

Blues are washing through our bedrooms and greens are flourishing. Earthy tones ground us, and blush pinks are great for creating soothing, womb-like spaces. Soft whites and neutrals allow us to change up the bedlinen, and misty greys give a restful backdrop. There are some colours that are conducive to creating a restful bedroom – and there are some that are not. Take red or other strong, warm colours, for example. These are known to increase our heartrate and stimulate appetite so may keep you awake right when you're keen to sleep. If they are a personal favourite and a must-have in your bedroom, then consider using them as accents, say as a throw or cushion on the bed. Or use them on the bedhead wall so that you see your favourite shade when you enter the room but not when you're lying in bed.

If you're stuck for colour ideas, use the bedlinen, an artwork, window fabrics or a rug as a starting point. Study the types of colour that appear in these items and use one or more to inspire your Resene paint colours for your walls. Try the handy Colour Palette Generator on the Resene website, www.resene.com/palettegenerator – simply load a favourite photograph or image of an artwork, fabric or wallpaper and the generator will suggest a paint colour palette for you.

Left: Horizontal stripes help widen a narrow room. Get creative by varying the thickness of stripes and use masking tape to achieve crisp lines. Wall base colour in Resene Alabaster, thick stripe in Resene Frozen and hand-painted soft stripe in Resene Quarter Frozen. Flooring in Resene Colorwood Natural and side table in Resene Kashmir Blue.



Resene Alabaster Resene



Resene Ouarter Frozen



Resene Frozen

Kashmir Blue

Resene Colorwood ■ Natural

Neutral territory

Whites and neutrals are by far the most popular bedroom colour choice as they can often lead to a nice relaxing space, but with hundreds of Resene colours it can be hard to choose just one.

There are many reasons to opt for white – it's timeless, it's classic, it's relaxing and it will go with all your bedlinen. If you're choosing white because you're shy of bold colours, dip your toe in by painting your walls a neutral hue but choosing bold colours for your bedside tables, headboard, feature wall – or even the inside of your closet. Whites can often take on qualities of colours they are next to, so a white wall next to a blue feature wall will have a slight blueish tinge. Try colours next to each other using Resene testpots.

But which white is right?

The Resene Whites & Neutrals collection is made up of 28 palette cards, with 12 individual colours on each card, often organised into colour 'families' or varying strengths of the one colour such as Resene Black White, Resene Half Black White and Resene Double Black White. Some of the

colours have up to six strength variations, which comes in hugely handy when you are building a tonal colour scheme. To understand the qualities of the white you are after you can check the paint code. Beneath each paint swatch is not just the name but a code which starts with a letter. That tells you the base colour of the paint. So Y is for yellow, BR for brown, G for green and N is for neutral (which means black, or rather grev once you put it with white). Some paint colours cross from one base to another depending on their strength, for example. Resene Half Pearl Lusta's code starts with a Y but Resene Quarter Pearl Lusta starts with a G.

The last three numbers of the colour code tell you where the colour sits on the colour wheel. Imagine red is at 0, then it moves into orange and yellow, green is at 180 then on it goes through blue and purple. So if you have two similar colours and one has 020 on the end and one has 180, this tells you that the 020 one is closer to the red part of the spectrum and the 180 one is closer to the greens. This is important with off-whites, as it's the subtle undertones that you notice when they are used in a room.

Resene Double Black Whit	e. Some of the yo	u notice when they are used in a ro
Resene Black White	Resene Half Black Wh	Resene Double Black White
Resene Eighth Pearl Lusta	Resene Quarter Pearl	Resene Lusta Half Pearl Lusta



Above: The headboard stained in Resene Colorwood Whitewash allows the natural wood grain to show through, giving the bedroom a relaxed feeling. Wall in Resene Triple Pearl Lusta, floor in Resene Eighth Pearl Lusta, sideboard in Resene Hemlock and large vase in Resene Brown Bramble.

Resene Triple Pearl Lusta	Resene Brown Bramble
Resene Hemlock	

Warm whites

Creamy, dreamy and definitely bedroom worthy. Red, orange, yellow and brown-based whites are good for rooms that need warming up, and their creamier qualities are relaxing which makes them well suited for bedrooms. They are ideal for colder bedrooms especially those on the south side of your home.

