How do I know which paint colour to choose for my home?

In my years as an Interior Designer, this is one of the most frequent questions I am asked when people are discussing their decorating dilemmas or embarking on a home interior project.

There are so many colour options to choose from and many struggle to know where to begin. It can easily become overwhelming, at which point we stay with the tried and tested colours as they… go with anything!

But honestly, you are missing out!

Colour has such an emotional effect on our wellbeing, and our environments influence how we feel within a space. Now more than ever, it's important to take care of ourselves and make the most of our home environment.

So with a fresh perspective to decorating, use colours that you love, wake energised, eat and relax in rooms that make you happy.

Whether you are decorating one room or embarking on a large interior design project, a little planning will avoid you ending up with a patchwork of paint pot samples of your walls, and help prevent you from making costly mistakes.

To help navigate your interior decoration I have put this guide together to help you find the perfect colour for your project.

One that not only makes your home fit your personality and lifestyle, but also builds up your colour palette with ease and confidence.

Create a Mood Board

At the start of your interior project, you need to have an idea of how you want your room to look. One of the best ways to achieve this is to gather images and start putting your ideas together to create a mood board.

More than this, I want you to consider how you want the room to feel. Before you embark on your design journey, think about the emotional feeling you want to achieve in your space. Use words like warm, cosy, spacious, pretty, dramatic, cool, sophisticated etc, and find images that depict the emotions you choose.

Keep these images on your mood board as they will help you have a clear vision for your space, and also help you pull your room design together. Once you have nailed the emotion you want to achieve, you can ask yourself whether the items that you've chosen conjure up that mood and the feeling you want for your room.

Choose 3 words that describe how you want your room to feel?

1:

2:

3:

modern
cosy
stylish

Let's Talk About Colour!

We all have colours that we gravitate to, whether that be with our clothes, our cars, or our favourite items. Most people are either drawn to warmer colours like golds and oranges, or cooler shades like blues and purples. As you can see, on the colour wheel they are grouped together: warm on the right and cool on the left.

We all have our personal preferences when it comes to colour. Some loathe green whilst others love it, and that can be said of all colours. We know what we like and we generally tend to go for the same colours. It's good to know where you are on the colour wheel.
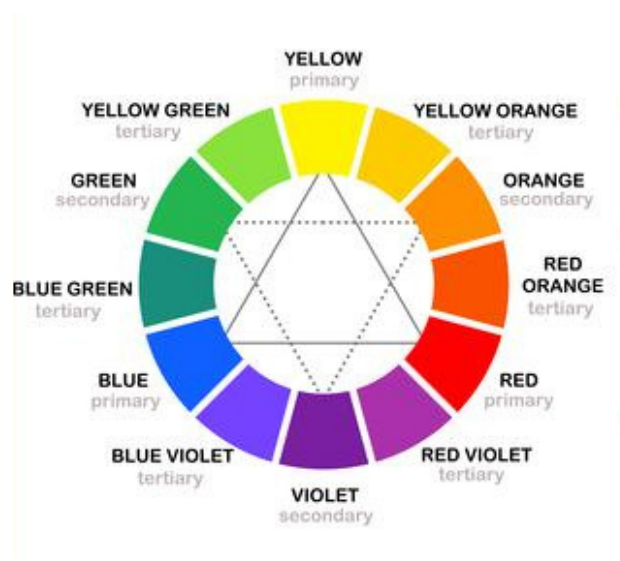
Personally, I love warmer tones. Even if I was designing a neutral scheme, I would choose a nutmeg white over a grey white shade on my walls.

WHAT DO YOU FAVOUR ?

Warm [   ]
or
Cold   [   ]

Next, give some consideration to which direction your room is facing and how much natural sunlight you have in your space. NB: If using neutrals, use the colours mentioned below as the undertones to your paint colour.

North facing rooms do not have a lot of light and can therefore feel cold. Warmer tones in yellow or pink can work well here.

East facing rooms are brighter at the start of the day and **West facing** rooms are generally lighter in the early evening. You can balance this out with lovely blues and greens as they work well in both these lights.

South facing rooms generally get lots of sunlight. This can be dependant on your geographical location but these bright warm rooms invite the use of cooler shades to balance the room out.

YOUR ROOM DIRECTION :

Plan, Prepare & Paint

ONE: I'll start by saying... choose your paint colour last! I know this may sound controversial, as it's often the first thing people think about when decorating! But honestly, other items that you have or new items that you intend to purchase (like a rug, a sofa, a painting or any patterned fabrics) will give you the colour palette to work with. Lots of companies now give you colour suggestions to suit your purchase, so don't forget to ask for samples as this will help you bring the colours together.

TWO: Choose your big-ticket items first, like the sofa or kitchen units. Then consider complimentary paint colours, but don't purchase until you have all the options picked out, as the paint colour is easy to change at this point.

THREE: Once you've chosen your main items, collect samples for the rest of the finishes and place all the samples together on your board. Keep all the colour tones the same. For example, ice cream colours, they all have the same intensity of colour.

FOUR: Use the fabrics, rug or artwork to give you the colour palette for your room and use all the colours contained in this item. If you have chosen a patterned fabric, this will give you the wall colour and help you choose other colours for furniture and accessories. Remember to stick to either the warm or cool side of the wheel and keep the tones the same.

FIVE: One popular option is a monochromatic scheme. Here, you choose one single colour and use it from its deepest shade to the lightest.

Let's say that blue is your favourite colour. You would use the deepest shade, Navy for example, for big ticket items like the sofa or the kitchen units, depending on which room you are decorating. Then use the very lightest shade for the walls and flooring, and the mid tones for the accessories.

You can use this method with all colours... Pale cream to rich chestnut brown. Pastel pink to dark burgundy. Deep forest green to a pale green. It's a great look and a very popular interior design approach.

SIX: Texture is key with this monochromatic scheme. It makes a room feel interesting and personal, so don't forget to have lots of different fabrics and finishes that add layers to this design style.

PRO TIP: LINE YOUR PAINT TRAYS WITH CLINGFILM, IT'S MUCH EASIER TO CLEAN.
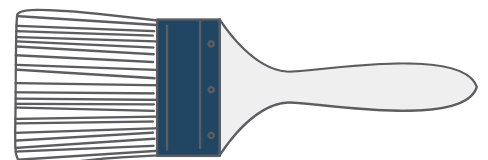
SEVEN: Ditch the trends and research your favourite colours by looking in your wardrobe to find the colours that you love. What you already have is key to identifying what you're attracted too. If there is a pink jumper hidden at the back of your cupboard that you've never worn, then there is a reason for this.

EIGHT: You now know that the amount of natural sunlight your room receives will affect how colour schemes look in your space. If a wall receives direct sunlight during the day, you may want to use a stronger shade of your chosen colour to prevent it looking washed out.

NINE: Paint finishes... Flat finishes are great for that sophisticated chalky look, while sheen bounces light around the room, which can be useful in rooms with little light. It is also far more durable and easier to wipe clean if you have a busy household.

TEN: When purchasing your paint pot, use a board or large piece of white card to try it out. Place it in your room and see how the colour reacts in both daylight and evening light.

I hope these little tips help you understand how to create that perfect colour scheme for your home......
if your still cannot do it and need some help .. look no further.

If it's a personal one to one service that you require, you can use my **"Ask a Designer Service"** on my Facebook page or on my website.

Click on the icons for more information.