

FYI

Colour me happy

Home décor is more than just aesthetics when it comes to colour psychology. Going beyond just what looks attractive, proponents of colour psychology believe that colours used to decorate your home can have a profound

TO start off, it is necessary to first consider the function of each room. Then starts the fun. Colour psychologists say some hues work better than others at encouraging certain activities. So one approach to colour home décor is to go room by room.

LIVING ROOMS AND LOBBIES

The idea is to greet and welcome – so warm tones like reds, yellows, and oranges, and earth tones like brown and beige work well when it comes to living rooms. These colours stimulate conversation and will serve towards the function of these rooms.

Reds raise a room's energy level. It is a good choice when you want to stir up excitement, particularly at night. In the living room or dining room, red draws people together. In an entryway, it creates a strong first impression. Red has been shown to raise blood pressure, speed respiration and heart rate.

THE KITCHEN AND DINING ROOM

When it comes to kitchens, experts suggest a trip down memory lane. If you have fond memories of spending time in the kitchen when as a child, it might make sense to recreate that scheme in your kitchen.

If there's no particular paint scheme you remember fondly, reds and yellows can be great colours in the kitchen too. Beware though, in addition to stimulating conversation, colour consultants say that red may prompt you to eat more, if only subtly. Not the best colour if you are trying to follow a diet.

For a formal dining room, red decor can at once stimulate conversation and give people the idea you are a better cook. Yellow on the other hand captures the joy of sun-

shine and communicates happiness. It is perfect for kitchens, dining rooms. But this should be used sparsely, since in large amounts, yellow tends to create feelings of frustration and anger in people.

Blue is said to bring down blood pressure and slow respiration and heart rate. That is why it is considered calming, relaxing and serene, and it is often recommended for bedrooms and bathrooms. However, a pastel blue that looks pretty on the paint

but also as a private retreat for relaxation and rejuvenation and thus people are comfortable with blues, greens and turquoises because these colours give a sense of being clean and calm at the same time.

HOME OFFICE

So if you are working from your home, what you want is productivity: the faster you complete work-related tasks, the more time you'll have to spend enjoying family and friends. Here consultants agree that green can be a great choice for a home office. "Green is the colour of concentration," says Harrington. "It's one of the best colours to be surrounded by for long periods of time."

THE CEILINGS

The ceiling often gets nothing more than a coat of white paint. In fact, for decades, white has been considered not only the safest but also the best choice for ceilings. As a general rule, ceilings that are lighter than the walls feel higher, while those that are darker feel lower. Lower need not mean claustrophobic; visually lowered ceilings can evoke cosy intimacy. As a general rule, dark walls make a room seem smaller, and light walls make a room seem larger.

So what about the neutrals (black, grey, white, and brown)? These are basic to the decorator's tool kit and their virtue lies in their flexibility. Black is best used in small doses as an accent. Indeed, some experts maintain that every room needs a touch of black to ground the colour scheme and give it depth.

In the end, use this as a general guideline or a starting point in your search for a paint colour. You know what colour has what effect on your psych, so chose accordingly.

Compiled by LS Desk



BEDROOM

For the relaxation and personal space that bedrooms are, cool and calm colours such as blues, greens and lavenders are the best choices. The darker the hue, the more pronounced the effect is believed to be. "Reds tend to increase blood pressure and heart rate and stimulate activity," says Harrington. "Blue does just the opposite. That's why we think of it as calming."

chip can come across as unpleasantly chilly when it is on the walls and furnishings, especially in a room that receives little natural light. Remember to go for softer shades of blue. Dark blue has the opposite effect, evoking feelings of sadness.

THE WASHROOM

Traditionally bathrooms tend to be of whites and warm colours. But nowadays the bathroom is used not just as a place to wash up,








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