

Large mirror, \$1600; gold mirror \$2500; dressing table, \$500; lamp, \$195; picture frames, from \$50; bed, \$3500. All from Romantique. Bed dressed in Society bedlinen: Quilt, \$1020; green linen sheet, \$568; white linen sheet, \$568; floral 100% Ramie cotton pillowcase, \$350 a pair; green linen pillowcase, \$258 pair. Society Garza linen curtain/sheet, \$459. All from Siena. Capiz bedside table, \$1850 a pair, Mid Century Design. Chair, \$120, Flower Traders. Pink floral fabric on chair, \$20, Salvage. Vases and antlers on floor, stylist's own. Walls in Symphony; floor in Iron, \$49.50 per litre each. Both from Resene.



Feel relaxed with green

OUR EMOTIONAL RESPONSE TO the colour green stems from its presence in nature. We intuitively feel a sense of wellbeing when we see it, and it can trigger thoughts of new life and rejuvenation. Its positive healing effects have been recognised for hundreds of years – the oriental art of feng shui uses green to restore energy, encourage growth and maintain harmony.

On the colour spectrum, green is the central colour, neither hot, nor cold, making it the easiest colour to look at for long periods of time. It contrasts well with other colours, allowing us to focus on essential details in a contrasting hue – hence its use in operating theatres, on school blackboards and pool tables.

Wearing green

According to Thelma, wearing green shows a contentment with life. People who gravitate towards green are thought to be generous, trustworthy, well-balanced and not afraid to pursue new possibilities. Put more green into your life if you need to improve your decision making or learn to trust yourself and others more, says Thelma. Ingrid suggests harnessing the calming effects of green. “Wear green when you’re tired or stressed; it’s a serene colour to wear,” she says. “Avoid green if you want to be seen as innovative though, as it can convey predictability and inflexibility. There are some lovely wearable shades for this coming summer from soft muted tones to strong, bright hues.” Team with white, camel, blue denim or burnt orange.

Your personality

People who love green are well-balanced and friendly. Because they can see all sides of any situation, they are tolerant and generous. They place strong importance on trust and are dependable workers.



Top, \$350,
Standard Issue.

Top, \$275,
Taylor.

Dress, \$370,
Sera Lilly.

Using green at home

Green works well in almost any interior design context where its restorative and harmonising qualities can be used to best advantage. “Green tends to make surfaces recede,” says Jill. “Softer shades can be great for a bedroom or a nursery because they’re soothing, slowing the heart rate for a better night’s sleep.” This calming influence has even been thought to be beneficial for those with respiratory conditions such as asthma. Use dark forest green shades to add impact to kitchens and living rooms, and because green is easy on the eye and emotionally balancing, it’s also good for rooms in which you need to concentrate, such as libraries or home offices.

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