



THE COMPLETE BOOK OF COLOURFUL INTERIORS



Tips,
tricks and
inspiration

Iris De Feijter &
Irene Schampaert

Lannoo

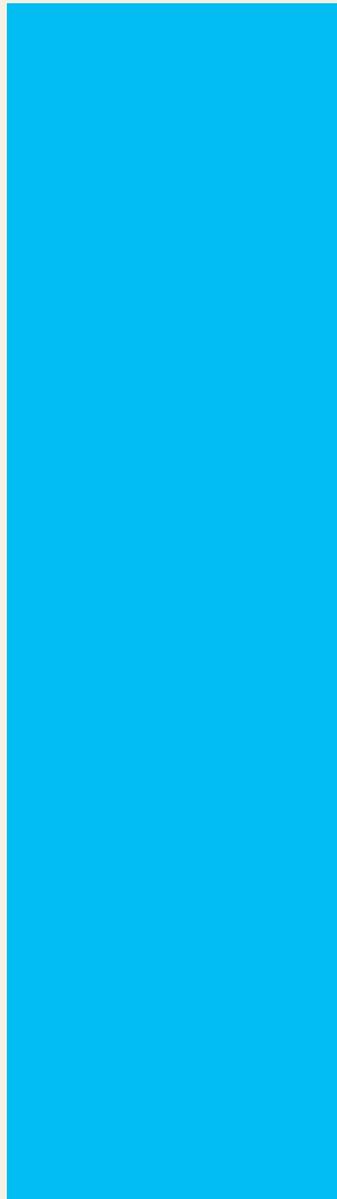
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**GREEN
IS A
NEW
BEGINNING**



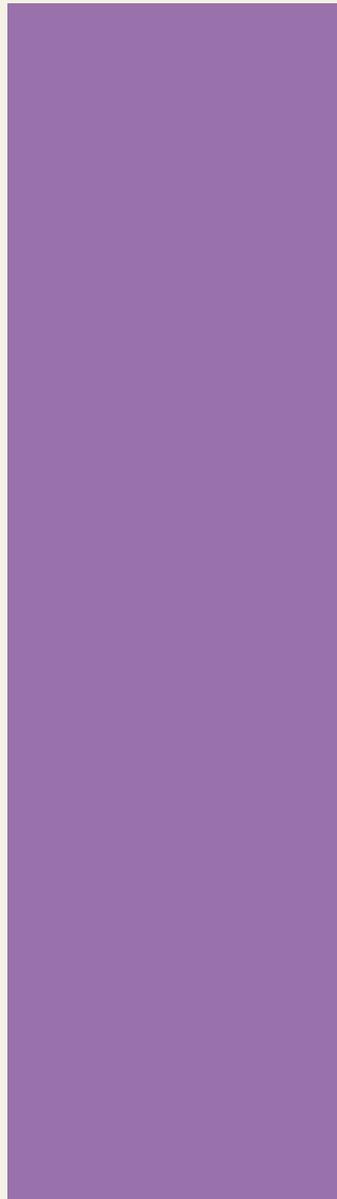
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**BLUE IS
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SEA**



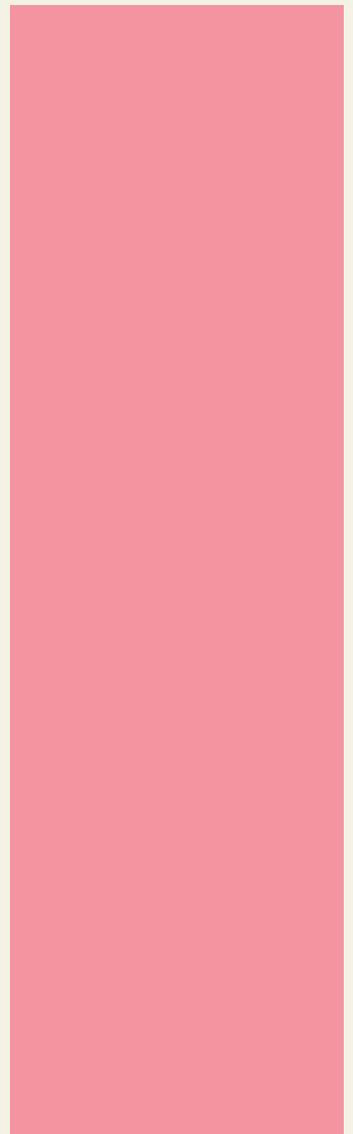
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KNOWS
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BEAUTIFUL**