Try Resene Half Pearl Lusta, Resene Villa White, Resene Half Spanish White or Resene Rice Cake which have calming yellow undertones. Remember to test the colour on a separate piece of large cardboard and move it around your bedroom at different times of the day to observe how the colour changes.



Left: Warm neutrals such as Resene Tea are very on trend. Wall in Resene Tea, floor in Resene Blanc, bedside table and lampshade in Resene Bison Hide and lamp base in Resene Black. Artwork from WArtDesign Studio on Etsv.

Resene Sea Fog

Resene
Wan White

Resene Rice Cake

Resene Tea

Resene Tana



Left: Earth tones and clutterfree decor gives this bedroom a relaxing feeling. The walls are in Resene Eighth Tana, circle headboard in Resene Prairie Sand, floor in Resene Colorwood Whitewash and side tables in Resene Tana.

Resene
Eighth Tana

Resene Villa White

Resene
Half Pearl Lusta

Resene Half Spanish White

Resene Colorwood
Whitewash

Resene Bison Hide

Resene Prairie Sand

Resene Black

Cool whites

Cooler whites with a touch of grey are a good option for rooms that are north facing and receive a lot of light. Resene Black White is Resene's most popular white and is a favourite of many architects. This crisp white with a hint of black is great for accentuating architectural features and suits bright bedrooms with a contemporary style. Resene Alabaster is another design favourite and often features on trims and doors. Other cool whites to try include Resene Sea Fog, Resene White Pointer or Resene Wan White.

If opting for a cool white, avoid it appearing too stark by layering the room with texture and softness through furnishings and bedlinen.





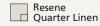
Green whites - the best of both worlds

Can't decide between a cool or a warm white – try a green white. Because green is made up of both blue and yellow, green whites have qualities of both. Resene Merino is the best of both worlds with a hint of grey but a green undertone which makes it a delightful bedroom wall colour. Other green whites to try include Resene Half Thorndon Cream, Resene Quarter Linen, Resene Quarter Ash and Resene Quarter Wheatfield.

Above left: Kirsty Wraight of David Wraight cottages chose Resene Secrets, a nearly neutral celadon green, for the bedroom of this replica villa. The trims and ceiling are Resene Quarter Cararra (try Resene Quarter Bianca).

Above right: Use different strengths of the same neutral to create a cohesive and soothing space. Wall and floor in Resene Quarter Black White, bedside table and rectangular painted wall feature in Resene Double Black White. The DIY pendant lamp is made from paint stirrers finished in Resene Colorwood Whitewash and the DIY artwork is painted in Resene Alpaca and Resene Quarter Black White.

Resene Quarter
Black White



Resene
Quarter Ash

Resene Alabaster

Resene Ouarter Bianca

Resene Half Pearl Lusta

Resene Quarter Wheatfield

Resene Black White

Resene Double Black White

Resene White Pointer

Resene Merino

Resene Blanc

Resene Half Thorndon Cream

Resene Secrets



Creative neutrals

Expand the complexity of your creams and whites and choose those that have a hint of colour in them: it might be a touch of blue with Resene Designer White, a hint of grey with Resene Triple Sea Fog, a dusting of shell pink with Resene Ouarter Blanc or an infusion of biscuity warmth with Resene Quarter Sisal. All will provide a flexible background for a bedroom where the bedlinen can be changed out to provide interest or different coloured accents in rugs and art can be introduced.

Tonal colour schemes are soothing as they allow your eye to travel from one area to another without any jarring visual elements. Try a scheme based on smoky grey with a wallpaper or bedlinen patterned in greys along with charcoal walls, a mid-toned grey carpet and silvery accessories.



Resene Ouarter Villa White

Resene Pale Prim

Resene Half Pale Rose

Resene

Bismark

Resene Double Alabaster

Above: This master bedroom and ensuite mixes near white pastels with creams to create a dynamic yet calming space. The white wall colour has a hint of blue, painted in a quarter strength of Resene Nebula, with trims in Resene Quarter Villa White. A restored clawfoot tub painted in Resene Pale Prim peeks through the doorway from the bathroom, painted in Resene Half Pale Rose. The bathroom's ceiling, panelling and architraves are painted in Resene Quarter Villa White.

