

How to Use Color to Make Your Home More Relaxing

Fast paced lifestyles and busy schedules leave many people feeling frazzled and stressed at the end of the day. When you just want to come home and let everything go, you can create a peaceful and calming environment to relax and unwind in your home, beginning with your choice of colors. [Pottery Barn](#) offers furnishings and home décor in great styles and peaceful colors for every room in your home.

How Colors Affect Mood

The effects of color on mood have been studied and research has shown that certain colors tend to either calm or stimulate people. Researchers have found evidence of colors affecting emotions and feelings and even causing physical manifestations, such as increases in blood pressure and metabolism. Research in the area of color psychology has been used by interior designers in private homes, as well as in the planning and design of schools, hospitals, prisons, and other facilities.

Colors to Avoid

The colors to choose, or avoid, depends on the intended result you are hoping to create. For example, bold and dramatic colors, such as reds, oranges, and bright pinks and purples have an energetic effect. There are situations where this would be welcomed, but not if you want to create a calm and relaxed atmosphere. When choosing color for any room, consider how you want the room to feel and how you want to feel in the room.

Relaxed Neutrals

Neutral colors have a relaxed and organic feel. Shades of white, beige, and light earth tones provide a natural and soothing element to any space. Grey has become quite popular in home décor in recent years. The versatility of grey shades make them an excellent choice for creating a range of effects. For example, a warm grey can add elegance and sophistication in the dining room, while a light grey creates a serene and casual feeling in the [bedroom](#).

Serene and Tranquil Colors

If you want a relaxing home, but prefer color on the walls and [furniture](#), make color choices that reflect a calm and relaxed environment. Many options are available in pastels or soft and tranquil colors, such as softer shades of green, purple, and blue. Choose from lighter shades or colors that are toned down with grey or white to produce a calming effect.

Invoking Feelings with Color

When selecting colors, consider the feeling you want to create in the space. For example, a soft blue-grey can invoke the feeling of a quiet, rainy afternoon, while certain blues, corals and greens give a beachy feeling to the room. What feeling do you want to create? Some people love cheery and inspiring coral, while others prefer the carefree tranquility of a light, soft aqua.

Use of Accent Colors

The color palate of any space includes the larger areas of the walls and furnishing and colors used in smaller amounts in accents, such as throw pillows, [vases](#) and flowers. This provides an opportunity to balance neutral shades and colors. For example, if your walls and furnishings have neutral tones, you

may want to add some color to the room with accents in relaxing shades of blue, green, or purple. On the other hand, if you have walls or furniture in a soft lilac, green, or blue-grey, you may want to use accents in rich browns and creams.

Art, Accents and Décor

The color of the walls and effect you are trying to create influences the choice of [art](#) and other wall vignettes. When you are trying to create a serene and peaceful environment, carefully consider what you choose to hang on the walls, including color and imagery. Soft pillows, candles and other [decorative objects](#) can soften the feeling of any space. Avoid over decorating, which can lead to clutter and have the opposite effect!

Lighting

Along with color, your [lighting](#) choices will impact the feeling of your space. The light in your space influences the quality of relaxation in the room. Natural light can be relaxing and choosing softer accent lighting can help to soften the colors and furnishings in a room, making the whole space feel more relaxed.