



complement the other paint colours being used in the room, as most “white” paints will have an undertone from another pigment colour – some with a note of blue, yellow, red, green or grey... If you hold a piece of printer paper to a colour swatch you will see the difference. Off-white is a much warmer alternative and will still give you a fresh, clean look.

**COLOURS**

Isn't it funny how certain colours are synonymous with feelings? How red is associated with love and passion (and danger) and green with envy and jealousy (and nature)? You can be a yellow-bellied coward and receive a white feather for your failings. Green is definitely popular at the moment, with a myriad of hues to choose from – jade, emerald, leafy green, teal, forest green, sage, apple green – any of these versatile colours can transform a room to make it vibrant, peaceful and sumptuous. Try teaming up with crisp white, lively yellows, soft grey and pale or hot pinks.

**CONTRAST**

One of the styles we love in the showroom is the contrast of colour with beautiful metals – bronze, nickel, copper and brass – that appear in many bathrooms and kitchens. A stunning, bateau-style, copper bathtub will look incredible in a dark grey bathroom, with off-white woodwork and ceilings to keep it looking fresh. Pure white kitchens have always been, and continue to be, hugely popular. When you combine the clean lines of the units with bright and colourful curtains or blinds it gives life and warmth to the room – then the kitchen walls are a blank canvas; bright white walls with an array of monochrome pictures and photographs would look striking – or coloured walls to bring the room together (framed children's paintings will always make you smile!).

**BE BRAVE**

There are no rights or wrongs in choosing paint colours and it is easy to spend hours upon hours cogitating and having sleepless nights. When decorating a large house many years ago a great friend said to me: “Come on, get the paint chart and let's just choose!” and so we did. Fairly quickly and fairly painlessly – and all was well in the end. It helped that I had chosen my curtain fabrics first, so they were my focal point and the rooms took shape around those. Like the great scone debate – do we put cream on first or jam? Should you choose your paint colour first or your fabric? Answer: it is entirely up to you! &

# A QUESTION OF COLOUR

The right choice of colour can really make or break a room, as Eliza Miller from Arcadia Home Interiors explains...

“Colour is the fruit of life,” said the 19th century French poet, Guillame Apollinaire, and who are we to argue?! This doesn't mean to say, however, that we should be painting our homes with only colours from the fruit bowl, but that colour can be delicious and good for us – and that we should not be afraid of it.

**CHOOSING A COLOUR**

When planning to decorate, it is important to think about the overall look you are trying to achieve. Spend some time flicking through books and magazines and gather together images to create a mood board, so you have an idea of how you want the room to look and feel – attach any fabric samples that you love (possible curtains, blinds, cushion covers, bedding) and ideally a swatch of the floor covering you will be using. When choosing a paint colour, try buying some sample pots and either painting an A4 piece of white paper – or some wallpaper lining paper – and then you can walk around the house with these to gauge how the colours will look in each room. Don't forget that the colours will look different depending on how much natural light there is in a room, what time of day it is and even what time of year. They will also look different depending on the artificial light and the types of bulbs used. A top tip to create light in a room is to use the lightest colour on the largest surface areas and then a darker colour on the skirting boards to make the walls appear lighter.

**WHITES**

It's a bit like the colour of teeth I always think – some white is not really white at all! It is important to choose the right white paint to



For more ideas and examples, see: [www.arcadiahomeinteriors.co.uk](http://www.arcadiahomeinteriors.co.uk)

