

habitat

plus
bedrooms

- > decorating ideas
- > colour inspiration
- > styling tips
- > ensuites
- > and much more

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Resene
the paint the professionals use



Some colours shown are from older colour ranges – for those colours we have included an alternative colour suggestion in brackets for you to try. The original colour can still be viewed as a physical sample using a Resene A4 drawdown paint swatch and can be tinted but may not be available in a testpot.

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On the cover: Can't decide on a Resene blue? Don't limit yourself to just one. Paint battens in an ombre effect to add softness and depth. Wall painted in Resene Rhino, battens in Resene Half New Denim Blue, Resene Neutral Bay, Resene Gull Grey and Resene Midwinter Mist and floor and pendant light in Resene Iron. Chest of drawers in Resene Gull Grey, bedside table in Resene Neutral Bay and bench seat in Resene Quarter Powder Blue.



- | | | |
|--|--|--|
|  Resene Iron |  Resene Midwinter Mist |  Resene Neutral Bay |
|  Resene Gull Grey |  Resene Quarter Powder Blue |  Resene Rhino |

Left: The name says it all – dark grey Resene Nocturnal evokes the deep night sky, and is ideal for a relaxing bedroom. This charcoal grey is used on the feature wall, skirting, cavity door and architraves in this design by interior designer Abbey Lang.

- | | |
|--|--|
|  Resene Rice Cake |  Resene Nocturnal |
|--|--|

welcome

Bedrooms are by their very nature personal spaces so how we decorate them is also highly personal. If you have a thing for purple, want bold daisy patterns on your walls or want to replicate the inside of Versailles in your room – who's to say you can't?

Of course, a shared bedroom may be trickier to decorate as you take each person's tastes and needs into account. But the overriding need for any bedroom is to create a place in which you can relax, retreat to and get a good night's sleep.

That can be achieved in many ways – through Resene paint colours, wallpapers, accessories and by using a soothing theme – think coastal, tropical or mindful. There's a move currently to be very indulgent with our bedrooms, mimicking a resort-style luxe feel that makes us feel pampered and restored.

Whatever your taste or needs, this *habitat plus* aims to inspire you to redecorate your bedrooms – whether they are for you, family or guests – and do it your way.

Happy decorating!

The Resene and habitat teams

Working on a project with Resene paints, stains or wallpaper? We'd love to see it! Share it with us through email, Facebook or Instagram.

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Resene
Chelsea Gem 

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needs and wants



Before you start getting carried away with what a bedroom should look like, consider some of the practicalities and what those who are using the bedroom might need.

Who is the bedroom for? A solo adult, a couple, children or guests?

If it's a spare bedroom does it need to do double duty as a home office or storage space?

How do you use your bedroom – just for sleeping, or for relaxing with a book or device watching a streaming service? How much set-down space and storage space do you need beside the bed – a large bedside table with a couple of drawers or can it all go in the wardrobe?

Will the room be a true retreat – somewhere to escape to at the end of the day after the hurly burly of daily life?

Of course, the main item in any bedroom will be the bed, so decide on the size first. For a child's room a king single will allow the bed to be more comfortable for longer. And if space allows, there's nothing more decadent (and less likely to lead to partner disturbance) than a king-sized bed. For guests, however, two twin beds or a double might be fine.

If the floor is timber or another type of hard surface, a good toe-curling rug will make stepping out of bed in the morning that much more comfortable. It could be a large rug that sits under the bed and extends out either side or a couple of rugs one each side.

What other furniture and fixtures are you keen to have in the room? Bedside tables, shelving, an ottoman at the end of the bed, a dressing or makeup table, chests of drawers, a chair, a dress mirror.

Some of those items may not be necessary if you have a walk-in wardrobe or ensuite.

Is the bedroom large enough to also have a sitting area with a comfy chair, side table and a standard lamp? Position the chair for a nice view out of the window.

How much storage do you need – space for off-season clothes or duvet inners? Are you a shoe addict?

When accessorising your bedroom, don't go too overboard with lots of different colours or you'll create a visually chaotic room... and never get to sleep. A good rule of thumb is to use an accent colour in three places to help it feel like it belongs in the space, e.g. this could be a photo frame, ornament and a pillowcase cover. If you can't find a frame or ornament in the right colour, paint them with a Resene testpot. If you read in bed, choose a good European pillow that's comfortable to sit back on.

Do you have an ensuite that needs to work decoratively with the main bedroom? Because bathroom fixtures and fittings are usually less diverse in colour and style, it may be best to choose these first, then reflect the style and colours in the Resene paint colours you use for your bedroom.



top tip

Before you start painting, treat any mould with Resene Moss & Mould Killer and then clean walls with Resene Interior Paintwork Cleaner.

Resene Stone Age

Resene Wilderness

Resene Green White

Resene Alabaster

Resene Eighth Joss

Resene Rolling Stone

Opposite: If you have trouble sleeping consider your bedroom colour choices carefully. Olive green is a very calming, relaxing colour which will help relax busy minds. Upper wall in Resene Stone Age, lower batten wall in Resene Wilderness, floor in Resene Green White and side table in Resene Alabaster with 'marble effect' in Resene FX Paint Effects medium mixed with Resene Rolling Stone.

Above: Rustic bohemian style bedding and linen are ideal for bedrooms due to their naturally relaxed style which pairs well with warm neutrals. Wall and headboard in Resene Eighth Canterbury Clay, floor in Resene Eighth Joss and large pot in Resene Quarter Bison Hide.

