COLOR DEMYSTIFIED

Your comprehensive guide
to the transformative
power of color

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COLOR INTUITIVE



Overview

Color isn't static.... it's vibrational energy.

COLOR is light, reflected at different wavelengths. As it interacts with our nervous systems, it affects our brains in multiple ways. The different wavelengths stimulate different regions in the brain, creating chemical responses that elicit specific feeling states. Once you understand the scientific principles of COLOR, you can align the spaces in your home with how you want them to look and feel.

The more you confidently work with color, the better you become at using it to create an environment where you can thrive.

What you will learn in this guide:

This comprehensive color workbook will help you understand the history of color, the energetic principles of different colors, how to combine colors, detect undertones, and best practices for sampling wall paint colors to lead you toward success on your next design project.

Meet your Guide



I often joke I think in color but have to translate into words for anyone to understand me.

As an artist and designer, I I have worked in and with color for as long as I can remember. Combining the hard, fast rules of the science of color with the soft, evolving nature of our spaces is a process I love to teach my clients so that they can feel endlessly nurtured in their homes.

xo Lynne

Chapter One

Color Theory + Energetics



The History of Color Theory

Throughout recorded history, color has been used to alter physical and emotional states. It symbolized and marked tribes or territories within nation-states. The use of different colors on buildings and doors identified businesses when reading was reserved for the elite.

Both the ancient Egyptians and the Greeks wrote about allowing light to pass through crystals or colored glass placed in room openings to change the room's color to create healing spaces. These spaces mark the earliest known hospitals in the ancient world.

Philosopher and scientist Aristotle presented color as a scientific concept. In his work, he demonstrated that colors were derived from their elemental (chemical) composition. His work laid the foundation for Isaac Newton's work centuries later.

Artist and inventor, Leonardo Da Vinci, documented the intentional use of color to convey a particular feeling to the observer of his work, whether it be brightness, beauty, or melancholy.

However, the modern understanding of color was formulated in the late 1600s by Sir Isaac Newton. The Renaissance scientist developed a color theory of the light spectrum in the theoretical form we know today as the Color Wheel. He identified 3 primary colors (blue, red, and yellow) and the genesis of all other colors as a derivative of these 3. The color wheel became a teachable tool for combining colors to achieve an aesthetically pleasing effect.



(I describe the Color Wheel in detail in Chapter 2.)

In the 1940s, Psychologist Kurt Goldstein, following the writings of philosophers Johann Wolfgang von Goethe and Rudolf Steiner, began formal experiments on the effects of color on people's emotional states and resulting actions.

Goldstein's work produced startling results and theories, even if not all could be replicated in controlled settings. Recent expansions of his work have demonstrated that color can influence measurable vital signs: blood pressure, heart rate, and neurological activity.



Color Psychology

Color psychology isn't and may never be an exact science, because of human conditioning and past experiences. Color is, after all, how we navigate the world. It is how we know where the sidewalk ends and the street begins, and where the water is too deep to stand.

Culture and memory influence our feelings and responses to certain colors. Yet our affinities to particular colors feel deeply rooted and preferential.

People often speak of the language of color, but it is, in fact, a dialect.

How your brain processes your environment changes as the way colors within it relate to each other.

Understanding the fundamental influences of each color in conjunction with your patterns or beliefs about the color is the key to harnessing the power of color to shift the way you feel in your home.

Color psychology is transformative when approached with an open mind and objectivity to explore yourself and your influences.

The Energetic Principles of Common Colors

BLACK

Definition and resolve

Properties: *protection, strength, and retreat*

- In Design: Black provides grounding and definition
- Helps dissolve and let go of the old
- Connected to discipline, persistence, and respect.

Too much can weaken the body, drain your energy, create pessimism: preventing you from moving forward and staying stuck in limitation.

BLUE

Peace and calm

Properties: *patience, faith, forgiveness, and independence.*

- In Design: Blue relaxes + quietens a space.
- Provides cooling, reconstructive, and protective feelings.
- Improves communication, dissolves fear, and gives the confidence to speak up.
- Soothes + calms the nervous system; providing a sense of tranquility, serenity, + peace.

Too much can leave you cold, tired, depressed, and sorrowful.
Counter-indicated for asthma, breathing issues, or desire to lose weight.

