ONE ROOM, THREE WAYS

Colour therapy

Colour is a powerful design element when used effectively. Use warm colours and luxurious textiles to create the cosiest winter lounge retreat.

Words and styling Sarah Heeringa.

tip
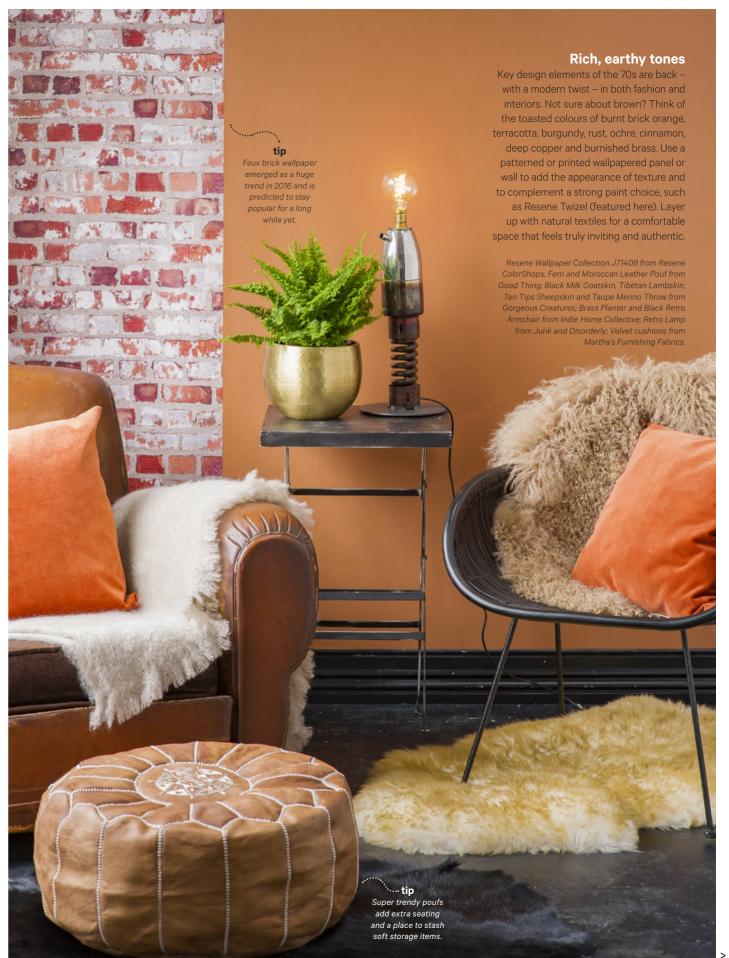*Add comfort using the tactile textures of fur and velvet.*

Warm white with a hot accent When we understand a little about how colour works on our minds, we can use it to set a mood. Neutrals with a yellow base lighten and visually warm a room. Resene Gin Fizz (used on the wall) is an example of a delicate but warm ochre-toned cream. Highly saturated colours, such as an intense red, make a dramatic accent and are softened and balanced by the mellow glow of gold.

Seafog Linen from Martha's Furnishing Fabrics; White Milk Goat Skin, Bright Red Sheepskin and Mohair Throw from Gorgeous Creatures; Brass Planters and Retro Round Chair in Whitewash from Indie Home Collective; Gold Wire Basket from Good Thing; Velvet Cushion from Junk and Disorderly.

Rich, earthy tones
Key design elements of the 70s are back – with a modern twist – in both fashion and interiors. Not sure about brown? Think of the toasted colours of burnt brick orange, terracotta, burgundy, rust, ochre, cinnamon, deep copper and burnished brass. Use a patterned or printed wallpapered panel or wall to add the appearance of texture and to complement a strong paint choice, such as Resene Twizel (featured here). Layer up with natural textiles for a comfortable space that feels truly inviting and authentic.