Resene Eighth Canterbury Clay

Resene Quarter Bison Hide



sleep well

Resene
Botticelli

Resene
Undercurrent

If your bedroom isn't set up to soothe, it can be harder to drift off. An ideal bedroom will provide an environment for rest, positivity and relaxation. While it might not be possible to turn yours into a personalised version of a luxe hotel suite, there are a number of ways you can refresh your space to reframe your perspective on comfort – and even small things can have a major impact.

We've all heard the advice about good sleep health – go device-free an hour before bedtime, don't eat rich foods or drink coffee too close to bedtime and manage your stress levels.

But one of the best ways to get a good night's sleep is to create a sleep-conducive environment.

That can include strategies like minimising external noise and light levels, choosing a good-quality bed and bedlinen and decorating your bedroom to create the right mood.

Increase bright light exposure during the day – from the sun or artificial bright light.

Reduce blue light exposure during the evening – which electronic devices like smartphones and computers emit in large amounts. There are apps that block blue light on devices. Avoid screen time in the couple of hours before bed.

Maintaining good sleep hygiene and sleeping routines will create better quality and more restful sleep. Experts advise avoiding caffeine too late in the day and also to be aware of your evening alcohol consumption. Eating or drinking large glasses of water or any other liquid late in the evening can also disrupt your slumber. Napping during the day can interfere with your evening sleep

patterns, it's best to try to go to bed and wake up at the same time every day if possible.

The bedroom environment and its set-up are key factors in getting a good night's sleep. These include temperature, humidity, noise, external lights and furniture arrangement. Make sure your bedroom is quiet, relaxing, clean and somewhere you like to be. Keep the bedroom temperature regulated – if a bedroom is too hot it can interrupt sleep. About 20 °C is best for most people so try cooling sheets like percale, bamboo or stonewashed linen if you tend to 'run hot' and something warmer like flannel if you often get chilled. Rather than focusing too much on thread count, it's important to go for a set you find comfortable and soft, a preference which can vary from person to person.

Many of us have a pre-sleep routine that helps us relax with strategies that include reading, taking a bath or shower or listening to relaxing music.

Whether it's from a beautiful incense holder or sleek diffuser, tranquil scents are great to bring into the bedroom for their stress and anxiety-relieving properties. Chamomile, lavender, jasmine, cedar and ylang ylang are particularly soothing scents.

If you have a green thumb or like fresh flower bouquets, arrange fragrant flowers on occasion to dress up your space. Display favourite flowers in vases painted in Resene paint colours that coordinate with your room.

Invest in a good comfortable mattress and pillow and choose the right weight of duvet or blankets for the season.

While it's recommended to replace your mattress every seven to 10 years, it's also important to listen to



Opposite: Introduce layers of colour through privacy screens and side tables. Wall and batters in Resene Quarter Emerge (for a current alternative try Resene Concrete), floor in Resene Quarter Concrete and bedside table in Resene Fast Forward (try Resene Tarawera). Screen painted in Resene Raindance (try Resene Botticelli), Resene Liberty (try Resene Undercurrent) and Resene Mystery (try Resene Half Escape). Artwork by UrbanEpiphanyPrints on Etsy.

Left: While bright colours can energise, dark colours such as grey or blue can help us unwind. Wall in Resene Quarter Bokara Grey (try Resene Ironsand), floor in Resene Eighth Bokara Grey (try Resene Quarter Ironsand), cane headboard and side table in Resene Virtuoso (try Resene Mulberry).

Resene
Mulberry

your body ahead of that. Do you have back aches or a general uncomfortable feeling when you're in bed? Are you waking up not feeling rested? Do you get a better sleep when you travel, and not just because you're on holiday? These are all tell-tale signs that something is up with the place you sleep.

Do your research, and when you're ready to buy, choose one from a reputable company. In most cases, you'll get what you pay for so it should be worth the investment. And, as much of a morning chore as it can be, a done-up bed is much more enticing to crawl into at the end of the day.

-  Resene Concrete
-  Resene Half Escape
-  Resene Tarawera
-  Resene Quarter Ironsand
-  Resene Ironsand

Resene
Quarter Concrete 

best bedroom colours



Blues are washing through our bedrooms and greens are flourishing. Earthy tones ground us, and blush pinks are great for creating soothing, womb-like spaces. Soft whites and neutrals allow us to change up the bedlinen, and misty greys give a restful backdrop. There are some colours that are conducive to creating a restful bedroom – and there are some that are not. Take red or other strong, warm colours, for example. These are known to increase our heartrate and stimulate appetite so may keep you awake right when you're keen to sleep. If they are a personal favourite and a must-have in your bedroom, then consider using them as accents, say as a throw or cushion on the bed. Or use them on the bedhead wall so that you see your favourite shade when you enter the room but not when you're lying in bed.

If you're stuck for colour ideas, use the bedlinen, an artwork, window fabrics or a rug as a starting point. Study the types of colour that appear in these items and use one or more to inspire your Resene paint colours for your walls. Try the handy Colour Palette Generator on the Resene website, www.resene.com/palettegenerator – simply load a favourite photograph or image of an artwork, fabric or wallpaper and the generator will suggest a paint colour palette for you.

Left: Horizontal stripes help widen a narrow room. Get creative by varying the thickness of stripes and use masking tape to achieve crisp lines. Wall base colour in Resene Alabaster, thick stripe in Resene Frozen and hand-painted soft stripe in Resene Quarter Frozen. Flooring in Resene Colorwood Natural and side table in Resene Kashmir Blue.



