







## nurturing green

Virtually the full gamut of greens is good for bedrooms. From soft seafoam shades through mid-toned sages to stronger laurel greens, emeralds and jades, green is nurturing, relaxing and harmonious.

Green is also a wonderfully gender neutral colour and beloved by people of all ages, stages and backgrounds. And in a room that often has furniture with chests of drawers and beds, green is a wonderful complement to all types of timber.

Green is a tonic of a colour and goes hand-in-glove with our rising awareness of eco-conscious issues.

**Mid-toned and soft:** Try pale dusty greens like sage green Resene Norway, olive grey-green Resene Pewter, misty green Resene Pale Leaf or silvery grey Resene Tasman. These pale to mid-toned greens can be very effectively used as neutrals in an interior scheme instead of taupes or pale greys. Try Resene Pewter, which appears quite strong at first but has a very easy, soothing feel. Or try the paler, almost translucent, Resene Half Secrets or vapoury Resene Half Emerge.

 Resene Alabaster	 Resene Tasman	 Resene Silver Chalice
 Resene Half Secrets	 Resene Pewter	 Resene Stone Age
 Resene Half Emerge	 Resene Blue Smoke	 Resene Wilderness
 Resene Horizon	 Resene Ravine	

**Left:** Green is a calming colour which makes it ideal for bedrooms. Wall and floor in Resene Alabaster with colour block painted wall feature in (from left to right) Resene Helix (try Resene Ravine), Resene Peace (try Resene Pewter) and Resene Silver Chalice and bedside table in Resene Helix. Artwork by Vee Speers from Pop Motif.

If you own a family heirloom or a statement piece of furniture, create a room to match the era of the piece. This Art Nouveau-inspired room features a bedhead and Charles Rennie Mackintosh-style rose painted in Resene Nero paired with walls in era-appropriate Resene Finch. Floor in Resene Colorwood Mid Greywash, drum tables in Resene Black Forest and Resene Green White.

- Resene Green White
- Resene Finch
- Resene Colorwood Mid Greywash
- Resene Black Forest
- Resene Nero

### top tip

To paint a metal headboard, prime with Resene GP Metal Primer before painting with Resene Enamacryl.

**Slightly seaward:** While bolder turquoises and teals may be a bit strong for a bedroom, greens with just a smidge of blue are easy to live with and beautifully suited to our environment with their promise of ocean depths and tranquillity. Resene Horizon is a gentle slate green and Resene Sorrento is a serene blue-tinged green.

**Dark and earthy:** When it comes to darker greens for bedrooms, veer towards earthier colours that are grounded and connected to nature. These have a greyed off or muddied quality which makes them easy to use and be around, try Resene Raptor. Accent your greens with touches of terracotta, clay and rich ochre to enhance the earthiness and add texture with a jute rug, plants or timber side tables.

Resene Green White

Resene Norway

Resene Sorrento

Resene Raptor

Resene Palm Green

**Left:** Introduce a bright botanical theme to a bedroom with Resene Wallpaper Collection 833126 paired with Resene Palm Green below the dado line.

Resene Rolling Stone

Resene Pale Leaf

### top tip

Of course, you can go green literally by adding house plants to your bedroom. Plants are said to have air-purifying qualities and will help you get a good night's sleep.