our lives. Color actually surrounds us and defines our world. When you begin to understand how color impacts a space and affects our moods, you will be able to create more fabulous and dynamic interiors.

RED is the color to never be ignored. It instantly commands our attention! Red is the highest arc of the rainbow and the longest wavelength of color. Red signifies power, strength, excitement, and dynamism. Because of its ability to attract the eye, red makes a terrific background color. In fact, the place where red can really radiate in all its glory is in entryways, hallways, and small spaces. The color red is also known to increase the appetite, making

it a very appealing color to use in the kitchen and dining room.

If red is your favorite color, you are very self-confident. A preference for red is directly connected to society's most secure individuals. Those who prefer red are more often women. They are intense, energetic, aggressive, competitive, and very passionate in their pursuits. Red lovers are exciting and optimistic people who love to be the center of attention. People tend to be

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irresistibly drawn to red. It's a psychological reaction beyond our control. Just as the color red is warm, lively, and energetic, so are the people who prefer it.

BLUE is the color of truth and constancy. The true blue color of the sky is associated with the continuity of yet another day, which is dependable and consoling. Blue brings a sense of tranquility and peace to the human spirit. Because of its association with



Red instantly commands our attention and makes a great statement in entryways, hallways, and small spaces.

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Color Your World
 the psychology of color

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Green is complimented or balanced best by using accents of red, russets, deep plums, and wines.

the endless skies and tranquil seas, blue is universally loved. When designing a bathroom, blue is a natural where water is present. If the bath is your favorite place to regroup and refresh, blue is a great choice! However, the blue should be balanced with some warm colors or the room may feel visually chilling and uncomfortable. Blue has always been a great choice of color in bedrooms due to its relaxing feel. If your bedroom would also function as a home office, you may want to rethink the color blue. You may not want to be too relaxed if you need to work in this space. When incorporating blues in a work environment, you should select the brighter, more high-energy shades of blue.

If blue is your favorite color, you aspire to harmony, serenity, perseverance, and peace. People who love blue are typically mesmerized by it and find it to be the favorite color for all their lives. Blue people are very trusting and also have the need to be trusted. People who love blue are generally conservative, even-tempered, and reliable. They are somewhat social but prefer staying within their own close circle of friends.

YELLOW is the color of "Energy and Life"! Everyone feels more cheerful and comfortable when surrounded by sunshine. In classical times, yellow stood for nobility, generosity, and wisdom. The English word for yellow was derived primarily from the Europeans meaning, "Related to Gold". Gold is representative of status and prestige in most countries. Yellow is a color that draws the eye and an excellent color to draw attention to a special area or piece of furniture. Yellow is also a great color for visually opening up and brightening dark areas of your home, such as hallways, small rooms, etc. When using yellow in your design, it provides the suggestion of sunshine, which will cast a glow that will attract and draw people through a space.

If yellow is your favorite color, you are very original, imaginative, creative, artistic, highly intuitive, and often spiritual. People who love yellow have inquiring minds and they thrive on novelty and challenge. They are reliable friends and confidants and usually have very sunny dispositions. A preference for yellow is a preference for sunshine. Lovers of yellow are often perfectionists. They have a sense of curiosity that is often rewarded with accomplishments.

PURPLE is the color of magic and passion, the most enigmatic of all colors. Purple has long been the color associated with splendor and dignity. It is the combination of the excitement of red and the tranquility of blue. Purple is the marriage of two dramatically opposed emotions. From the passionate red-violets to the strong, silent indigo purples, this is the rainbow's most complex color. Psychologically, the most difficult purples for most people to deal with are the shades that contain equal amounts of blue and red undertones. Most people feel more comfortable with purple when it has

a definite red or blue undertone. The kitchen is a fun and fabulous place to use purple. It creates endless possibilities when accessorizing with colorful Italian ceramics and unique glassware. The powder room is a spectacular place to use the deep luxurious aubergine purples, the darker the better. What a wonderful, unexpected surprise when the door is opened by your guests! When incorporating purple into a master suite, soften it to a shade of lilac or use a blue undertone to bring out the more calming, restful qualities.

If purple is your favorite color, you are often highly creative with a quick perception of spiritual ideas. People who love purple consider themselves to be unique and different from the common crowd. Artists quite often prefer purple. Because purple is a combination of blue and red, which are opposites in many ways; people who love it often have conflicting traits. They are often trying to balance those opposites. They can be generous and charming, super sensitive, and moody. It has been said that people who love purple can be easy to live with but hard to know. Even your closest friends may never know your innermost feelings.

GREEN is one of nature's great tranquilizers, which creates the perfect natural background color. Green is very restful and often known as the great harmonizing color in our environment. It is the most restful color to the eye and when used in the correct setting, the serenity of nature's green can bring a sense of balance and harmony. It has also been known to lighten our moods. In color effect experiments in the 1930's, it was found that green induces a state of tranquility and withdrawal from external pressures, which occurs on both an emotional and a motor level. These studies have revealed that green induces a relaxation of the muscles. When designing a den or retreat area, the deepest greens work the best. In bedrooms, like blue, green reveals a cool, calm, and collected feel to the environment. However, the blue-greens are especially a good choice in the bedroom as they embody the most tranquil effects of both color families, reinforcing a very serene setting. In your bathroom, you may want to use the softer sage greens and blue-greens to create a more spa-like feel. These shades are cooler, soothing, and refreshing to submerge yourself in after a stressful day.

