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Stimulate your mood and encourage appetite with a confident pop of crimson or scarlet. Red hues spark dynamic conversation and high spirits. Proven to increase blood flow, it boosts your physical energy by increasing heart rate and the release of adrenalin. These traits make rosy colors ideal for adventurous cooking projects & lively dinner parties.



Tip: Use sienna hues with a touch of orange to create a more playful, enthusiastic feel.



IJUICE ROOM

Evoke an enticing mood and encourage comfortable relaxation with an earthy chocolate or mocha. Brown surrounds you with a warm, disarming feel and invites laid-back conversation during family time or friendly get-togethers. Said to create feelings of safety and stability, coffee hues diminish stress with their reassuring qualities. This causes brown to be the stable color for organic home décor and casual visiting spaces.

Tip: You can create an elegant touch by adding ivory or soft white to your palette.





Walk into an uplifting atmosphere that sparks cheery optimism with a fun splash of honey or sunflower. Bright hues of yellow stimulate positive feelings, prompting extroversion and good humor in anyone who walks through your front door. Said to increase serotonin—the "feel-good" chemical—levels in your brain, yellow boosts enthusiasm and confidence, producing a welcoming color for your home's first impression.

Tip: Don't overwhelm guests with too much yellow, pair it with white accents or grey-wash wood to create an open, clean look.







HOME OFFICE

Create a calming environment that balances your mental and emotional state with a reassuring jade or fern. Harmonious shades of green encourage mental clarity and good judgment for anyone seeking a serene workspace. Said to be the least strenuous on the eyes, green inspires creativity & concentration. This revitalizing color is an impeccable choice for your home office.

Tip: Use mint or pistachio tints for an airy, feminine feel. For a more masculine, cozy look, opt for Brunswick or pine shades.



BEDROOM

Set a peaceful mood of quiet comfort with a refreshing turquoise or sapphire. Cool blue hues are considered the most universally liked because they encourage feelings of safety and tranquility. Studies have shown that blue evokes slower heart rates and lower body temperatures, reducing stress with its calming effect. These soothing qualities create a bedroom where you are lulled to sleep and rejuvenated each morning.

Tip: Too much blue can seem cold. Balance the cooling effect with warm wood décor, cozy accents and tints of warm hues.





KIDS & BABY **Bedrooms and play spaces**

Give your kids an imaginative room that stimulates creativity with a soothing lavender or violet. Shades of purple inspire innovative thinking while provoking calm emotions. Add an extroverted orange to the mix to boost confidence, especially in young ones. Promoting optimism and emotional assurance, orange is an ideal friendly color for any child to grow in.

Tip: For a place where kids can play and sleep, use relaxing blue or purple hues balanced with energizing orange tones.