Resene
Alabaster



Resene
Quarter Frozen



Resene
Frozen



Resene
Kashmir Blue



Resene
Colorwood
Natural

Neutral territory

Whites and neutrals are by far the most popular bedroom colour choice as they can often lead to a nice relaxing space, but with hundreds of Resene colours it can be hard to choose just one.

There are many reasons to opt for white – it's timeless, it's classic, it's relaxing and it will go with all your bedlinen. If you're choosing white because you're shy of bold colours, dip your toe in by painting your walls a neutral hue but choosing bold colours for your bedside tables, headboard, feature wall – or even the inside of your closet. Whites can often take on qualities of colours they are next to, so a white wall next to a blue feature wall will have a slight blueish tinge. Try colours next to each other using Resene testpots.

But which white is right?

The Resene Whites & Neutrals collection is made up of 28 palette cards, with 12 individual colours on each card, often organised into colour 'families' or varying strengths of the one colour such as Resene Black White, Resene Half Black White and Resene Double Black White. Some of the

colours have up to six strength variations, which comes in hugely handy when you are building a tonal colour scheme. To understand the qualities of the white you are after you can check the paint code. Beneath each paint swatch is not just the name but a code which starts with a letter. That tells you the base colour of the paint. So Y is for yellow, BR for brown, G for green and N is for neutral (which means black, or rather grey once you put it with white). Some paint colours cross from one base to another depending on their strength, for example, Resene Half Pearl Lusta's code starts with a Y but Resene Quarter Pearl Lusta starts with a G.

The last three numbers of the colour code tell you where the colour sits on the colour wheel. Imagine red is at 0, then it moves into orange and yellow, green is at 180 then on it goes through blue and purple. So if you have two similar colours and one has 020 on the end and one has 180, this tells you that the 020 one is closer to the red part of the spectrum and the 180 one is closer to the greens. This is important with off-whites, as it's the subtle undertones that you notice when they are used in a room.

 Resene
Black White

 Resene
Half Black White

 Resene
Double Black White

 Resene
Eighth Pearl Lusta

 Resene
Quarter Pearl Lusta

 Resene
Half Pearl Lusta

 Resene
Triple Pearl Lusta

 Resene
Brown Bramble

 Resene
Hemlock

top tip

Resene SpaceCote Low Sheen is ideal for painting bedroom walls. This waterborne paint brings enamel-style toughness to broadwall areas with a low sheen finish.



Above: The headboard stained in Resene Colorwood Whitewash allows the natural wood grain to show through, giving the bedroom a relaxed feeling. Wall in Resene Triple Pearl Lusta, floor in Resene Eighth Pearl Lusta, sideboard in Resene Hemlock and large vase in Resene Brown Bramble.

Warm whites

Creamy, dreamy and definitely bedroom worthy. Red, orange, yellow and brown-based whites are good for rooms that need warming up, and their creamier qualities are relaxing which makes them well suited for bedrooms. They are ideal for colder bedrooms especially those on the south side of your home.

Try Resene Half Pearl Lusta, Resene Villa White, Resene Half Spanish White or Resene Rice Cake which have calming yellow undertones. Remember to test the colour on a separate piece of large cardboard and move it around your bedroom at different times of the day to observe how the colour changes.



Left: Warm neutrals such as Resene Tea are very on trend. Wall in Resene Tea, floor in Resene Blanc, bedside table and lampshade in Resene Bison Hide and lamp base in Resene Black. Artwork from WArtDesign Studio on Etsy.

- Resene Sea Fog
- Resene Wan White
- Resene Rice Cake
- Resene Tea
- Resene Tana



Left: Earth tones and clutter-free decor gives this bedroom a relaxing feeling. The walls are in Resene Eighth Tana, circle headboard in Resene Prairie Sand, floor in Resene Colorwood Whitewash and side tables in Resene Tana.

- Resene Eighth Tana
- Resene Villa White
- Resene Half Pearl Lusta
- Resene Half Spanish White
- Resene Colorwood Whitewash
- Resene Bison Hide
- Resene Prairie Sand
- Resene Black

Cool whites

Cooler whites with a touch of grey are a good option for rooms that are north facing and receive a lot of light. Resene Black White is Resene's most popular white and is a favourite of many architects. This crisp white with a hint of black is great for accentuating architectural features and suits bright bedrooms with a contemporary style. Resene Alabaster is another design favourite and often features on trims and doors. Other cool whites to try include Resene Sea Fog, Resene White Pointer or Resene Wan White.

If opting for a cool white, avoid it appearing too stark by layering the room with texture and softness through furnishings and bedlinen.



top tip

To create crisp, straight lines on your painted wall, mask with high-quality painter's tape. Remove the tape when the paint is almost dry.

Above left: Kirsty Wraight of David Wraight cottages chose Resene Secrets, a nearly neutral celadon green, for the bedroom of this replica villa. The trims and ceiling are Resene Quarter Cararra (try Resene Quarter Bianca).

Above right: Use different strengths of the same neutral to create a cohesive and soothing space. Wall and floor in Resene Quarter Black White, bedside table and rectangular painted wall feature in Resene Double Black White. The DIY pendant lamp is made from paint stirrers finished in Resene Colorwood Whitewash and the DIY artwork is painted in Resene Alpaca and Resene Quarter Black White.