BROWN

Back to nature + Mother Earth

Properties: *practicality, mental stability, and security*

- In Design: Brown enhances architecture + balance.
- Provides nurturing, stability, and hibernation feelings.
- Helps create healthy boundaries + attain a healthy perspective.

Too much can create dullness, fear of change and transformation, and a reluctance to express feelings.

GREEN

Harmony, healing and fresh perspective

Properties: *hope, self-esteem, revitalization, and financial success*

- In Design: Green represents nature + openness
- Calms the physical body releasing feelings of tightness from fear, frustration, and anger.
- Helps bring harmony to situations, make wise decisions, and release negative patterns and beliefs.

Too much can promote feelings of envy, jealousy, and superstition.

The Energetic Principles of Common Colors (cont.)

GRAY

Neutral point of view

Properties: *clarity, objectivity, and modernity*

- In Design,: Gray provides an empty backdrop.
- Helps you observe things separate from you; another person's mental, emotional, and physical state.
- Provides an alternative point of view to tackle challenging situations.

Too much can make you feel listless, drained, chilled, and emotionally empty.
Can lead to over-analysis.

INDIGO

Thinking beyond limits

Properties: *expansive, intuition, connection to spirituality*

- In Design: Indigo provides dramatic emphasis; regal.
- Creates relief from worldy pressure and assists with letting go of perceived responsibilities and obligations.
- Enhances intuition, inspiration, creativity, concentration, and manifestation abilities.

Too much can make you feel ungrounded, overstimulated, overwhelmed, and unrealistic.

Can lead to an attachment to outcomes.

ORANGE

Emotional transformation

Properties: *enthusiasm, courage, determination, and spontenaity.*

- In Design: Orange is used in coral and adobe tones.
- Brings emotions to the surface: helps with healing fear, loneliness, grief, loss, shock, and depression.
- Color of movement, change, and creative expansion.

Too much can create anxiety, intensify fear and worry, and make one apprehensive about moving forward.

PINK

Unconditional love

Properties: *compassion, warmth, kindness, and gratitude.*

- In Design: Pink creates softness + whimsy.
- Calms the physical body releasing feelings of tightness from fear, frustration, and anger.
- Helps bring harmony to situations, make wise decisions, and release negative patterns and beliefs.

Too much can exacerbate sentimentality, silliness, a desire to control, and the tendency to let emotions supersede reasoning.

The Energetic Principles of Common Colors (cont.)

PURPLE

Mental strength and leadership

Properties: *regal (historic), creativity, honor, and leadership.*

- In Design: Purple represents innovation + strength.
- Stimulates the head-based senses: vision, smell, and hearing.
- Clears mental complexes and enhances leadership and creative abilities.

Too much can cause a person to disconnect from reality and become depressed.
Feel out of control, repeating patterns.

RED

Fire in the soul

Properties: *passion, vitality, sensuality, courage, motivation, and achievement*

- In Design: A little red goes a long way.
- Grounding in earthy tones, providing a strong sense of self and belonging
- Draws money, new opportunities, and prosperity into your life
- Promotes the release of adrenaline and stimulates action

Too much can create anxious, over-impulsive, agitated, and violent feelings.
Raises blood pressure

WHITE

Clean and purifying

Properties: *integrity, truth, purity, reflection, luxury,and comfort*

- In Design: White blurs lines and feels clean
- Creates balance, replenishes spiritual strength, and dissipates negative thoughts
- Helps people reaching for their dreams + gives them the courage to face challenges and see the bigger picture.

Too much can lead to feeling washed out and depleted
Can create a sense of emptiness. Sensitives can feel overstimulated by too much white.

YELLOW

Joie de Vivre

Properties: *happiness, self-renewal, optimism, laughter, and inner strength*

- In Design: Yellow brightens + warms a space.
- Provides clear focus in writing, reading, interviews, studying: information absorption and production.
- Mentally stimulating, fun, refreshing, electric, fertile, and abundant.

Too much can lead to overstimulation and the inability to shut off thinking, exhaustion, and depression

Discovering Your Color Influences

Everyone's nervous system responds differently to each color. Our past experiences influence our affinities or aversions to certain colors.

Both happy/healthy and traumatic/uncomfortable memories trigger reactions to certain colors at both the concious and subconcious levels.