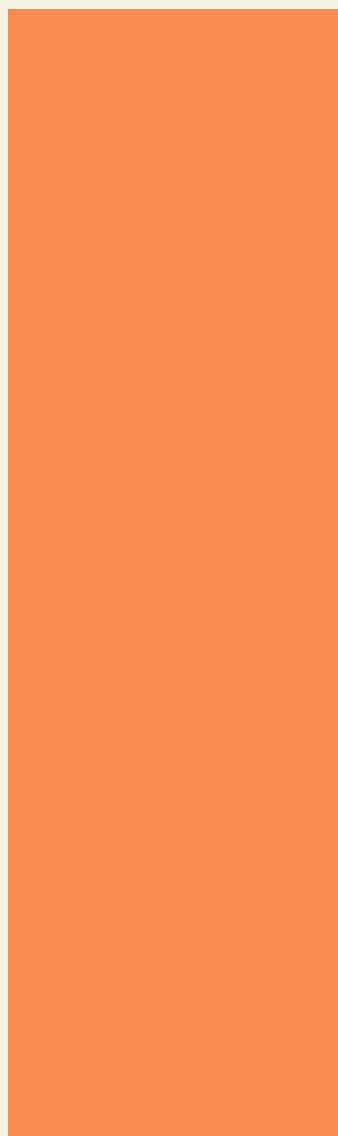
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**MULTI-
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COLOURS
OUTSIDE
THE LINES**



WHAT'S WRONG WITH WHITE WALLS?

Ninety-five per cent of people are scared by the thought of using a lot of colour in their home. The result: we all paint our walls white. However, white's not the neutral choice you thought it was. White is quite cheerless and impersonal. Like any other colour, white also has an impact on how we feel. And it's not all that positive. White can be draining because it's so bright it strains the eyes. It's not as relaxing as a cool colour like green, and lacks the energising qualities of warm hues like red and yellow. The heyday of white walls seems to be numbered anyway. After the full-on white interiors of the minimalist nineties, recent years brought us the Scandinavian trend for plenty of pale wood and light walls. That said, colourful accents have been finding their way into our interiors for several years. Even Scandinavia has flirted with the trend.

OKAY, LET'S GIVE COLOUR A TRY, BUT WHERE DO I START?

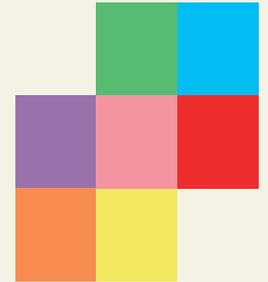
Don't just pick a colour you like. First, ask yourself: what am I going to use this space for? Adjust your palette accordingly. Colours are more than decoration; they affect us, both emotionally and physically. Negatively and positively. To one person red is sublime. To another it's bombastic. But that doesn't matter. What matters is how colour affects us. If you want to relax, choose green for example. Orange isn't the colour for rest and relaxation, but is great for social spaces and socialising.

WON'T I GET TIRED OF THOSE COLOURS?

You could ask the same about white walls. You won't get bored of a well-chosen colour because it works. And your house expresses your personality. It's a reflection of the person who lives there. No two people are the same, so why should your interiors look alike?

WHICH COMBIN- ATIONS WORK?

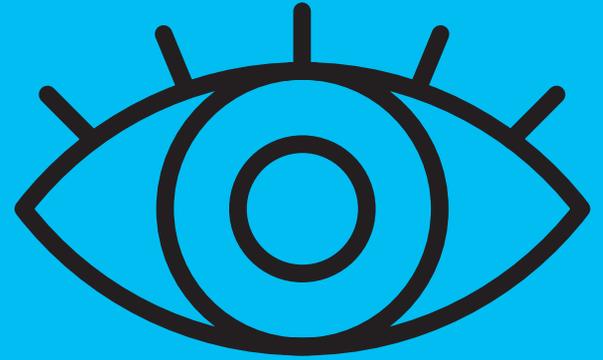
This book will also help you find the right colour combinations. Creating a palette of shades that work well together is just as important as the colour itself. Some of the photos come with colour cards that you can take with you when you visit the paint store. Some combinations can be found at the back of the book arranged in clear groups.