 Resene Quarter Black White

 Resene Quarter Linen

 Resene Quarter Ash

Resene Alabaster

Resene Quarter Bianca

Resene Half Pearl Lusta

Resene Quarter Wheatfield

Resene Black White

Resene Double Black White

Resene White Pointer

Resene Merino

Resene Blanc

Resene Half Thorndon Cream

Resene Secrets

Green whites – the best of both worlds

Can't decide between a cool or a warm white – try a green white. Because green is made up of both blue and yellow, green whites have qualities of both. Resene Merino is the best of both worlds with a hint of grey but a green undertone which makes it a delightful bedroom wall colour. Other green whites to try include Resene Half Thorndon Cream, Resene Quarter Linen, Resene Quarter Ash and Resene Quarter Wheatfield.



Creative neutrals

Expand the complexity of your creams and whites and choose those that have a hint of colour in them: it might be a touch of blue with Resene Designer White, a hint of grey with Resene Triple Sea Fog, a dusting of shell pink with Resene Quarter Blanc or an infusion of biscuity warmth with Resene Quarter Sisal. All will provide a flexible background for a bedroom where the

bedlinen can be changed out to provide interest or different coloured accents in rugs and art can be introduced.

Tonal colour schemes are soothing as they allow your eye to travel from one area to another without any jarring visual elements. Try a scheme based on smoky grey with a wallpaper or bedlinen patterned in greys along with charcoal walls, a mid-toned grey carpet and silvery accessories.



-  Resene Quarter Villa White
-  Resene Pale Prim
-  Resene Half Pale Rose
-  Resene Bismark
-  Resene Double Alabaster

Above: This master bedroom and ensuite mixes near white pastels with creams to create a dynamic yet calming space. The white wall colour has a hint of blue, painted in a quarter strength of Resene Nebula, with trims in Resene Quarter Villa White. A restored clawfoot tub painted in Resene Pale Prim peeks through the doorway from the bathroom, painted in Resene Half Pale Rose. The bathroom's ceiling, panelling and architraves are painted in Resene Quarter Villa White.

Left: Think of your ceilings as a fourth wall, ready to be tied into your colour theme. This creative bedroom designed by Annick Larkin features a ceiling and crown moulding in Resene Bismark paired with walls, window trims and skirting boards in Resene Double Alabaster.

-  Resene Designer White
-  Resene Triple Sea Fog
-  Resene Quarter Sisal
-  Resene Nebula

colours of the earth

Gaining inspiration from nature has always been a go-to when decorating and our current love affair with soft earthy colours is not surprising as we seek respite and nurture a need to feel grounded in uncertain times.

Clay, umber, stone, tan and terracotta are perfect colours for bedrooms, making us feel safe and at one with the earth.

These mid-neutral tones are hugely flexible and ultimately satisfying for a bedroom scheme, providing a soothing and versatile backdrop. These types of colour have been used for decades as an adaptable backdrop to all tastes and styles.

Look to complex varieties like nude taupe, mushroom taupe, terracotta, greige, warm stone grey and toasted caramel which will bring that little extra something thanks to their subtle undertones.

-  Resene Alabaster
-  Resene Quarter Blanc
-  Resene Rice Cake
-  Resene Colonial White
-  Resene Blank Canvas
-  Resene Desert Sand
-  Resene Gold Dust
-  Resene Wild West



Left: Give your walls the earthy look of building materials such as limestone, mudbrick or adobe, by combining Resene Wild West with Resene FX Paint Effects medium mixed with Resene Sante Fe. Floor in Resene Bianca and side tables in Resene Alabaster and Resene Blank Canvas.

Right: Bring nature indoors and create a sense of wellbeing or what's known as a 'biophilic response'. By incorporating earth tones such as the headboard in Resene Lignite with border in Resene Go Ben and natural timber flooring in Resene Colorwood Natural, this bedroom has calming and soothing qualities. The wall is in Resene Half Gull Grey, chair in Resene Gold Dust and desk in Resene Colonial White.

-  Resene Sante Fe
-  Resene Lignite



Earthy taupes, clays and tans, like Resene Half Napa and Resene Desert Sand give any room an instantly warm and inviting hit. Pair them with edgy creams like Resene Rice Cake and accent with weathered timbers, house plants and textured bedlinen. The most famous taupe of them all, the infamous Resene Tea, is another tried and true tone to try.

-  Resene Go Ben
-  Resene Half Napa
-  Resene Tea
-  Resene Colorwood Natural
-  Resene Half Gull Grey

Stony beiges like Resene Truffle and Resene Bison Hide are a more subtle version of tan and toffee. They walk a lovely line between all manner of styles, genders and taste. A little bit rugged, a little bit earthy, they echo many of the elements found in our landscapes. Take your cue from nature when creating a scheme and choose vegetal greens, sea blues, foamy whites and timber as partners.

Gorgeous greige elevates the coolness of pure grey with the warmth of mushroomy taupe. Neither one thing nor the other, this mutable and mysterious colour can go both ways – cool it down with pure whites and navy or blue accents, or warm it up with rust, coral or red. Greiges to try include Resene Quarter Tapa, Resene Friar Greystone and Resene Foggy Grey.

Delicious caramel and toffee tones, like Resene Gold Coast and Resene Coyote, are having more than a moment as our tastes turn away from very cool colours to warmer, slightly retro shades. These may not work as happily as an all-over colour for a bedroom but will add a grunty rustic vibe and can be used as accents or a feature wall.