The emotional influences of color can shift over time as you transform internalized beliefs and stories. A color you used to dislike can suddenly seem appealing. And you can grow tired of a color you once loved.

Cultural and familial influences also impact feelings about particular colors.



Knowing your color reactions is a critical piece of the puzzle.
Those things that touch your senses: colors, sounds, smells, and so on; embed themselves both in your conscious and subconscious brains.

Colors trigger emotional memories, even if we can't identify the exact connection in our conscious, waking moments. Those feelings can be strong. They influence how you feel in your environment.

Use the worksheet below to identify your relationship to each color:

Your Color Stories

In the chart below, fill in your personal thoughts on each color, including any memories it triggers. If you have a strong like or dislike of a color, record it and capture your insight.

Color Notes

As you read through the information on the energetic and design properties of each color in the color section, what thoughts came up?

Are there any places in your home where you thought adding (or removing) a color would provide value, either energetically or aesthetically?

Are there any colors you would like to add but don't know how or where they would work?

Record your thoughts here. As we explore how to combine colors to create different atmospheres, you will start to see how to pull it together.

Chapter Two

The Color Wheel + Geometric Harmony



You don't need to own a color wheel (or be a math whiz) to utilize the principles of harmonizing the colors in your space.

Understanding a few simple concepts can increase your objectivity and analytical ability to make changes that feel aligned with your vision and how you want your home to feel.

There's a part of your brain (the part that makes you feel safe) that loves symmetry. It is the most primitive part of your brain, evolutionarily, and it sends your body into fight-or-flight mode when something "feels off." It is highly sensitive to color differences.

Using the principles of the color wheel, you can create color schemes that are both aesthetically pleasing and nurturing. You can create energetic harmony, achieving whatever look or feeling you desire to achieve.. Knowing how you want to feel in your space is a critical step in creating a space you love being in.

When Sir Isaac Newton mapped out the color spectrum in a wheel format, he gave us a great gift: a map of color energetics that would otherwise be difficult to explain.

As you begin to understand the basics of the color wheel, you learn how to "see" color more analytically. I have included important terminology that will help you on your path.

The graphic design platform Canva offers a free interactive color wheel online if you want to play around with these concepts: https://www.canva.com/colors/color-wheel/

Some of these terms you may already know, but they come in handy when you are putting a room together, so we will review them. Some are likely brand new.

Terminology

Primary color- a color that can't be made by mixing other colors: red, blue, and yellow

Secondary color- the result of combining 2 primary colors

Tertiary color-the result of combining a secondary color with a primary color

Complementary colors- colors directly across from each other on the color wheel

A hue is basically any color on the color wheel.

Tint- white is added to a color

Tone-gray (or black + white) are added to a hue. You "tone down" a color that is too bright this way.

Shade- a hue is darkened by adding black

Palette-a group of colors



Monochromatic - a color palette where the same color is used in various shades or tints.

Analogous- a color palette made up of 3 adjoining colors on the color wheel

Triadic-a color palette that uses 3 colors that are equidistant apart on the color wheel, forming a triangle

Tetradic- a color palette uses 4 equidistant colors (forming a square)

Color Palettes and How They Affect the Design

Most people start decorating a room with an idea of a color they like, the pieces they want to use, and the functions they want the room to serve.

But creating a color *palette* before you begin is the best way to create a harmonious design. You are more likely to end up with a room you will love for years. If you apply these tools throughout your home, you will create a sense of flow between all of your spaces.

Every project or room refresh should begin a simple question:

How do I want to feel in this space?

When you understand how color palettes affect your mood, you can choose color palettes that support your vision *and* how you want to feel in your space.

The Monochromatic Palette



One of the most soothing arrangements of color in a room is a monochromatic color palette, especially in a small space.

In a monochromatic palette, you work with the same hue in various tints or shades.

It calms the nervous system by creating little to no visual friction.

The trim and ceiling colors, as well as large furniture pieces, should have the same undertone. (I will explain how to see undertones in Chapter 3.)

This palette is great for bathrooms, public and private retreat spaces, bedrooms, libraries, and small gathering/living areas.

It is restorative.

Bring interest by adding textures. You can also add 1 or 2 small accents in a true complementary color. This can be artwork or accessories.

A monochromatic palette is best for places you want to *BE* rather than *DO*.