Left: Think of your ceilings as a fourth wall, ready to be tied into your colour theme. This creative bedroom designed by Annick Larkin features a ceiling and crown moulding in Resene Bismark paired with walls, window trims and skirting boards in Resene Double Alabaster.

Resene Designer White

Resene Triple Sea Fog

Resene Quarter Sisal

Resene Nebula

colours of the earth

Gaining inspiration from nature has always been a go-to when decorating and our current love affair with soft earthy colours is not surprising as we seek respite and nurture a need to feel grounded in uncertain times.

Clay, umber, stone, tan and terracotta are perfect colours for bedrooms, making us feel safe and at one with the earth.

These mid-neutral tones are hugely flexible and ultimately satisfying for a bedroom scheme, providing a soothing and versatile backdrop. These types of colour have been used for decades as an adaptable backdrop to all tastes and styles.

Look to complex varieties like nude taupe, mushroom taupe, terracotta, greige, warm stone grey and toasted caramel which will bring that little extra something thanks to their subtle undertones.

Resene ☐ Alahaster

Resene ☐ Ouarter Blanc

Resene Rice Cake

Resene Colonial White

Resene Rlank Canvas

Resene Desert Sand

Resene Gold Dust

Resene Wild West





Left: Give your walls the earthy look of building materials such as limestone, mudbrick or adobe, by combining Resene Wild West with Resene FX Paint Effects medium mixed with Resene Sante Fe. Floor in Resene Bianca and side tables in Resene Alabaster and Resene Blank Canvas.

Right: Bring nature indoors and create a sense of wellbeing or what's known as a 'biophilic response'. By incorporating earth tones such as the headboard in Resene Lignite with border in Resene Go Ben and natural timber flooring in Resene Colorwood Natural, this bedroom has calming and soothing qualities. The wall is in Resene Half Gull Grev, chair in Resene Gold Dust and desk in Resene Colonial White

Resene Sante Fe

Resene Lianite Earthy taupes, clays and tans, like Resene Half Napa and Resene Desert Sand give any room an instantly warm and inviting hit. Pair them with edgy creams like Resene Rice Cake and accent with weathered timbers, house plants and textured bedlinen. The most famous taupe of them all, the infamous Resene Tea, is another tried and true tone to try.

Resene Go Ben

Resene Half Napa



Resene Colorwood Natural

Resene Half Gull Grey

Stony beiges like Resene Truffle and Resene Bison Hide are a more subtle version of tan and toffee. They walk a lovely line between all manner of styles, genders and taste. A little bit rugged, a little bit earthy, they echo many of the elements found in our landscapes. Take your cue from nature when creating a scheme and choose vegetal greens, sea blues, foamy whites and timber as partners.

Gorgeous greige elevates the coolness of pure grey with the warmth of mushroomy taupe. Neither one thing nor the other, this mutable and mysterious colour can go both ways - cool it down with pure whites and navy or blue accents, or warm it up with rust, coral or red. Greiges to try include Resene Quarter Tapa, Resene Friar Greystone and Resene Foggy Grey.

Delicious caramel and toffee tones, like Resene Gold Coast and Resene Coyote, are having more than a moment as our tastes turn away from very cool colours to warmer, slightly retro shades. These may not work as happily as an all-over colour for a bedroom but will add a grunty rustic vibe and can be used as accents or a feature wall

Right: Create natural softness with the look of earthen walls by blending two colours and using Resene FX Paint Effects medium. To create this wall, paint two basecoats of Resene Bleach White. Then, using a wide paintbrush, apply layer after layer of loose random strokes of Resene FX Paint Effects medium mixed with Resene Cashmere. Floor in Resene Dover White, skirting board in Resene Bleach White, headboard in Resene Enamacryl gloss tinted to Resene Caffeine and DIY stacked box table in Resene Tom Tom.

Resene Bleach White

Resene **Dover White**



Resene Tom Tom





Above: When used on a wall, a greige like Resene Eighth Stonehenge has a softening quality which makes the background almost melt away, drawing the eye to focus on the bed. Floor in Resene Colorwood Mid Greywash, headboard in Resene Double Stonehenge and skirting board and shelf in Resene Ebony Clay.

