

# COLOUR THERAPY

Hedgeroe's Rhona Row explains how you can freshen up your home with colour.



*The walls in this London Sitting room are painted in Little Green's French Grey. The wall behind the sofa is finished three shades deeper than the rest of the walls, giving the illusion of depth and making the artwork stand out more*

**P**ainting walls can be an inexpensive way to bring new life to a room. Easy to apply and in an endless array of colours, paint is the most versatile of all wall treatments. We have become familiar with heritage paint ranges and "historic" colours inspired by the past. Shades from chalk white to mouse grey are now some of the most popular colours, with cool grey and linen becoming equally used in home decorating.

Though neutral walls are a soothing background for most furnishings, colour is an effective way to give a burst of character. Deep colours, such as Colourtrend Beauport Aubergine or Farrow and Ball London Clay will create drama and sophistication. A large group of artwork or one eclectic piece set against such rich colours can get an instant "professional designer" look. Warm earth tones like ochre and umber give a mood of wellbeing. Team these up with white to get a cosmopolitan city look. A big designer tip is to paint your walls, skirting and cornice all in one colour, no matter how deep, it looks great.

## Feeling blue

Bright electric tones will give a stimulating and energetic atmosphere. To magnify space or expand the feeling of openness even in a large room, choose a soft bright blue like Farrow and Ball Skylight or Colourtrend Tudor Ice. I would not be tempted to paint in the cornice and skirting in these kind of tones, a complementary shade such as Farrow and Ball Skimming Stone will work beautifully.

Soft greyish-pinks conjure a romantic mood and can be lovely for a drawing room as they complement antique furniture so well. Colourtrend Woodstock Rose is a strong deep pink and needs nerve and a professional eye to give it the okay, but in the right place, it is magnificent.

## Shades of grey

Shades of grey are tranquil and sophisticated. I tend to use Little Green French Grey. It ranges from light all the way to deep tones of the same colour. I paint the walls in different tones, deep if I want them to seem further back or to place artwork on them, it makes the art stand out more. I always paint the skirting in the deepest shade of French Grey (sometimes the door surrounds too) and the cornice in the lightest, it pulls it all together. Personally, I love flat emulsion for historic tones and flat eggshell for brighter colours.

## Testing colours

For testing colours, try the inside of a white shoebox as the tone is more easily appreciated against a white background in 3D. Try your samples against all walls and in all lights. Experiment and have a little fun.