The Analogous Color Palette

If you want to create a harmonious, inviting space, it is best to use an analogous color palette.

This is when you choose items from three hues that are side by side on the color wheel.

By combining colors close together on the color wheel, you are mimicking what you experience in nature. Think of a sunset, a forest, or a seascape.

It feels fresh. It is relaxing while still providing energetic interest. It can be rejuvenating.

This palette works well in large open living spaces, common areas, bedrooms with a lot of sunlight, children's bedrooms, meditation spaces, and other multi-purpose rooms.

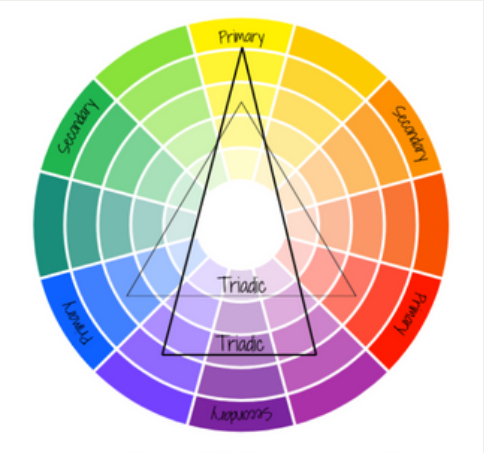
One of my favorite examples of a perfectly executed analogous color palette (bright blue, blue-green, and green) is this living area by Interior Designer, Bunny Williams.

It is timeless, inviting, casual but beautifully harmonious and interesting. Even the whites have crisp blue undertones.



I clipped this picture from Pinterest many moons ago for a training I was giving on combining colors. I don't know who or what source to credit. It still delights me.

The Triadic Color Palette



If you want to bring energy to a space but keep a sense of balance, use a triadic color scheme.

A triadic color scheme uses 3 colors evenly spaced on the color wheel (forming a triangle).

The triadic color palette is often referred to as a "designer palette." When it is well-executed, a room feels very pulled together.

This creates a more formal look. But also more focused. *It feels intentional.*

This palette is great for open-concept living areas, dining rooms, formal living rooms, foyers, offices, and retail spaces.

I love using a triadic palette in large open-concept areas. It creates order where it feels like there is none. You can alter the ratio of colors in different areas to delineate the function of that area.

Experiment on graph paper with the ratio of color balance.

By being strategic about object placement, you move the eye across the room creating balance and stability, providing interest and excitement.

Here is an example of a triadic palette from one of my designs for clients' large, open family room. Because of the angle of the home and driveway, most visitors entered through this area despite the house having a formal foyer.

We used a palette of deep, saturated blue, soft rust, and rich gold. Even the wood tones carried those colors.



The Tetradic Color Palette



A tetradic color scheme is modern, vibrant, and fun!

It is also referred to as a double complementary palette.

It is when you use a pair of complementary colors in a space forming either a square or rectangle on the color wheel.

This is a high-vib color palette. It takes some practice to pull off without feeling scattered or disharmonious. ***Feel free to play!***

This works best when there is one principal color and the other three colors are used in equal but lesser amounts, OR when all 4 colors are used equally against a white backdrop (pictured on the next page).

This is NOT a palette for areas where you wish to have deep, singular focus (like home offices) or sleep. It is stimulating.

This palette can be overwhelming or unsettling for people with sensitive nervous systems or ADHD.

It is a great palette for boosting overall creativity. It can, ironically, bring harmony to a workroom or playroom that tends to feel cluttered or messy. Color coding areas ca provide striking visuals.

I find it to be a powerful ally to people with intuitive and psychic tendencies, especially when using moody, saturated tones. This works best when one color saturates the space, and the other 3 provide energetic support.

It is a playful and energizing palette.

It works well in play areas, home gyms, large entryways, or living rooms where you want to reduce the formality, or any areas where you want to bring more interest and energy.

I like to use the principles of a tetradic palette when creating flow through multiple

spaces, especially when a client loves color and wants more vibrancy in their home.



This is an example where one color in a light tint (icy blue) is used as a backdrop (walls and large furniture pieces), and the other three colors, all at similar saturations, are used equally throughout.

Complementary Colors and the Complementary Palette

Complementary colors (opposites on the color wheel) are the most well-known aspect of the color wheel.

