

COLOUR THERAPY

If there's something we could all do with more of in our homes it's colour, says interior designer **LUISA VOLPATO**. Here's how you can get creative with paint.

All too often people play it really safe, sticking to whites and neutrals for interior wall paint colours and charcoal, taupe and browns for large pieces of furniture like sofas. Sound familiar?

If you'd rather watch paint dry than have to choose colours from the paint swatch aisle at Bunnings, don't worry you're not alone. Take your cue from the leading paint companies and trend forecasters for ways to mix it up with colour.

AUTUMN FORECAST

Dulux colour and trends expert Andrea Lucena-Orr says that the current forecast brings a playful approach to colour, taking its cues from the 1980s and Pop Art, when bold combinations and geometric shapes were the norm. This has influenced the autumn palette, with warm ambers, vibrant blues, sea greens and graphic black and white patterns.

▼ Pantone Colour of the Year — Marsala



Photo: Annie Sloan

"The autumn palette is a drastic departure from understated modern design—for example with bold combinations of oranges and blues," says Andrea.

"It's time to have fun with colour and make some bold choices and place fewer restrictions on our creativity. A fresh coat of paint is a simple and inexpensive way to add colour and personality to your home."

If you're afraid of going too bold and painting all walls a bright or strong colour, stylist Bree Leech says a simple way to inject a burst of colour is to use block colour to highlight architectural details such as bulkheads or window and doorframes.

"Alternatively, choose a wall with an interesting architectural feature, such as a window ledge, or even a fireplace, to highlight in a bright colour," she said. "To complete the look, choose carpet or a rug in a solid colour or opt for a dark charcoal to set off your coloured feature wall."

COLOUR OF THE YEAR

When it comes to colour, the annual colour of the year announcement by global colour authority, Pantone, is a much-anticipated event. It dictates the colours we'll see in fashion, beauty and interiors.

This year's colour has been called rich and charismatic with complex sophistication. While it sounds like the ideal man, it's actually marsala—a robust and earthy wine red.

"Much like the fortified wine that gives marsala its name, this tasteful hue is deep and rich, while its grounding red-brown roots emanate a natural earthiness," says Leatrice Eiseman, from the Pantone Color Institute.

"The full-bodied qualities of marsala make for an elegant statement colour on its own or as a compelling accent when paired with many other



Photo: Annie Sloan

▲ Chalk Paint by Annie Sloan

colours. It combines dramatically with neutrals, including warm taupes and grays. Add elegance to any room by incorporating this rich hue in accent pieces, accessories and paint."

FURNITURE OVERHAUL

Taking inspiration from Pantone's marsala, the Annie Sloan Chalk Paint decorative paint range now includes a new colour—Burgundy. Paint guru and creator of the range, Annie Sloan, says that Burgundy, as the name suggests, is a rich claret red.

"Burgundy is a timeless favourite, a regal colour that works well on its own, or with my own favourite pairing for this colour—château grey," she says.

The beauty of chalk paint is that it can be applied straight on to furniture without the need to prime, sand, or even remove old wax, paint or varnish. The paint will adhere to wood, plastic, stone, brick, concrete and metal. The Annie Sloan range comprises 32 colours and the colours can easily be mixed together to provide an even larger colour palette.

"The paint can also be used to achieve a variety of looks and finishes; apply it thickly to create a chippy look or dilute it with water to make a wash," says Annie. "The paint dries quickly with a beautiful velvety, matt finish and for most purposes one coat is enough."

PAINT OVER WALLPAPER

Besides paint, another quick way to makeover a room is with wallpaper. Dulux's new Design

Wallpaper Paintables range means you can have both the textured finish of wallpaper but in any colour of your choice. The range comes in three textures—linen, concrete and pinstripe.

Andrea from Dulux says that the combination is a simple and cost effective decorating solution. "Paintable wallpaper adds texture to your walls and easily covers small imperfections, with no stripping, filling or sanding required for slightly damaged walls," she says.

"Gone are the days where the application and removal

of wallpaper is an arduous task. Using the latest technology, the paintable wallpapers can be easily applied as well as effortlessly removed. The reason it's so easy to work with is because the paper is so much thicker than standard wallpaper.



Photo: Dulux Wallpaper

▲ Dulux Design Wallpaper Paintables

◀ Taubmans colour creative director, Shaynna Blaze



GET CONFIDENT WITH COLOUR

Despite Australia's vibrant culture, people are lacking the confidence to use different colours in their homes, says interior designer, TV presenter and Taubmans colour creative director, Shaynna Blaze. To help people tackle their fear of colour and be more adventurous, Shaynna has broken down the paint selection process into simple steps that she calls her '10 Commandments of Colour'. Here are five to get you started.

1. THE 60/30/10 RULE

Divide your room into 60% of a dominant colour (usually the walls), 30% of a secondary colour (floors or large furniture like the sofa) and 10% of an accent colour (such as a feature chair). Then keep the rest of the room neutral.

2. EMBRACE EMOTIONS

Understand the emotional connection you have to certain colours. What do you like/dislike? How do colours make you feel? Blues and greens are typically calming, red is very energetic while yellow is a happy colour.

3. COMPLEMENTARY COLOURS

For a visually striking room, choose complementary colours—they're the ones you'll find directly opposite one another on the colour wheel, such as red and green, or blue and orange.

4. ANALOGOUS COLOURS

For a more harmonious feel, choose analogous colours that are situated next to each other on the colour wheel such as blue and violet, yellow and green, or green and blue.

5. ADD BLACK

To use bright colours in your home, without creating an interior that feels childish, add a few elements of black to lend a sophisticated edge.