DOES EVERY COLOUR SUIT EVERY HOME?

Every style benefits from colour. Are you into sleek and minimalist, feminine and frivolous, or bohemian? Whatever your personal style, there are colours to match it. You could base your colour choices on your home's architectural style or period. Stately hues, such as burgundy or royal blue, work well in old country houses. Or be guided by your home's location and climate. In sunnier settings you'll be spontaneously drawn to a vibrant palette. It's no coincidence that artist Frida Kahlo and architect Luis Barragán – both Mexicans – loved interiors that effervesced with colour.

DO TRY THIS AT HOME



- **Blue is a must for your study or home workspace.** It does not distract and stimulates concentration. The darker and more saturated the blue, the stronger the mental stimulus and the better we can concentrate. **Light blue makes you think creatively; dark blue encourages productivity.**

- **Blue is a winner for the bathroom** because blue is, of course, the **colour of water.**

- **Blue tones make rooms appear larger and brighter.** Or rather, they make the lack of light less noticeable. Pastel blue is particularly good at making a room seem bigger.

- **Turquoise is ideal for the bathroom,** as this vibrant teal boosts energy and refreshes the mind. In other words, your head clears more quickly in the morning.

- Turquoise works well in a bedroom: it's a balanced colour that will put you in a calm state of mind and lift feelings of depression.

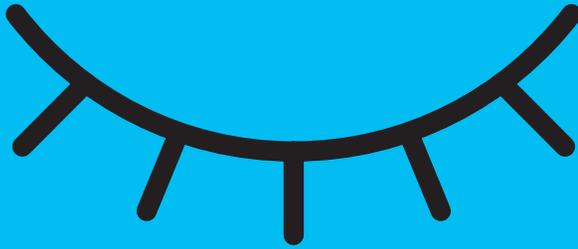
- As a harmonious colour, blue can induce sleep, making it ideal for the bedroom. Blue relieves stress and tension, helping the body to relax and prepare for sleep. Waking up to a blue room is like waking up to a refreshing sea breeze. It is beautiful in combination with crisp white bedding. Blue is less ideal for your love life.

- Grey-blue tones are the most adaptable and work with almost any colour combination. Rich dark blue creates drama and glamour, and is an original alternative to the much-seen grey.

- Are you looking for a blue that gives some warmth? Peacock blue has a yellow undertone which makes it less cool. And since it also contains black, it offers a sense of stability.

- Light blue seems friendlier than dark blue. Think of a flight attendant's uniform compared to that of many countries' police uniforms.

- Blue gives a sense of harmony with the world around us. It reminds us of the comforting colours of the sea and the sky. It's no coincidence that many people pick blue as their favourite colour.



- Blue doesn't work well in a kitchen or dining room because it's an appetite suppressant. Have you ever seen blue food? If you have come across it, it was probably poisonous. (Blueberries and grapes are actually purple.)

- If you have a room that always feels a little cool, perhaps because it's north-facing, don't pick blue.

- Blue can at times literally make you feel blue. So it's not a good colour if you're in low spirits. Dark blues can come across as aloof and melancholic and create a sense of gloom. Blue can also make you indifferent.

- If you have trouble getting out of bed in the morning, don't use blue in your bedroom because it's a colour that induces sleep. This is handy to know if you have teenagers who struggle to get up in the morning.

- Mosquitoes are attracted to blue twice as much as to any other colour.

- Blue means very different things to different people. To some it's cold and unfriendly while others feel that blue evokes peace and serenity.

