

A person's hands are shown holding a color palette with various color swatches. The background is a blurred image of a person wearing a black and white striped shirt. The overall image has a soft, artistic feel with a focus on color selection.

- INTERIOR STYLES -

# Mood boosting colours

With credits to Country Living Magazine



## - inspiration -

Artists and interior designers have long believed that color  
can dramatically affect moods, feelings, and emotions.  
"Colors, like features, follow the changes of the emotions,"

Pablo Picasso







# Colour Psychology

Did you know colour has the power to raise or lower our heartbeat, affect our sleep and even influence our overall wellbeing?

An incredible amount of research has been undertaken into the psychology of colour and the impact it has on our health.

Let's face it our wellbeing is more important now than ever – in all areas and aspects of our lives.

“Rooms should not be put together for show, but to nourish one's own wellbeing.”

Albert Hadley,  
Interior Designer

Colour psychology is used as a powerful interior design tool that arguably has more of an impact on the mood of a room than any other factor.





# Colour Psychology

At Ulster we work closely with Interior Designers and know first hand the effort that goes into the colour selection process.

If you are thinking of redecorating make sure you take the time to appreciate the effect colour has on your emotions. It is worth understanding the science of colour psychology and the ability it has to change entire moods.

Country Living have explained some top mood boosting colours and where best to have them in your home.

Take a look...



# Blue

Blue is a very calming colour that can make you feel centred, relaxed and serene. It is known to help lower blood pressure, clear the mind and help steady one's breathing.

While blue rooms are lovely to lounge and rest in, it is important to note that pastel blues can come across as very cold and chilly. Light, warm blues are great and are easily balanced with warm hues and furnishing.



*Beaumont Inkstone*



# White

White instils the fear of dirt in even the messiest of people. But painting your walls white or off-white is a great way to help make your home feel more spacious and open, providing a neutral backdrop for living within.. Not necessarily an energy nor calm inducing colour, white gives a happy medium that leaves you feeling clean.

White rooms give an automatic feel of cleanliness and purity. The colour white itself stands for protection, innocence and goodness, to name a few. Painting your ceilings white or off white are easy options that go with just about every colour and gives the illusion that the ceiling is higher and the room is bigger.



# Green

This is a great colour for your home office as it symbolises prosperity and helps to reduce anxiety. It is one of the most restful colours for your eyes and is known to be restorative, mind-clearing and encourage composure.

For those who love the outdoors, it also gives an outdoorsy, natural feel - much like blue speaks to those whose hearts truly lie by the water.



HABITUS Urban Air





# Yellow

Kitchens are great rooms to paint yellow as it brightens your mood and increases your energy - something we usually all need in the morning as we make our way to the kettle.

Yellow can catch the sunlight and leave you with an uplifting feeling of joy and liveliness.





# Purple

Purple is a rich, dramatic colour that is historically the colour of royalty and luxury.

Deep purples give off a very romantic, mysterious and luxurious vibe and are great for sparking creativity. While deep purples aren't the best for the bedroom, where you want the mind to relax, lighter purples such as lavender and lilac are better options as they are calming and light.

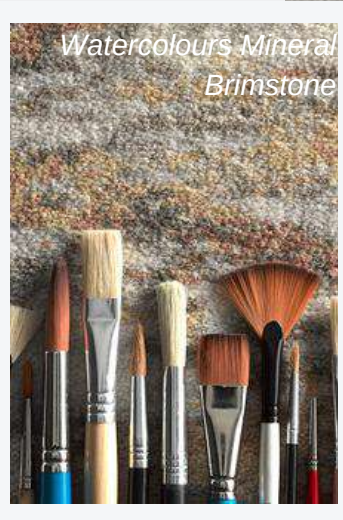




# Orange

Orange is a very exciting colour that brings a burst of energy and enthusiasm. It's a great colour to exercise around, but not so good for living rooms or bedrooms where we want to wind down.

Orange can also stimulate your appetite so, if you're trying to be a little more healthy and calorie conscious, we wouldn't recommend this colour for your kitchen.





# Red

While many people link red to romance and roses, it is also linked to hostility and rage. Red is known to raise blood pressure, heart beat and irritability.

It's a great colour to use for socialising – especially around Christmas – and we would suggest that you keep this colour to social rooms as opposed to rooms that are meant to be for relaxing.



# Pink

Interestingly enough, there is such a thing called the Pink Effect. This is when exposure to large amounts of pink can have a calming effect on the nerves and helps relieve feelings of anger, aggression and neglect.

Pink has the opposite affect to its primary colour, red, as the longer you are exposed to it, the calmer you will become. Lighter pinks are great for childrens' rooms and promote feelings of love, playfulness and kindness.



York Wilton Goose

Ulster Velvet Chinchilla



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