Resene Wallpaper Collection J71408 from Resene ColorShops, Fern and Moroccan Leather Pouf from Good Thing; Black Milk Goatskin, Tibetan Lambskin, Tan Tips Sheepskin and Taupe Merino Throw from Gorgeous Creatures; Brass Planter and Black Retro Armchair from Indie Home Collective; Retro Lamp from Junk and Disorderly; Velvet cushions from Martha's Furnishing Fabrics.

tip
Faux brick wallpaper emerged as a huge trend in 2016 and is predicted to stay popular for a long while yet.

tip
Super trendy poufs add extra seating and a place to stash soft storage items.

tip
Match deep blues and blacks with luxuriant gold accessories and richly textural, luminous fabrics and furnishings.

Colour is a complex phenomenon and theories about its effect on our minds and emotions range across the scientific and artistic realms. On the other hand, all it takes is a paintbrush and a pot of fresh paint to understand that colour can dramatically transform a space and help give a room a particular mood. A confident use of colour and pattern in our home decorating can be a very personal expression of our creativity. So how do we pick the colours we want to surround ourselves with? Some choose instinctively, others prefer to have clear rules to follow. Either way, understanding a little colour theory can go a long way towards helping us make more effective use of colour and to be brave when venturing beyond the safety of white-on-white.

Code cracking

Every Resene colour has a unique Total Colour System number, following a format of BR99-010-090. You can use this code to work out a colour's luminance, how much grey it contains and where it sits on a colour wheel. This allows you to put colours into a sequence and determine their positioning relative to other colours.

Hues and shades

Hue is another name for colour. It is pure colour that has not been mixed with black or white. A shade is a pure hue with black added. It will reflect less light and be darker than the original hue.

Tones and tints

A tint is a pure hue with white added. It will be lighter and reflect more light than the original colour. A tone is pure hue with grey added. It will be darker than the original hue.

Luminance and saturation

Luminance describes the amount of light that is reflected from a flat, painted surface. It gives us an indication as to how bright the paint will appear. Luminance decreases as more grey or black paint is added. Saturation refers to the intensity of a specific hue or colour. It is based on the colour's purity: a highly saturated hue has a vivid, intense colour, while a less saturated hue appears more muted and grey. With no saturation at all, the hue is a shade of grey.

Warm and cool

In basic terms warm colours are found on the yellow/red side of colour wheel charts, while cool colours sit on the blue/green side. But there are subtleties; a cool yellow may have blue undertones and a warm blue could contain hints of red. A colour's level of warmth or coolness will be affected by its intensity, with a highly saturated colour looking 'hotter' than a less saturated one. The warmth of a colour also depends on the warmth of the light shining on it. For instance, a colour painted in a south-facing room may look cooler and greyer than the same colour in a north-facing room. **g**

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Wall colour: Resene Atlas, Chair colours Resene Barometer and Resene Blast Grey. Black Side Table from Good Thing; Black and White Milk Goatskin, Reindeer Hide and Grey Merino Throw from Gorgeous Creatures; Black Retro Armchair from Indie Home Collective; Gold Planter and Velvet Cushions from Junk and Disorderly; Velvet fabric from Martha's Furnishing Fabrics.

Resene Wallpaper Collection J71408 from Resene ColorShops; wall colour Resene Twizel; Wall hanging, Fern and Moroccan Leather Pouf from Good Thing; Sheepskins and Taupe Merino Throw from Gorgeous Creatures; Brass Planter, Black Retro Armchair and Super Chunky Knit Throw from Indie Home Collective; Retro Lamp from Junk and Disorderly; Velvet cushions and curtain fabric from Martha's Furnishing Fabrics.

From left to right: Resene Blast Grey from the Resene Metallics & Special Effects range, Resene Barometer, Resene Atlas, Resene Twizel, Resene Gin Fizz.

Moody blues Strong dark colours have the visual effect of bringing a surface closer, helping make a room look cosier and giving an open space a more intimate feel. Resene Barometer (wall and chair); Resene Blast Grey (chair).

Black Side Table, Grey Felt Storage Box, Gold Candlestick and Gold Stemless Glasses from Good Thing; White Milk Goatskin, Reindeer Hide and Grey Merino Throw from Gorgeous Creatures; Black Retro Armchair from Indie Home Collective; Gold Planter and Velvet Cushion from Junk and Disorderly; Velvet fabric from Martha's Furnishing Fabrics.

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