If green is your favorite color, you are kind, generous, and fastidious. Nature's most plentiful color provides a balance between warmth and coolness; so green people are typically stable and very well balanced. They are caring companions, loyal friends, partners or lovers with a high moral sense; they are very sensitive to doing the right things. Green people are less likely to take risks with something new and will tend to do what is more conventional or popular.

ORANGE is the link between red and yellow and it takes its traits from both. Orange is less passionate and intense as red and incorporates the sunny attributes of yellow. Orange is also recognized as an appetite stimulant. Being closely related to red, it has been shown to exert a measurable ef-



When using white, slightly off whites to creamy neutrals are better choices to work with on your interiors than the intensity of pure white.

fect on the autonomic nervous system to stimulate the appetite. The kitchen is a room that can handle the brighter shades of orange, but may be best kept to accents or accessories if you are dieting. In the bath, you may want to use the lighter peachy shades. These tones are more flattering to the skin and provide a great backdrop for applying make-up.

If orange is your favorite color, you love to work hard and play hard. You are adventurous and enthusiastic. People who love orange are good-natured and extroverted with dispositions as bright as their favorite color. Orange lovers are not always the best mates, as they are often seeking new worlds and challenges to conquer. Success in business, however, can come quite easily to this gregarious and charming personality.

WHITE emulates the clean and the purest of pure. It is very unsullied, divine, and pristine, but is white an actual color? In the pigment or dye form, white is referred to as "achromatic", which means "without color". However, in terms of light, white contains all color. White can also be quite sterile and can represent complete and absolute minimalism. It is rarely

used totally alone, for this approach to designing can create a totally cold effect. White is more typically used as a blank canvas and then complimented by other colors. The human eye sees pure white as a brilliant color, which in turn can cause both eyestrain as well as headaches. White walls need visual stimulation such as large pieces of colorful artwork, which will allow the white background to almost disappear.

If white is your favorite color, your preference is to purity and cleanliness. Those who prefer it are neat and immaculate in their clothing and their homes. White can provide the recollection of the docile days of youth, simplicity, and innocence, however, it can also signify a certain self-sufficiency and uncompromising spirit.

BLACK is seen as the opposite of white. Webster's Dictionary contains many definitions of black, among them, "The darkest possible color or hue, like soot or coal; absorbing all light, or capable of reflecting it; the opposite of white". Just as white suggests innocence, black suggests sophistication. Black denotes great chic as well as the ultimate elegance in the

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home. From luxurious grand pianos to sleek black granites and marbles, when black is used in interiors, these eye-catching surfaces represent "formality". Attitudes about black have changed over the years, and many people (especially the younger generations) do not think of black as the funeral color. The positive responses to black outweigh the negative with black being more recognized as sophisticated, elegant, and powerful.

If your favorite color is black, you may like to think of yourself as worldly and serious, very dignified or a cut above the rest. However, black is rarely

chosen as a favorite color because it is actually the negation of color. The person who chooses black sometimes has a number of conflicting attitudes. They may also want to have an air of mystery about themselves.

NATURE'S COLORS can be found when foraging the forest. These colors consist of more shades of green than any other color. It is very exciting to look at nature's colors and draw your inspiration from them, such as the leafy colors found on the forest floor (the greens, mineral reds, purples, golds, grays, taupes, and browns). A beautiful and timeless design can be

created from these colors providing a very warm and natural environment in any room of your home.

When you gain a greater understanding of color and how it affects your mood, you can use this knowledge to create different types of spaces.

- Bright and joyful combinations of primary and secondary colors will create a very "whimsical" environment.
- Soft pastels, primarily warm hues, will provide a more "nurturing" interior. The serene, restful colors of the water and the sky (primarily the cool tones) will create a more "tranquil" feel.
- The classic colors such as navy, antique gold, burgundy, and forest green in the deep strong tones will provide a very "traditional", timeless atmosphere.
- The sophistication of vividly contrasting tones (yellows, ming greens, crimson reds, royal blues, prism violets, ebony blacks, and bright whites) draws drama and high excitement creating a "dynamic" interior.
- The soft, yet sophisticated combination of mid-tones can create a very "romantic" room. Mid-tones would include sage green, beige, lavender, teal, apricot, rose basil, etc.
- The rich, warm, luxurious colors (robust red, rich browns, desert camel, burnished gold, orange mango, curry paprika, and of course black) sometimes accentuated by leopard upholstery, will create a very "sensuous" space.

When you begin to understand how color impacts a space and affects our moods, you can feel more confident in expressing yourself in your interiors. So, step outside the box and **COLOR YOUR WORLD!**

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