



Take the Fear Out of Colour Once And For All!

By Tina McMillan

Why are we are afraid of colour? It doesn't bite? Yet, when the wrong one is chosen we feel wounded and offended. Everywhere you look, it's there. From the moment you open your eyes it surrounds you. The age of fearing colour is over! Colour is your friend, and it's coming over for coffee!

Question: How do I pick the perfect colour for my bedroom?

Let's take a journey into the past. Do you remember kindergarten? The day you learned about finger painting with primary colours and mixing them to create purple or black. That freedom to explore is still buried deep down inside, and it's time tap into that energy once again.

Are you with me now? Colour is an exciting, mood altering entity. What I mean is it can evoke many different emotions. There have been numerous studies done to demonstrate the associations we make with colours. Some examples are: red with passion, white with purity, blue with serenity, green with sustainability.

Cultural influences also dictate how we feel when we see a certain colour. In North America, black is customarily worn at a funeral. However in other parts of the world, the colours red or even white have this distinction.

Have you ever been faced with a buying decision where all the variables or benefits were equal, and the only difference was the colour? Let's use a new car for example. What made you choose? Why did one colour influence you over the other? Did one make you feel more powerful or secure? See where I'm going?

So, it makes sense to better understand why colour affects us the way it does.

Answer: The first step is identifying how, when and by whom the bedroom is used.

- Single person's **haven**
- Couples **retreat**
- Family **hang out** on Sunday mornings

Then decide on the feeling you would like the room to emit and this will reveal certain colour options.:

- **Haven** – lively purple jewel tones
- **Retreat** – calming blues and greens
- **Hang out** – rich red/brown earth tones

Do you like what you see?

If yes, then congratulations, you truly realize the power of colour.



Tina McMillan is a Certified Interior Designer and owner of McMillan Interiors Inc.

The services she provides include interior decorating, colour consulting, space planning, home redesign and staging, window treatments, furniture selection, and curb appeal.

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