



There is something very believable about the science of colours and the notion that certain colours evoke certain emotions, moods and physical feelings. Which is why choosing the right colours for your home interior is much more than just matching pretty swatches and samples together.

Colours are divided into two groups: warm and cool. Reds, yellows, and shades of orange are warm colours and are known to stimulate and excite; while blues, greens, and purples are cool colours because they have a relaxing and calming effect. In general warm colors work well in places where there should be activity and interaction, like the kitchen and living room, and cool colours are most appreciated in rooms where the aim is relaxation and calmness, like the bedroom and bathroom.

Of course, one is free to deviate from the



norm and can experiment by putting a relaxing colour somewhere busy or vice versa.

Blue is a colour found in nature – soft blues of the morning skies, sparkling blues of the seas and dark deep blues of the night sky. - Throughout history, blue has been a widely used colour as the dyes were easily obtained from



plants. The most costly blue was believed to be obtained by crushing the semi-precious stone lapis lazuli and was used in paintings of a religious nature and frescoes during the Renaissance.

Blue is a relaxing colour meant to stimulate calmness suggesting harmony and peace and therefore makes it a good choice for a bedroom or study. It's natural comparison to water makes it a popular choice for bathrooms too. Blue is a suitable choice for a room full of sunlight as its

low reflectance value diffuses bright light.

Sandy beiges and blue conjure up visions of the seaside; the natural combination of leaf greens and blues offset each other well, as do purple blues and lime. Combined with white it

Blue is a relaxing colour meant to stimulate calmness suggesting harmony and peace and therefore makes it a good choice for a bedroom or study.

brings to mind ancient Chinese pottery beautifully painted with motifs and symbols.

As for using blue in home décor, blue and white is an appealing palette as it is a natural and serene combination which creates a feeling of elegance and simplicity. Turquoise blue has recently become a popular colour as it can be

teamed with all neutral colours like white, beige, brown, grey and black or even with lime green, yellow and magenta. Because of the strong contrast, you can use it sparingly in just one or two items in the room to make an impact.

Use it as a colour 'pop' for cushions on beige sofas or as glass-ware and vases among a black and grey seating arrangement. Pair it with silver or other metallic items to add sparkle to neutral tones. Sea blue tiles used sparingly in a stark white bathroom instantly invokes a calm and relaxing feeling, while reminding you of natural water bodies.

Turquoise colour schemes can look fabulous but if the colour is too vibrant then use it sparingly to add the impact without making it look gaudy. Choose your blue wisely and use it in accents to introduce a relaxing colour to your room without making it look overwhelming.

