

## Find your true colours

Our homes are an expression of ourselves and how we choose to decorate them reflects our personality. The colours that we choose can affect our moods and well-being. Understanding the links between colour and our personalities can completely transform our environment and be adapted to improve our lifestyles, this is colour psychology. There are millions of colours visible to the naked eye and many colours to choose from for decorating but how can we identify our own individual colour personalities?

We relate to the different seasons and colours of nature, which give us vital clues as to what is happening around us. We respond to the warming sun in spring and relate that to the colour yellow which awakens our optimism and enhances our feelings of self-esteem and confidence. In the height of Summer the colours in our gardens begin to soften and we instinctively want to conserve our energy. The calming, reflective qualities of the colour blue remind us of cool waters.

Linking our personalities to the 'moods' and colours of the seasons can help when it comes to choosing colours for your home. Lively, young, outgoing and friendly personalities will respond well to the light and clear colours of spring e.g. daffodil yellow, sky blue, coral and peach. Quieter, understated, calm and elegant personalities will prefer the cooler more muted tones of summer such as dove grey, air-force blue, rose pink and lavender. Warm, intense, traditional and earthy personalities relate to the earthy, muted but intense tones of autumn; tomato red, burnt orange, teal and olive. Dramatic, strong, objective and efficient winter colour personalities will prefer contrasting icy or very intense colours; black, white, ice blue, indigo, jade green, lemon yellow and magenta.

Each colour personality will also respond to certain aspects of style within their interiors. Spring colour personalities will appreciate a lot of light in their interiors, large windows and fabrics with small patterns or smooth, crisp textures. Summer colour personalities will like fine antiques and architecture, elegant traditional design and soft flowing fabrics. Autumn colour personalities will tend to like comfortable, substantial surroundings; large squashy sofas, natural wood and textures and warm fires. Winter colour personalities will like modern, hi-tech, glamorous design, luxurious fabrics such as silk or velvet and bold geometric pattern.

By choosing colours from the palette related to your colour personality you would both maintain the positive benefits of colour and create a harmonious scheme. You can influence the feeling and support an activity in a room with colour. If your living area is essentially a place where you relax and unwind then softer shades of blue and green will support this. Yellow supports stimulating conversation and entertaining but may not be quite so relaxing, so the influence of another colour such as blue will balance this. Do you enjoy preparing and eating food in your kitchen or dining areas? If not then may be the introduction of some orange will stimulate the appetite and enjoyment of the activity in this area.

More and more of us are experimenting with colour in our homes and current trends indicate that brighter colours are becoming more acceptable. Currently this summer we are enjoying the brighter, clearer tones of pink, yellow and green reflected in

kitschy, deck chair striped beach themes for decorating or more muted versions in vintage or natural themes. As we move towards autumn the colour palette will be towards earthier, muted colours. Burnt orange and umber, cinnamon, chestnut, spicy reds, rich greens, brick and warm pink tones will feature in more bohemian, eclectic, folksy styles and more individual expression.

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