Right: A pink-toned beige like Resene Bone is a good way to add warmth to a space. Pair with bright whites and natural elements. Floor in Resene Blanc, bed in Resene Cashmere, pendant light and table in Resene Moccasin (try Resene Desperado) and chair in Resene Kalgoorie Sands.

Resene
Quarter Bison Hide
Resene
Double Stonehenge
Resene
Double Stonehenge
Resene
Resene
Friar Greystone
Resene
Friar Greystone
Resene
Friar Greystone





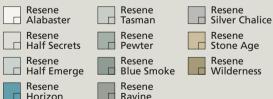
nurturing green

Virtually the full gamut of greens is good for bedrooms. From soft seafoam shades through mid-toned sages to stronger laurel greens, emeralds and jades, green is nurturing, relaxing and harmonious.

Green is also a wonderfully gender neutral colour and beloved by people of all ages, stages and backgrounds. And in a room that often has furniture with chests of drawers and beds, green is a wonderful complement to all types of timber.

Green is a tonic of a colour and goes hand-in-glove with our rising awareness of eco-conscious issues.

Mid-toned and soft: Try pale dusty greens like sage green Resene Norway, olive grey-green Resene Pewter, misty green Resene Pale Leaf or silvery grey Resene Tasman. These pale to mid-toned greens can be very effectively used as neutrals in an interior scheme instead of taupes or pale greys. Try Resene Pewter, which appears quite strong at first but has a very easy, soothing feel. Or try the paler, almost translucent, Resene Half Secrets or vapoury Resene Half Emerge.



Left: Green is a calming colour which makes it ideal for bedrooms. Wall and floor in Resene Alabaster with colour block painted wall feature in (from left to right) Resene Helix (try Resene Ravine), Resene Peace (try Resene Pewter) and Resene Silver Chalice and bedside table in Resene Helix. Artwork by Vee Speers from Pop Motif.



Slightly seaward: While bolder turquoises and teals may be a bit strong for a bedroom, greens with just a smidge of blue are easy to live with and beautifully suited to our environment with their promise of ocean depths and tranquillity. Resene Horizon is a gentle slate green and Resene Sorrento is a serene blue-tinged green.

Dark and earthy: When it comes to darker greens for bedrooms, veer towards earthier colours that are grounded and connected to nature. These have a greyed off or muddied quality which makes them easy to use and be around, try Resene Raptor. Accent your greens with touches of terracotta, clay and rich ochre to enhance the earthiness and add texture with a jute rug, plants or timber side tables.





Left: Introduce a bright botanical theme to a bedroom with Resene Wallpaper Collection 833126 paired with Resene Palm Green below the dado line

Resene Rolling Stone

Resene ☐ Pale Leaf

top tip

Of course, you can go green literally by adding house plants to your bedroom. Plants are said to have air-purifying qualities and will help you get a good night's sleep.



soothe with blue

Blue for bedrooms is a match made in design heaven. It's a soothing colour, it's reassuring and timeless. Blue is a tranquil colour that will help drop your blood pressure and pulse rate after a hectic day.

Pale ethereal blues or those with grey undertones create a dreamy space. At the other end of the spectrum, dark stormy blues will make you want to snuggle under the covers.

Try blues with a greyed quality as these are easier to live with, more gender neutral and versatile when adding accent colours – check out Resene Bluff or Resene Bounty.

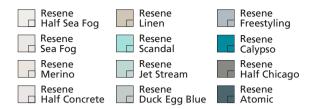
Pale, barely-there blues of either icy intensity like Resene Solitude or cloudy softness like Resene Sea Fog look superb as a main neutral for walls in a bedroom that has plenty of sun. Or use these colours where you want a cool beachy or architectural feel.

Washed or weathered blue are hues like ever-popular Resene Duck Egg Blue. With its mellow greyed look, this type of colour has been hugely popular in decorating. Try it with soft fleecy whites such as Resene Merino or Resene Linen and natural materials like linen, timber and jute. Other grey-blues to try are Resene Lynchpin and Resene Freestyling. These colours feel like putting on an old pair of jeans or a chambray shirt – no wonder we feel so comfortable with them.