Designers use complements to make things POP!

Just like black and white, complementary colors are high energy. Contrast creates interest and draws the eye toward it. You should only use complements in areas where you want to create focal points.

I have seen many people make the mistake of adding something to a room to distract from or cover up something they don't like but can't afford to change. They choose a complementary color, and it has the opposite effect! It magnifies the feature!

A Complementary Color Palette uses just two hues, often mixed with neutrals. It feels formal but well-orchestrated. It is great for dining rooms, front sitting rooms, or foyers.

This is a photo snapped of me in the Thibaut Showroom at High Point Market a few years ago.



The pale turquoise highlights the brick walls.

Finding a fabric, wallpaper, or rug you love that has two complementary colors is a great way to execute a Complementary Color Palette design. All the other elements in the room are pulled from your inspiration textile.

No matter which color palettes fit your needs, a balanced application of the right colors has long-term staying power and doesn't go out of style.

It is worth the time and money you put into it!

Neutral Colors and Undertones

All colors discussed so far are basic hues, but understanding neutrals and undertones is critical to a cohesive room design.

What Makes a Color "Neutral?"

I have found that people think the definition of "neutral" in design means that "it goes with everything." That's not quite true. And I think that is why people get frustrated.

Understanding what makes a color neutral helps you see why a color that looks great somewhere else (or is recommended by someone else) feels off when you bring it into your space. It doesn't look the same in your space.

You probably learned in elementary school that when you mix the three primary colors (red, blue, and yellow), you get brown. Brown would be considered a neutral color.

Neutral means it is neither warm (red, orange, yellow, pink) nor cool (blue, green, purple) but a combination of warm and cool colors.



When you combine complementary colors (mix the pigments) or colors equidistant on the color wheel *you get a neutral color*.

Neutral colors reflect light at multiple wavelengths. Organic elements, like wood and stone, are often considered neutral for this reason (even though neutral and natural have different meanings).

Neutrals come in every tint, shade, and tone; from dark to light. Crisp to mundane.

The best neutral wall colors can't be described with just one word because they aren't found on the color wheel.

If you look at your garden, you will see that most of the stems and branches of your favorite plants are nondescript colors: browns, beiges, and grays. They fade into the background so the beautiful blossoms and leaves can stand out, making them easier for the bees and butterflies to find and propagate. (Nature is a wonderful guide in helping us create beauty in our homes!)

But to support the color palette or the feel you want to bring to your design, the neutrals you choose must have the correct undertones.

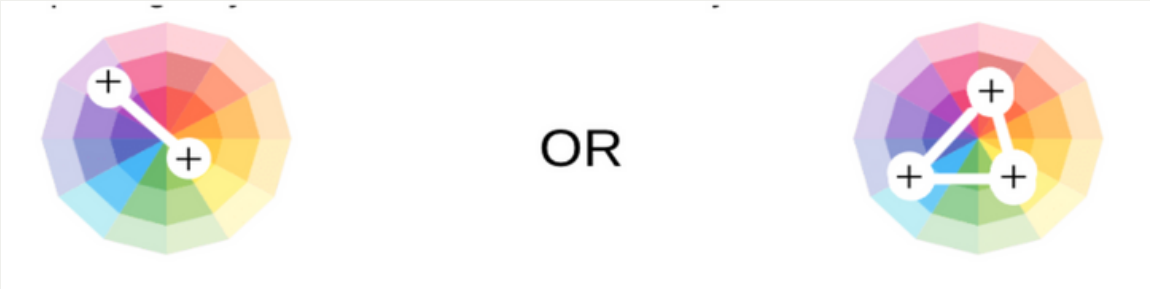
Because, as an artist, I have been painting trees, rocks, and dirt for as long as I can remember, this comes very naturally to me. I blend the colors in my head, as if I were mixing paint tubes. I visualize what neutral color works best.

But you can train your brain to see these undertones as well.

Seeing Undertones

By definition, an undertone is something difficult to detect. But I will share my secrets so that you can find the right neutrals, corresponding trim, and wall colors for your projects.

When you start to skew the tint or shade of a hue or the distance between a triad, you create undertones.



Contrary to what many believe, you can't definitively identify an undertone in wall paint by looking at a paint formula. Some pigments have more strength than others.