Right: Create natural softness with the look of earthen walls by blending two colours and using Resene FX Paint Effects medium. To create this wall, paint two basecoats of Resene Bleach White. Then, using a wide paintbrush, apply layer after layer of loose random strokes of Resene FX Paint Effects medium mixed with Resene Cashmere. Floor in Resene Dover White, skirting board in Resene Bleach White, headboard in Resene Enamacryl gloss tinted to Resene Caffeine and DIY stacked box table in Resene Tom Tom.

 Resene Bleach White

 Resene Dover White

 Resene Tom Tom



top tip

Resene FX Paint Effects medium is a way to combine two colours to create natural softness. To create the look of stone try a base colour of Resene Aspiring with Resene FX Paint Effects medium mixed with Resene Moon Mist over the top.



Above: When used on a wall, a greige like Resene Eighth Stonehenge has a softening quality which makes the background almost melt away, drawing the eye to focus on the bed. Floor in Resene Colorwood Mid Greywash, headboard in Resene Double Stonehenge and skirting board and shelf in Resene Ebony Clay.

Right: A pink-toned beige like Resene Bone is a good way to add warmth to a space. Pair with bright whites and natural elements. Floor in Resene Blanc, bed in Resene Cashmere, pendant light and table in Resene Moccasin (try Resene Desperado) and chair in Resene Kalgoorie Sands.

- | | | | |
|--|---------------------------|---|-------------------------------|
|  | Resene Quarter Bison Hide |  | Resene Eighth Stonehenge |
|  | Resene Double Stonehenge |  | Resene Colorwood Mid Greywash |
|  | Resene Friar Greystone |  | Resene Ebony Clay |

- | | | | | | |
|---|---------------------|---|-------------------|---|-------------------|
|  | Resene Eighth Joss |  | Resene Blanc |  | Resene Bone |
|  | Resene Aspiring |  | Resene Moon Mist |  | Resene Coyote |
|  | Resene Bison Hide |  | Resene Foggy Grey |  | Resene Gold Coast |
|  | Resene Quarter Tapa |  | Resene Truffle |  | Resene Caffeine |

Resene Cashmere

Resene Kalgoorie Sands

Resene Desperado





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.



soothe with blue

Blue for bedrooms is a match made in design heaven. It's a soothing colour, it's reassuring and timeless. Blue is a tranquil colour that will help drop your blood pressure and pulse rate after a hectic day.

Pale ethereal blues or those with grey undertones create a dreamy space. At the other end of the spectrum, dark stormy blues will make you want to snuggle under the covers.

Try blues with a greyed quality as these are easier to live with, more gender neutral and versatile when adding accent colours – check out Resene Bluff or Resene Bounty.

Pale, barely-there blues of either icy intensity like Resene Solitude or cloudy softness like Resene Sea Fog look superb as a main neutral for walls in a bedroom that has plenty of sun. Or use these colours where you want a cool beachy or architectural feel.

Washed or weathered blue are hues like ever-popular Resene Duck Egg Blue. With its mellow greyed look, this type of colour has been hugely popular in decorating. Try it with soft fleecy whites such as Resene Merino or Resene Linen and natural materials like linen, timber and jute. Other grey-blues to try are Resene Lynchpin and Resene Freestyling. These colours feel like putting on an old pair of jeans or a chambray shirt – no wonder we feel so comfortable with them.

Left: Nothing says relaxation quite like a soft blue and white coastal colour scheme. The tongue-and-groove walls are in Resene Frozen, floor in Resene Alabaster and bedside table and tray in Resene Bali Hai. DIY artwork in Resene Bali Hai and Resene Alabaster.

-  Resene Alabaster
-  Resene Frozen
-  Resene Bali Hai
-  Resene Kashmir Blue



 Resene Half Sea Fog	 Resene Linen	 Resene Freestyling
 Resene Sea Fog	 Resene Scandal	 Resene Calypso
 Resene Merino	 Resene Jet Stream	 Resene Half Chicago
 Resene Half Concrete	 Resene Duck Egg Blue	 Resene Atomic

Mid tone denim or military blues like Resene Kashmir Blue are easy-on-the-eye colours to use in a bedroom. Like a pair of blue jeans, denim blue never seems to go out of style. Give them a slightly playful retro look by mixing in an ikat print duvet cover on a low-profile bed. Or add a touch of steel to the blue – like Resene Waikawa Grey – for a military correctness that’s secure and restful.

Blue is an easy colour to mix – literally – with green, resulting in cross-over blues like aqua, turquoise and teal. In paler forms, like Resene Scandal and Resene Jet Stream, these colours have a fresh youthful appeal. Teal blues, like Resene Calypso, also have retro appeal, and can be used in very sophisticated spaces paired with antique bronze or tarnished gold accents and sharp chartreuse green.

Dark blues and rich navies hint of the night sky and they are also very adaptable in regards to style. Blues with a stormy edge, like Resene Coast, can be casual and modern combined with faded taupes and woollen rugs or use deep inky blue or sapphire blue, such as Resene Indian Ink or Resene Aviator, as the basis for a very luxe scheme – team them up with other jewel tones like ruby or jade, along with velvets and mixed warm metals like gold and brass, for a boudoir vibe. Paint accessories in a Resene FX Metallic paint for a touch of extra glamour.



Left: Tongue-and-groove walls, especially when paired with navy blue like Resene Indian Ink, give a space a nautical feel, particularly fitting for a coastal home. Panelled wall in Resene Indian Ink, bedside table in Resene Wishing Well (try Resene Cobalt) and floor in Resene Half Chicago.