Left: Nothing says relaxation quite like a soft blue and white coastal colour scheme. The tongue-andgroove walls are in Resene Frozen, floor in Resene Alabaster and bedside table and tray in Resene Bali Hai. DIY artwork in Resene Bali Hai and Resene Alabaster.







Mid tone denim or military blues like Resene Kashmir Blue are easy-on-the-eye colours to use in a bedroom. Like a pair of blue jeans, denim blue never seems to go out of style. Give them a slightly playful retro look by mixing in an ikat print duvet cover on a low-profile bed. Or add a touch of steel to the blue – like Resene Waikawa Grey – for a military correctness that's secure and restful.

Blue is an easy colour to mix – literally – with green, resulting in cross-over blues like aqua, turquoise and teal. In paler forms, like Resene Scandal and Resene Jet Stream, these colours have a fresh youthful appeal. Teal blues, like Resene Calypso, also have retro appeal, and can be used in very sophisticated spaces paired with antique bronze or tarnished gold accents and sharp chartreuse green.

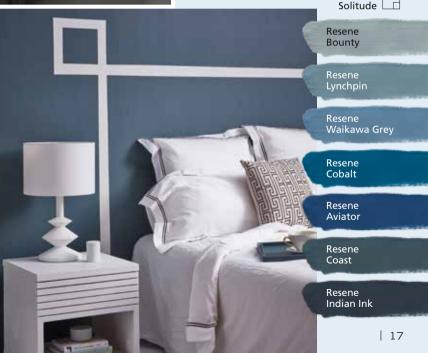
Dark blues and rich navies hint of the night sky and they are also very adaptable in regards to style. Blues with a stormy edge, like Resene Coast, can be casual and modern combined with faded taupes and woollen rugs or use deep inky blue or sapphire blue, such as Resene Indian Ink or Resene Aviator, as the basis for a very luxe scheme – team them up with other jewel tones like ruby or jade, along with velvets and mixed warm metals like gold and brass, for a boudoir vibe. Paint accessories in a Resene FX Metallic paint for a touch of extra glamour.



Left: Tongue-and-groove walls, especially when paired with navy blue like Resene Indian Ink, give a space a nautical feel, particularly fitting for a coastal home. Panelled wall in Resene Indian Ink, bedside table in Resene Wishing Well (try Resene Cobalt) and floor in Resene Half Chicago.

Below: Why wait for a vacation to get a good night's sleep? Turn your bedroom into a luxurious space with a nod to classic hotel style with a wall in Resene Atomic with a painted line design in Resene Half Concrete. Bedside table in Resene Half Concrete.

Resene







pretty in pink

Pinks are known for their calming abilities so are well suited to bedrooms. Tread with care, however, as they can become overpowering and if your room is shared, these colours may not be gender-neutral enough. Accent pinks and blushes with lashings of off-white.

Pink comes in many styles from soft wafer like Resene Soothe to enveloping muted mangos like Resene Japonica.

Try a rose terracotta like Resene Sante Fe or Resene Apple Blossom. These hues have an uplifting earthiness or go full on with a serious brown like tan Resene Brown Sugar or leathery Resene Saddle.

dark colours

If you feel like just crawling into a hole at the end of the day, dark colours will certainly make your bedroom feel like a true retreat.

Colours that echo the depths of night are perfect for bedrooms. Dark bedrooms create a cave-like sanctuary and lend themselves to more luxury looks – think deep navy with gold accents, for example, for a reassuring traditional vibe, or deep jade green for a decadent boudoir effect.

While true blacks have slipped from the top of the trends, try inky blues like Resene Blue Night, rusticated greens like Resene Palm Leaf, toasted blacks that are softened with brown like Resene Triple Masala or faded blacks that walk the line between black and charcoal like Resene Baltic Sea. Even rich wine burgundies like Resene Vanquish are finding favour. These colours are more interesting than straight black and help you create a cocooning or luxe, resort-style sleeping space.

Be bold and go all out – paint the ceiling too, and use accessories and bedlinen that blends or is tonal rather than contrasting.



Right: Aptly named Resene Nocturnal is a deep grey which echoes the night sky. The Resene Nocturnal walls of this bedroom almost beckon slumber especially when used in a relaxing palette with Resene Viktor (try Resene Innocence) on the floor and side table in Resene Organic (try Resene Terrain).

