

COLOUR confidence

Colour is more than just a direct reflection of your own personality, it's the first thing people notice when they walk into a room, and it can actually influence our moods and our thoughts. So whether it's making us more creative, more romantic, more relaxed or more chatty, colour affects how we feel and act.

It has been researched far and wide that certain colours (or groups of colours) tend to get a similar reaction from most people. This is why it's so important to choose colours wisely when it comes to painting. Generally speaking there are colours that best suit WORK, REST & PLAY. Check out our handy psychology of colour tips below.

Red is probably the most intense colour and can increase adrenaline and heart rates like no other hue. It is usually considered too stimulating for bedrooms, and if you're painting a nursery, choose carefully, as certain colours have a lot of red in them.

Yellow captures the essence of sunshine and happiness, making it a good choice for kitchens, dining rooms and bathrooms.

Blue is considered calming, relaxing and serene, and is said to bring down blood pressure and slow the heart rate. That's why it's often recommended for bedrooms and bathrooms.

DARKER

Green is a great all-rounder that is well suited for all rooms and works well with blues and yellows. It is believed to relieve stress by helping people relax.

Purple in its darkest form is quite dramatic and sophisticated, but is a very unique choice. Lighter versions of purple, such as lilac and violet, bring the same relaxation feeling to bedrooms as blue does, but doesn't come across as chilly.

Orange evokes excitement and enthusiasm, and is an energetic colour. While not always a good idea for a living room or bedroom, this colour is great for a home office or study.

Neutral colour schemes (like light greys, taupes and whites) are generally found relaxing (and they can look extremely stylish), so if you need to play it safe, then this palette is for you.

Our list of top interior colours will help give you the confidence to narrow down your colour choice and pick the perfect colour for your space. Once you've selected a few options that you think might work, pick up some Taubmans Sample Pots to test how the colours work on your walls. Leave the colour on your wall for a few days so you can see how it looks in different light exposures throughout the day. Now you're ready to get started!





COLOUR GUIDE

For trims and accents, check out our Whites & Neutrals colour card or jump online for our full range. For further inspiration and style guides to complete your new interior, check out our Taubmans Look Books.

January Dawn	Grey Sky	Faded Petal	First Frost	Angora Blue	Lemon Balm	Mist Moors	Mauve Ash	Shy Rose	Irish Cream	China Beige	Grey Fog
Silver Button	Grey Dawn	Daylight	Dim Night	Sky Green	Lemon Angel	Lilac Berry	Mystified	Chinchilla Mist	Palewood	Buff Straw	Coffee Cake
Grey Castle	Shaded Grey	Tahnee Blue	Sky Light	Sea Angel	Balmy Lime	Lilac Affair	Star Gaze	Bronte Pink	Tender Pink	Bamboo Cane	Buff Tone
Diesel Engine	Evening Shadow	Skywatch	Sea Command	Alpine Valley	Everglade Grass	Mauve Agate	Rosy Cheeks	Rose Marble	Dramatic Rose	Georges River	Camel Cord
Cyberpunk	Marzarine Blue	Cascade Falls		Lagoon Teal	Reed Grass	Razzle Dazzle	Music Box	Fluffy Pink	Fiesta Fire [†]	Tussock	Coffee Break
Private Jet	Bobbin Head Blue	Open Seas	Blue Demon	Ming Cascade ¹	Green Moss	Violet Verbena	Plum Patina	Flower Power	Jandakot	Gold Chateau [†]	Green Tea
Canyon Black	Deep Water	Oriental Night	Mighty Max	Ming Beauty	Sinbad Olive	Black Flame	Black Cherry	Strawberry Dash	Streetwise	Bancroft Tan	Maple Tree [†] Tinted undercoat required for optimum results





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To help you start on your colour journey, why not purchase a **Taubmans Sample Pot** and explore the possibilities of colour in your home.



Find your perfect COLOUR ONLINE

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Colour Wall

Explore colour further with our large range of colours and colour schemes to help bring your project to life



Try our Paint Visualiser

Upload a photo of your room, follow a few simple steps and see what colour looks like in your home



Taubmans Paint Planner

does the thinking for you once you've chosen your colour! It will pull together a customised list of everything you need for your paint project

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