Below: Why wait for a vacation to get a good night's sleep? Turn your bedroom into a luxurious space with a nod to classic hotel style with a wall in Resene Atomic with a painted line design in Resene Half Concrete. Bedside table in Resene Half Concrete.



Resene Solitude 

Resene Bounty

Resene Lynchpin

Resene Waikawa Grey

Resene Cobalt

Resene Aviator

Resene Coast

Resene Indian Ink



Resene
Apple Blossom

Resene
Pohutukawa

Resene
Vanquish

- Resene Double Rice Cake
- Resene Pot Pourri
- Resene Cosmos
- Resene Dust Storm
- Resene Soothe
- Resene Japonica
- Resene Sante Fe
- Resene Brown Sugar

pretty in pink

Pinks are known for their calming abilities so are well suited to bedrooms. Tread with care, however, as they can become overpowering and if your room is shared, these colours may not be gender-neutral enough. Accent pinks and blushes with lashings of off-white.

Pink comes in many styles from soft wafer like Resene Soothe to enveloping muted mangos like Resene Japonica.

Try a rose terracotta like Resene Sante Fe or Resene Apple Blossom. These hues have an uplifting earthiness or go full on with a serious brown like tan Resene Brown Sugar or leathery Resene Saddle.

dark colours

If you feel like just crawling into a hole at the end of the day, dark colours will certainly make your bedroom feel like a true retreat.

Colours that echo the depths of night are perfect for bedrooms. Dark bedrooms create a cave-like sanctuary and lend themselves to more luxury looks – think deep navy with gold accents, for example, for a reassuring traditional vibe, or deep jade green for a decadent boudoir effect.

While true blacks have slipped from the top of the trends, try inky blues like Resene Blue Night, rusticated greens like Resene Palm Leaf, toasted blacks that are softened with brown like Resene Triple Masala or faded blacks that walk the line between black and charcoal like Resene Baltic Sea. Even rich wine burgundies like Resene Vanquish are finding favour. These colours are more interesting than straight black and help you create a cocooning or luxe, resort-style sleeping space.

Be bold and go all out – paint the ceiling too, and use accessories and bedlinen that blends or is tonal rather than contrasting.

 Resene Half Bianca	 Resene Tasman	 Resene Terrain	 Resene Innocence
 Resene Saddle	 Resene Baltic Sea	 Resene Nocturnal	 Resene Palm Leaf
 Resene Triple Masala	 Resene Blue Night		

Right: Aptly named Resene Nocturnal is a deep grey which echoes the night sky. The Resene Nocturnal walls of this bedroom almost beckon slumber especially when used in a relaxing palette with Resene Viktor (try Resene Innocence) on the floor and side table in Resene Organic (try Resene Terrain).

Opposite top: This bedroom by interior designer Charlotte Cooté of Cooté & Co pairs Resene Cosmos, an orange-toned pink with trims painted in Resene Half Bianca.

Opposite left: Reds and pinks are the colour of romance – show your space a little love with walls in Resene Pohutukawa with painted headboard in Resene Dust Storm. Floor in Resene Double Rice Cake and bedside table in Resene Dust Storm. Flower artwork from The Warehouse.



top tip

If you're opting for darker hues, consider using matte finishes, such as Resene SpaceCote Flat, to emphasise the velvety depth of your chosen colour.



Above: The deep brown colour palette gives this room a luxurious cosy feeling. The walls are painted in Resene Monkey, with the floor painted in Resene Space Shuttle. The pendant lamp and dresser are Resene Kabul, the bedside lamp is ReseneAmericano and the side table is Resene Kilimanjaro.

- | | |
|--|---|
|  Resene Monkey |  Resene Mondo |
|  Resene Space Shuttle |  Resene Kilimanjaro |
|  Resene Kabul |  Resene Colorwood Deep Oak |
|  ReseneAmericano |  Resene Colorwood English Walnut |

Resene
Milk Chocolate 

sweet like chocolate

Dark brown might seem an unlikely bedroom colour, but its warm and smoky cocoon-like qualities make it a great choice for creating a dark cosy space. Try smoky browns such as Resene Monkey or Resene Mondo, creamy browns such as Resene Milk Chocolate or try a wood stain such as Resene Colorwood Deep Oak or Resene Colorwood English Walnut. A cheap DIY hack is to stain pieces of ply and attach them directly to the wall. The wood stain will allow the grain of the ply to show through and deep brown shades will evoke a Victorian style parlour.

Below: The Resene Mondo walls in this villa master bedroom create a moody and dramatic contrast to trims and internal shutters in Resene Alabaster.



 Resene Half Alabaster	 Resene Silver Chalice
 Resene Merino	 Resene Double Stack
 Resene Half Concrete	 Resene Quarter Baltic Sea
 Resene Athens Grey	 Resene Half Tuna
 Resene Tuscany	 Resene Triple Tapa
 Resene Lemon Ginger	 Resene Half Grey Friars
 Resene Pohutukawa	 Resene Colorwood Natural

going grey

Because of its sheer neutrality, grey – which is after all a straight mix of black and white – is the sort of colour that suits any bedroom be it for male, female, young or older, contemporary or traditional. Grey can be turned into any flavour or style simply by adding accent colours in bedding and accessories. Some current favourites to try are ochre, rust, lavender, peach, creamy white, stormy blue and soft green.