We can use the power of our primitive brain, which I mentioned in the first chapter, to detect undertones.

The undertone jumps out when you place it against a color that is its complement. This may take some trial and error at first.

But let's say you are working with a color scheme that is primarily turquoise-blue. The complement would be orange. To test which neutrals work best, you would put your choices against a swatch of orange and see if a blue or blue-green color becomes visible. If so, it is a good choice.

When you put the same neutral chip against the turquoise-blue paint swatch or fabric you are using in your design, both colors should soften to the eye. The undertone will fade from view.

The best way to find the undertone of whites or off-whites is to put it against a sheet of good-quality printer paper. The undertones will jump out quickly.

If you are using a white or off-white trim or ceiling color, it should have undertones of the wall color.

Undertones of blue, purple, or green make a color cool. Red, pink, orange, and yellow undertones make a color warm.

When you choose colors that work harmoniously, you will feel supported and safe in the spaces you are creating! It's a magical feeling!

Chapter Three

Selecting the Right Wall Color



As the price of paint continues to rise, painting is no longer the inexpensive upgrade that it once was.

"*Picking colors is hard.*"

When I ran the design center in a Benjamin Moore Pant Store, I heard this statement at least once a day.

I found that the tools people are told to use to "help" them pick wall colors often made the process even more difficult.

Online images, particularly Pinterest images, are edited to make them more visually appealing. This results in images that don't reflect the true color of what is being photographed.

Search engines drive traffic to sites using *keywords*. An internet search for a color online to see it in a space before painting can yield images that are not the color you had searched for. The website page developer used the color name in their keywords to take you to their website. Without reading the article, you wouldn't know that the color you are looking at is not the color you searched for.

While online inspiration can be a starting point for choosing a color palette for your space, it is a good idea to avoid online images and blogs as a directive for choosing your wall paint color.

And painting a sample directly on the wall is the ***worst way*** to see a color in your space. (I will explain the science behind this below.)

So what can you do????

Color is a wavelength of light that your eyes interpret.

How we perceive a paint color depends upon the intensity and direction of the light coming into the room, as well as the color of other elements in the room. The way that light enters the room also matters. A color can look very different in different circumstances.

I worked with clients years ago who were *beyond* upset when the pale bluish-gray they had carefully selected for their main living area appeared bright green the first morning after painting. They were certain the color was wrong. They were ready to repaint. I advised them to let it cure for a few days. I had helped choose the color. I knew it was not green. Something else was a foot. After a few days, they called back, still frustrated. At night, the color was fine, but in the morning, they hated it.

When I arrived at their house to see what might be causing this, I could hardly see what they were describing.

Anxiety magnifies color disparity. It's an evolutionary protection mechanism heightening perception.

It was early spring. With no window treatments yet in their new home, all of the light coming in was being filtered through the budding leaves on the trees outside their windows. The leaves weren't just green, they were that bright spring green with a yellowish hue.

Because they could only process the wall color through the lens of what was wrong, they could not see that the foliage was causing the color to read green.

The fear that they had made an expensive mistake altered their perception.

Some light-filtering shades and the passage of time helped them see that the color was everything they wanted. We also added some green accents in the adjoining kitchen to offset the green reflection that occurred in the early spring each year.



There are design tricks you can play with your brain to create exactly the look you are trying to achieve.

The science principles behind those same tricks that work in your favor are the ones that make sampling wall color difficult.

The ability to sense color differences is a feature of the most primitive part of your brain. It is the part of the brain that is tasked with keeping you safe: keeping you alive!

If you have ever passed on the roast beef that has been sitting on the buffet for a little too long, you know what I mean.

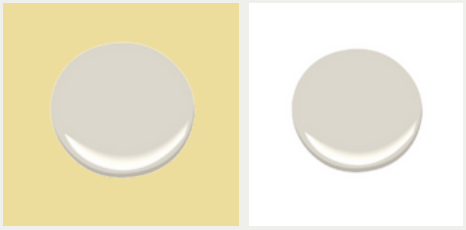
When a color appears differently than you expect, it sends a signal to your brain that something isn't right. *You are at risk.* While this helps avoid eating dangerous food, falling down the stairs, or stepping into a hole, it makes choosing wall color tricky.