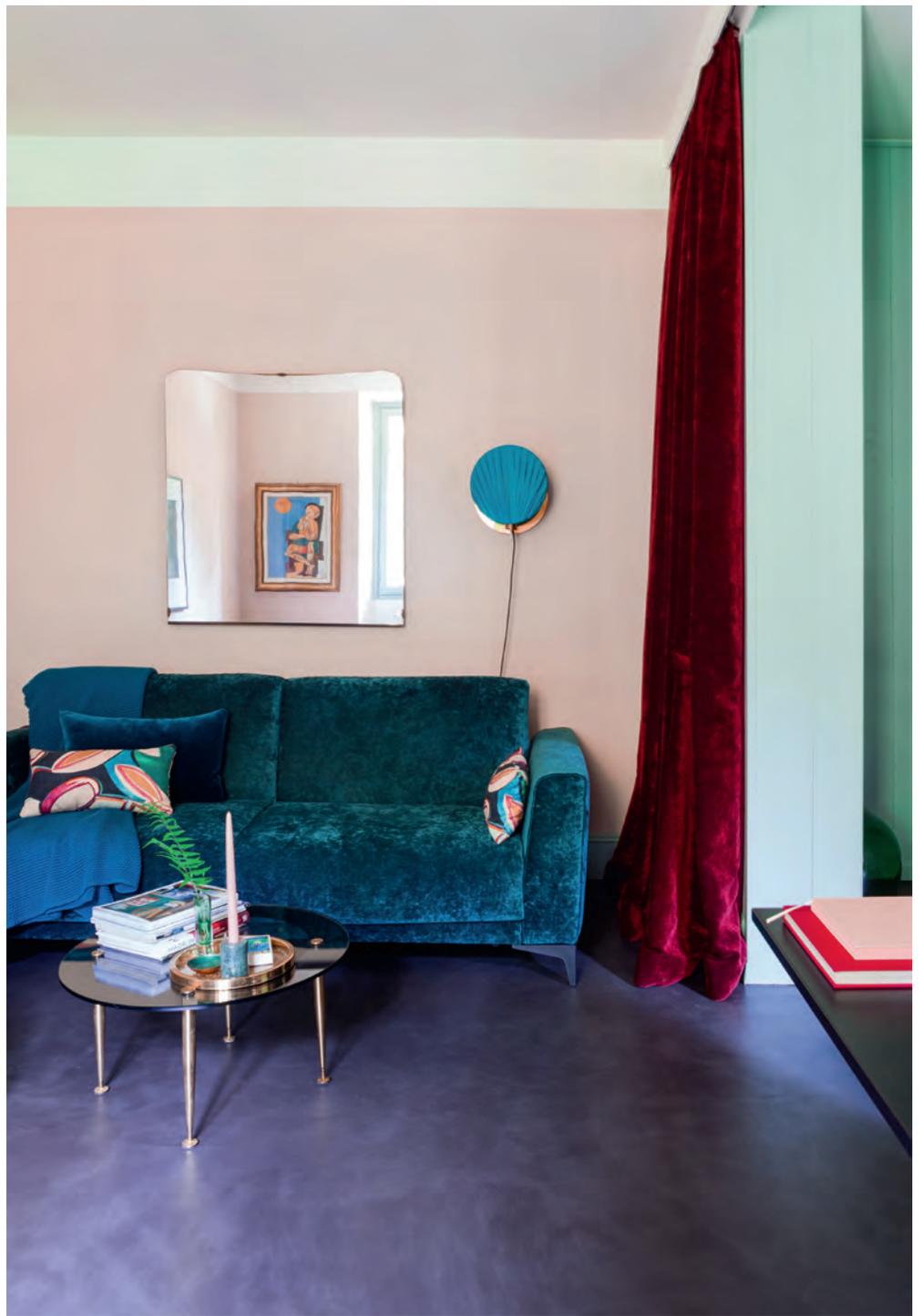
**DON'T
TRY
THIS
AT
HOME**



Paint isn't the only way to inject colour. Coloured chair covers can be a fun way to experiment with colour in your home. Or try coloured furniture as shown here – a blue table and pink desk.







Here are two tricks to make your room appear larger: make sure your floor is darker than the walls, and paint the ceiling in a shade of white with hints of the wall colour, like the rosy white shown above. This creates less of a contrast, which blurs the boundaries between ceiling and floor.