Silvery or dove greys, like Resene Half Concrete and Resene Athens Grey are elegant and soothing. These pair well with pale timbers, washed linen bedding and fleecy whites, like Resene Merino, for a pared back Scandi look or made to sparkle with icy whites, like Resene Alabaster, and pewter or silver accessories, deep pile carpet and a velvet duvet cover.



Left: Layer silvery greys to create a bedroom with a touch of luxury. Walls in Resene Half Stack and corner circle in Resene Surrender. Flooring in Resene Silver Chalice with circle in Resene Half Grey Friars, bedside table in Resene Double Stack, door in Resene Surrender with circle in Resene Half Grey Friars and lightshade in Resene Half Grey Friars.

Below: Atmospheric charcoal greys are versatile and can be used everywhere from chic modern apartments, villas with high ceilings and ornate cornices to a laidback bach. Tongue-and-groove wall in Resene Armadillo, floor in Resene Colorwood Natural wood stain, bedside table in Resene Triple Tapa and chair in Resene Zeus.

 Resene Alabaster	 Resene Surrender	 Resene Zeus
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Mid-tone greys like Resene Silver Chalice or Resene Half Stack strike a more serious note and are a good gender-neutral mid-ground. They can be brightened with icy whites like Resene Half Alabaster and accents of a mustard colour like Resene Lemon Ginger, terracotta hues like Resene Tuscany and reds like Resene Pohutukawa.

Almost-charcoals like Resene Half Tuna and Resene Quarter Baltic Sea create a smouldering sanctuary-like haven. This type of colour pairs well with either a luxe aesthetic with velvets, chandeliers and antique gold accents or an ultra modern architectural space with industrial furniture.



Resene Half Stack

Resene Armadillo



wonderful
wallpaper

Wallpaper can fill your bedroom with colour, character and personality. Today's wallpapers are more diverse than ever so whether you're after a classic design to match your heritage home or a playful animal pattern for your modern apartment, there's something to suit everyone in the Resene Wallpaper Collection.

When there's so many designs to choose from it can be hard to narrow down one you like. One idea is to take inspiration from the architecture of your home. A home built in the 1960s or 1970s might suit a geometric mid-century pattern while a villa could hark back to its Victorian roots with a William Morris-inspired design or a Californian bungalow could channel a little Art Deco glam with a design with a fan pattern or gold-coloured diamonds or horizontal stripes for a touch of 'streamline moderne'.

Other themes to try

- Bring the calming qualities of nature indoors with a botanical Resene wallpaper. Tropical banana leaves or palms may have you nodding off to sleep like you're on holiday in the Pacific Islands, while ferns were a favourite of the Victorians and look grand in a villa. Traditional Japanese wallpapers are often inspired by nature and a pattern such as bamboo shoots creates a sense of Japanese inspired wabi-sabi – emphasising the beautiful imperfection and variation that occurs in nature.

Left: Fan designs are a classic theme in Art Deco décor. Resene Wallpaper Collection AGA003 works in place of a neutral wall colour in a heritage home. Pair with walls and bay windows painted in a soft white like Resene Merino.

Resene
Merino 



Above left: While at first glance it appears to be a classic Victorian-inspired design a closer look at Resene Wallpaper Collection 91091 reveals zebras and palm trees – for a bit of exotic charm. Pair with bedlinen made with natural fibres such as linen and cotton and flooring and skirting stained with Resene Colorwood Natural wood stain protected in Resene Qristal ClearFloor to create a relaxed space.

Above right: There's nothing quite like a stripe pattern to transform a bedroom from tired to terrific. Resene Wallpaper Collection E300131 features both green grey and pink tones allowing you to pair it with greens such as Resene Robin Egg Blue from the Karen Walker Paints collection, pinks such as Resene Wax Flower, greys like Resene Silver Challice or a crisp white such as Resene Alabaster.

- Resene Alabaster
- Resene Robin Egg Blue
- Resene Wax Flower



Resene Silver Challice

top tip

It's best to order more wallpaper than you need. New wallpaper collections are regularly launched and older collections are usually deleted after three years, sometimes sooner. If you need to patch or replace any damaged paper, you may not be able to buy it anymore. Also, with graphic wallpapers, pattern matching can soak up extra rolls.



Above: Wake up beneath a forest canopy with Resene Wallpaper Collection 91250. Add nature-inspired touches such as earth-toned linen and sheer drapes and flooring in Resene Colorwood Natural protected with Resene Qristal ClearFloor.

- Resene Colorwood Natural



Above: Anaglyptas are textured wallpapers that are designed to be painted over – ideal for when you want a wallpaper in a particular colour. Create a glamorous bedroom with Resene Wallpaper Collection D80000 painted with a green grey such as Resene Lemon Grass or a regal grey like Resene Silver Chalice. Stain flooring in dark Resene Colorwood Deep Oak and protect with Resene Qristal ClearFloor to amp up the luxe factor.

 Resene Silver Chalice

 Resene Lemon Grass

 Resene Colorwood Deep Oak



Left: Patterns inspired by nature will bring a feeling of calm to your bedroom. Resene Wallpaper Collection 2008-146-04 can be used instead of a neutral to create additional texture in a space. Pair with walls painted in soft cream Resene Double Thorndon Cream.

