COLOR

HELPING HUES

You know color has the power to improve a room. But did you know certain colors also help you feel good? Seeing colors produces a physiological response resulting in a psychological reaction. Color expert Lori Weitzner spotlights a few feel-good palettes, starting with blues, *right*. "Blues feel comfortable, familiar, and protective," she says. Read on for how to use it, plus three more palettes she says promote balance and harmony at home.

COLOR IS PERSONAL Everyone differs as to what colors will make them feel good, and, surprisingly, they aren't necessarily the same as your favorite colors. Lori Weitzner, author of *Ode to Color,* developed a quiz to help you find the colors that could improve your sense of well-being at home. Check it out at *loriweitzner.com/odetocolor/* to see which are right for you.

STYLING: JESSICA THOMAS

BY **RIMA SUQI** PHOTO **CARSON DOWNING**

tranquil and reassuring

Blues surround us in the day and night skies, in lakes and oceans. Weitzner's Waterside palette spans from light misty hues to inky sapphire and indigo.

THE WELLNESS TAKE
"There's a comfort in familiarity," Weitzner says, adding "if you're feeling comfortable, it means you're not nervous or stressed, and that's better for your immune system."

WHO IT'S BEST FOR
People who might be in the middle of a lot of changes and desire a sanctuary where they feel secure.

HOW TO USE IT
Dark shades ground, so use them on or close to the floor or for major pieces anchoring a room (like the bed, *far right*). Light shades on walls look and feel uplifting.

BONUS TIP Try painting window trim dark blue to frame a view of water or an expanse of sky, pulling it into the decor.

Interior designer Peter Dunham painted these walls a custom color from The Real Milk Paint Co. Try Stone Blue for similar.

BLUES Tones from this palette appear in paint, furniture, and accessories.

Shiny golden accessories mix with matte textiles in brass tones in this room by designer Summer Thornton.

radiant and inspiring

Warm metallics like brass, copper, and gold fill Weitzner's Alchemy palette. "They're colors that draw out creativity," she says.

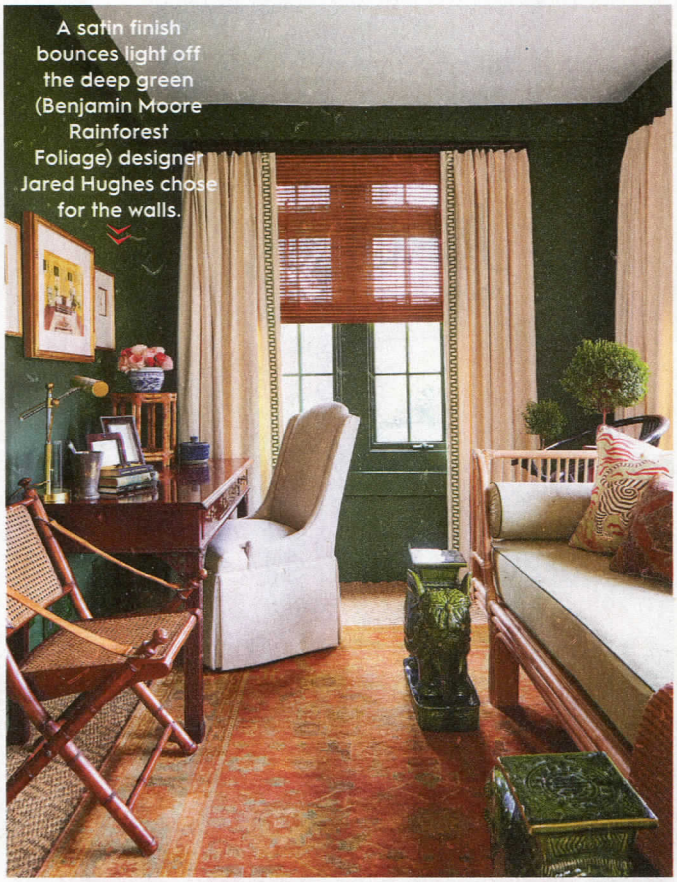
THE WELLNESS TAKE
"Metallics are illuminating and reflect natural light, which can inspire us to act and follow through," Weitzner says. Creativity, she adds, can help fend off apprehension.

WHO IT'S BEST FOR
People feeling stuck or needing motivation to overcome a persistent roadblock.

HOW TO USE IT
Metallic finishes are best in small doses. (Think framed mirrors, decorative trays, light fixtures.) But you can pull in metallic colors in larger expanses on soft furnishings like the upholstery and rug in this dining room, *left*.

BONUS TIP Matte finishes are less flashy but just as effective.

PHOTOS: (SWATCHES) SCOTT JONES, (BEDROOM) ANNIE SCHLECHTER, (DINING ROOM) COURTESY OF SUMMER THORNTON



A satin finish bounces light off the deep green (Benjamin Moore Rainforest Foliage) designer Jared Hughes chose for the walls.

natural and nurturing

Weitzner's Fragrant Woods palette evokes the restorative power of nature by mixing leafy and mossy greens with earthy browns.

THE WELLNESS TAKE
"These colors are about connecting to nature, and nature's ability to nurture and heal is quite strong," Weitzner says.

WHO IT'S BEST FOR
Urban dwellers lacking green space and anyone with a desire to feel rooted in their surroundings.

HOW TO USE IT Getting the right balance of greens and browns can be difficult. So Weitzner suggests 70 percent greens and 30 percent browns, with the latter coming from wood furnishings and flooring or a natural textured rug like the jute carpet, *left*.

HAPPY HEALTHY HOME

ADD FRAGRANCE
Aromatic plants like rosemary and eucalyptus bring in life and refreshing scent, both of which can be therapeutic.

quiet and calming

The Whisper palette pairs whites that have subtle undertones to create nuance; think creamy vanilla and smoky dove.

THE WELLNESS TAKE
These are meditative colors. "The lack of visual distraction makes it easier to go inward and focus," Weitzner says. So the palette is ideal in spaces for rest and relaxation.

WHO IT'S BEST FOR
"For those who have a need to be still or who may have a hard time being still, this is the pause button. It is visual peace of mind," she says.

HOW TO USE IT
Layering textures, like whitewashed stone, linen fabric, and a paper lampshade, *far right*, keeps the room from looking flat. "It's calm and tranquil but in a tactile way," Weitzner says.

BONUS TIP Performance fabrics up the calm by taking the fear factor out of white tones. ■

Interior designer Leanne Ford unified walls and stone with PPG Silver Feather but preserved the fireplace's texture.

PHOTOS: (SWATCHES) SCOTT JONES, (OFFICE) HECTOR SANCHEZ, (LIVING ROOM) REID ROLLS