Opposite top: This bedroom by interior designer Charlotte Coote of Coote & Co pairs Resene Cosmos, an orange-toned pink with trims painted in Resene Half Bianca.

Opposite left: Reds and pinks are the colour of romance – show your space a little love with walls in Resene Pohutukawa with painted headboard in Resene Dust Storm. Floor in Resene Double Rice Cake and bedside table in Resene Dust Storm. Flower artwork from The Warehouse.





Above: The deep brown colour palette gives this room a luxurious cosy feeling. The walls are painted in Resene Monkey, with the floor painted in Resene Space Shuttle. The pendant lamp and dresser are Resene Kabul, the bedside lamp is Resene Americano and the side table is Resene Kilamanjaro.

Resene Monkey

Resene Space Shuttle

Resene Kabul

Resene Americano Resene Mondo

Resene Kilamanjaro

Resene Colorwood Deep Oak

Resene Colorwood English Walnut Resene Milk Chocolate

sweet like chocolate

Dark brown might seem an unlikely bedroom colour, but its warm and smoky cocoon-like qualities make it a great choice for creating a dark cosy space. Try smoky browns such as Resene Monkey or Resene Mondo, creamy browns such as Resene Milk Chocolate or try a wood stain such as Resene Colorwood Deep Oak or Resene Colorwood English Walnut. A cheap DIY hack is to stain pieces of ply and attach them directly to the wall. The wood stain will allow the grain of the ply to show through and deep brown shades will evoke a Victorian style parlour.

Below: The Resene Mondo walls in this villa master bedroom create a moody and dramatic contrast to trims and internal shutters in Resene Alabaster.



Resene
Half Alabaster
Resene
Merino
Resene
Half Concrete
Resene
Athens Grey
Resene
Tuscany
Resene
Lemon Ginger
Resene

Resene Silver Chalice

Resene Double Stack

Resene Quarter Baltic Sea

Resene Half Tuna

Resene Triple Tapa

Resene Half Grey Friars

Resene Colorwood

going grey

Pohutukawa

Because of its sheer neutrality, grey – which is after all a straight mix of black and white – is the sort of colour that suits any bedroom be it for male, female, young or older, contemporary or traditional. Grey can be turned into any flavour or style simply by adding accent colours in bedding and accessories. Some current favourites to try are ochre, rust, lavender, peach, creamy white, stormy blue and soft green.

Silvery or dove greys, like Resene Half Concrete and Resene Athens Grey are elegant and soothing. These pair well with pale timbers, washed linen bedding and fleecy whites, like Resene Merino, for a pared back Scandi look or made to sparkle with icy whites, like Resene Alabaster, and pewter or silver accessories, deep pile carpet and a velvet duvet cover.

Left: touch circle Chali table with Reser Belo can be villas laidb Arma

Mid-tone greys like Resene
Silver Chalice or Resene Half
Stack strike a more serious note
and are a good gender-neutral midground. They can be brightened with icy
whites like Resene Half Alabaster and accents
of a mustard colour like Resene Lemon Ginger,
terracotta hues like Resene Tuscany and reds

like Resene Pohutukawa.

Almost-charcoals like Resene Half Tuna and Resene Quarter Baltic Sea create a smouldering sanctuary-like haven. This type of colour pairs well with either a luxe aesthetic with velvets, chandeliers and antique gold accents or an ultra modern architectural space with industrial furniture.

Left: Layer silvery greys to create a bedroom with a touch of luxury. Walls in Resene Half Stack and corner circle in Resene Surrender. Flooring in Resene Silver Chalice with circle in Resene Half Grey Friars, bedside table in Resene Double Stack, door in Resene Surrender with circle in Resene Half Grey Friars and lightshade in Resene Half Grey Friars.

Below: Atmospheric charcoal greys are versatile and can be used everywhere from chic modern apartments, villas with high ceilings and ornate cornices to a laidback bach. Tongue-and-groove wall in Resene Armadillo, floor in Resene Colorwood Natural wood stain, bedside table in Resene Triple Tapa and chair in Resene Zeus.

Resene Alabaster

Resene

R S

Resene
Surrender

Resene