PINK KNOWS THAT LIFE IS BEAUTIFUL



pink softens. pink sustains.
pink is calming. pink comforts.
pink soothes. pink quietens. pink
mothers. pink cherishes. pink is
endearing. pink takes the edge
off. pink nurtures. pink cares. pink
hugs. pink sympathises. pink likes.
pink is friendly. tender. pink hopes.
pink relaxes. pink calms. pink
trusts. pink assures. pink
blossoms. pink flowers. pink
sweetens. pink luxuriates. pink
parties. pink plays. pink is
explosive. pink is lavish. pink is
bold. is powerful. is strong.
pink shocks. pink feminises.
pink disarms. pink fades. pink
makes you vulnerable. pink is
sensual. is sexy. pink is young.
pink is happy. is positive. pink is
rose-tinted glasses.





The ceiling is the fifth wall of a room, but is often forgotten. And that's a wasted opportunity, because an accent ceiling gives your room extra flair without being overwhelming. In this interior, all the walls and floors were left white, and the ceilings of each room were painted a different colour to reflect their function.



Vertical stripes create the illusion of a higher room, and are easy to paint yourself. You just need a roll of masking tape and some patience. By painting the wall on both sides of the fireplace a bold colour (or other striking design), you add extra depth to the space, without disturbing the balance of the room.

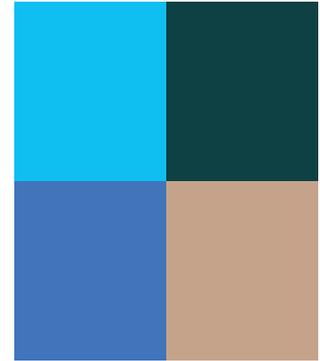
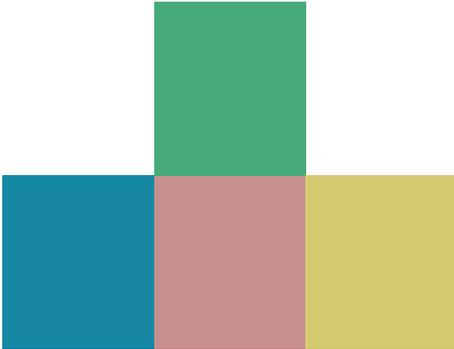


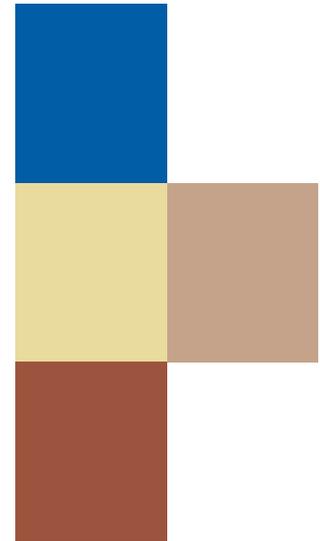
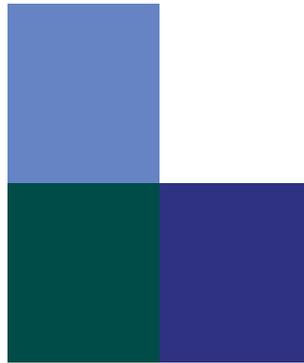
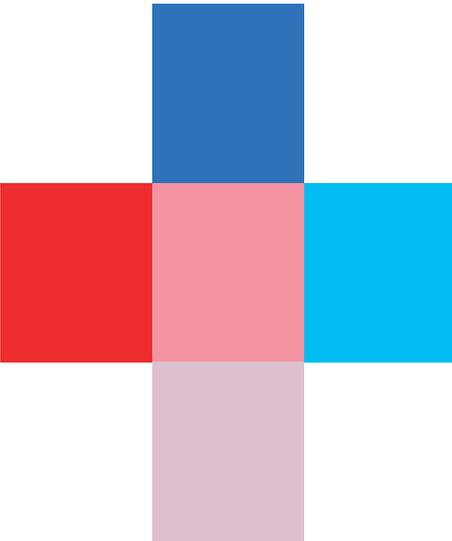


Tone on tone is the easiest way to combine colours: use two, three or more graded tones of one colour. The less contrasting the shades, the more balanced and restful the effect.



Yellow can be intense, but here the effect is softened by the numerous pictures on the wall. A yellow entrance hall is like a ray of sunshine, welcoming both you and your guests into your home.





Colophon

Authors

Iris De Feijter
Irene Schampaert

Translation

Lisa Holden

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Book design

Irene Schampaert

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