When you paint a color sample directly on the wall, the primitive part of your brain is activated. It is doing its job, alerting you that there is something wrong with the wall!

The contrast between the overall wall color and the painted sample is magnified. Your brain removes the prevalent colors from the sample so that you can only see what is *different*. And painting a sample on a very light or white wall will make it appear much darker than it will look when the new color replaces the old.

Here is a picture to illustrate this phenomenon:

The same color



on 2 different backgrounds.



The color on the 2 backgrounds on the previous page and in this Pinterest photo is Balboa Mist, a popular Benjamin Moore color. It is a soft gray with warm undertones.

I can't tell you the number of people who found an image like this online and purchased a sample can of Balboa Mist to test on their wall. They returned to the paint store to request a color that looked the same but not as purple.

When gray became in vogue for wall colors, people were purchasing samples and painting their yellow or golden walls. The gray they had chosen to sample was appearing purple or lavender. I watched people buy numerous samples, returning time and again, before I recognized what was happening.

Any yellow pigment in the sample was invisible to the eye when the primitive brain got involved. The reds and blues in the sample jumped out as the contrast between the existing wall color and the sampled color was magnified. I met many disappointed patrons who overcompensated for the sampling effect and chose wall paint that was either bluer or greener than they wanted. It did not result in what they had wanted to achieve in their homes. A costly and disappointing mistake.

I set up an area in my design studio that demonstrated what I called "The Sampling Effect" of painting a color directly on the wall.

It became an invaluable tool helping people make confident color choices that they loved.

I also instructed them on how to project and visualize color in a room like the professionals do.

The best way to visualize a color in a room is to purchase a painted sample and hold it at arms length in the room you wish to paint or paint a board with a paint sample; 2 coats covering it completely. Move around the room to the darkest and brightest areas.

I find it best to close one eye and focus the other eye not so much on the color swatch but just beyond it. It helps me see exactly what the color will look like in the room. I repeat the process at different times of the day with different light sources.

I *do not recommend taping or sticking the swatches directly to the wall. If you are purchasing the Samplize paint swatches, leave the backing on and use them as described above.*



Once you have selected a wall color for your space and started painting, *flashes of doubt are natural.*

Even professionals have these moments of apprehension as the paint starts to go on the wall!

If you have gone through the information in this book and/or worked with a professional who listened to your vision, for all the reasons listed in the previous pages, the color will look different from what you expect as it first goes on the wall.

My final piece of advice: JUST KEEP PAINTING!

My first experience with that "What have I done?" feeling came when I was painting the dining room in my newly acquired Victorian home a soft orange.

It was a large room and could be seen from nearly every other room on the first floor. I was in tears right up until the final paint stroke. When the last of the underlying primer, with its purplish hue, was fully covered, it was everything I wanted it to be. Until that moment, the walls looked like I had color-matched a highway safety cone.

It takes lots of practice to know exactly what a color will look like in your space. And each paint company uses different pigmentation systems that respond differently to light. There are qualified color specialists, like myself, who can help if you feel like you are at an impasse or don't have all the answers.

A color consultant will see things (like those spring leaf buds) that would cause you to doubt your choice and rush into a drastic revision. Color specialists take all of the contributing factors: room direction, flooring, lighting, etc. into the wall color decision to help you get exactly the color you want.

Color consultations can be done online or in person.

In hiring a color specialist, make sure to choose one who listens to your needs and the atmosphere you are trying to create in your home.

While current color trends can make your home look updated, they may not align with what you are trying to achieve in your space.

Color isn't a mystery. It's MAGICAL! When applied with care and precision, it can impact how you feel and function, in your home and outside of it!
Embrace its POWER!

Conclusion

Having the right colors in your home influences the way you feel. Whether you are looking to make substantial changes or simple updates to align your space with your vision, look to color to create a home you will love.

Color is more than personal choice. It is energy. Science, history, and psychology come together to describe how this energy affects you physically and mentally.

Energy is neither created nor destroyed. It is imperative to have the right energy in every space of your home to feel your best

Download and print this guide to help you make informed decisions about color choices in all of your spaces.

Next Steps & Resources

To book a virtual color consultation: go to www.lynneniehaus.com/colorconsult

To get ongoing design support join the fun in the HomeScapes Design Membership Portal.

For 1:1 Design Services + Support:

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