- While you might not always be able to wake up and smell the roses in your bedroom (unless you have blooms in the garden outside your room), you can certainly awaken to the sight of beautiful flowers. Floral designs ranging from dainty daises, cheerful cherry blossoms to terrific teacup roses are making a big comeback as a way to add a little country charm to your home.
- Follow your animal instincts with a wild and wonderful pattern inspired by your feathered or furry friends. There are designs featuring everything from cheeky monkeys and perky parrots to Egyptian style scarabs and zippy zebras.
- Earn your stripes with a classic line design pattern. Stripes can help elongate a room and can look both traditional and contemporary. Best of all they pair well with other patterns on bedlinen, cushions or curtains – florals and stripes are a classic combo.



Murals

Dial up the drama in your bedroom by creating the ultimate feature wall with a mural from the Resene Wallpaper Collection. Think of murals as a large-scale artwork designed to fit your entire wall. These oversized designs can transform your space into a floral wonderland, a Jurassic-age jungle or your favourite beach or mountain. Or, create your own custom mural from your favourite photos at www.resene.com/wallprint. Resene WallPrints come in strips which you hang in the recommended order. These oversized designs look particularly good in rooms with a high ceiling where it's possible to see the full scale of the design.



Above left: Add a touch of escapism to your bedroom with a bold design such as Resene Wallpaper Collection HX7-050 which will transport you to a land before time. Pair with trims in Resene Merino and flooring in Resene Colorwood Natural or Resene Colorwood Whitewash.

Above: The dreamy design of Resene Wallpaper Collection 99347 will have you feeling like you are drifting away in the clouds or have been swept into the brushstrokes of a Constable landscape painting. Let the mural be the star and keep bedlinen and flooring simple with Resene Colorwood Natural on the floor protected in Resene Qristal ClearFloor.



Resene Merino



Resene Colorwood Natural



Resene Colorwood Whitewash

styles and themes



Resene
Yucca



Do you want the bedroom to be an extension of the style of the rest of the house? Or is it a room where you feel you can be more adventurous with your decorating, and inject personality or use a strong thematic approach? After all, it's unlikely anyone else is going to see your bedroom, so this is the one space in the house where you can let loose a little.

If you don't want the room to end up looking like a theme park however, it's easy to add just enough detail and colour to evoke a feeling rather than be ultra-obvious.

A good approach, and one that fits with the idea of the bedroom being a relaxing place, is to choose a style or theme that hints of escape somewhere with a relaxed holiday vibe:

- Create an indulgent resort sanctuary or upmarket hotel feel with pale walls in Resene Half White Pointer and beautiful bedlinen accented with rich, earthy colours like Resene Napa or Resene Double Pravda then throw in some luxe-looking accessories to create a treat-yourself feeling: accents in brass or gold, a scented candle and some stonewashed linen for the bed. Refresh old ornaments and frames with Resene FX Metallic paint.
- Give your bedroom a zen-style twist with a mindful vibe using bamboo mats, parchment coloured walls in a hue like Resene Blank Canvas or staining ply in Resene Colorwood Rock Salt, a low timber bed and a potted palm.

Left: Plant lovers can transform their bedroom into a botanical sanctuary with a simple headboard painted with fern and leaf details. Wall in Resene Dark Slate, bedside table in Resene Triple Blanc and headboard in Resene Triple Blanc with leaf designs painted in Resene Yucca, Resene High Tide, Resene Half Bison Hide and Resene Rum Swizzle.

Resene
Napa

Resene
Finch

Resene
Blank Canvas

Resene
Dark Slate

Resene Colorwood
Rock Salt

Resene
High Tide



top tip

Highlight heritage features such as cornices and ceiling roses by painting them with Resene Lustacryl semi-gloss or Resene Enamacryl gloss.

Above: This woodland-inspired room features an upper wall in Resene Eighth Joss and Resene Finch on the tongue-and-groove panelling below the dado. Floor in Resene Digeridoo and bedside table and ladder in Resene Redwood.

Above right: The cornices in this country-themed bedroom have a thistle design and this was a starting point for this country themed bedroom by interior designer Amber Hamilton. It features Resene Baltic Sea on the walls, ceiling in Resene Double Parchment and ceiling rose and cornices in Resene Quarter Parchment.

Resene Half White Pointer

Resene Rum Swizzle

Resene Eighth Joss

Resene Triple Blanc

Resene Quarter Parchment

Resene Double Parchment

Resene Half Bison Hide

Resene Swiss Coffee

Resene Redwood

Resene Digeridoo

Resene Double Pravda

Resene Baltic Sea



Above: A tropical-inspired escape with walls in Resene Half Opal, a chair in Resene Surf Crest and side tables in Resene Half Cut Glass (try Resene Jet Stream), Resene Half Secrets and Resene Kandinsky.

Above right: Add a little cottagecore pastoral charm to your bedroom with a feature wall in sweet floral design Resene Wallpaper Collection E300116. Team with walls in Resene Teal Blue and trims and floor in Resene Alabaster.



- Try a soothing coastal getaway with pale sea-blue walls in Resene Longitude or Resene Duck Egg Blue.
- Opt for a tropical or jungle feel that transports your emotions to a memorable island holiday with potted palms, shady green walls in Resene Haven, rich timber flooring in Resene Colorwood Walnut and a palm-leaf patterned wallpaper behind the bed.
- Go exotic with touches of Moroccan or Turkish colours: try pink Resene Rouge and tangerine Resene Hero.
- Adopt a general global theme with an eclectic mix of mementoes and styles from different cultures.

Other themes to try:

- A chic Parisian apartment style with Resene

Alabaster walls, an ornate mirror, a small chandelier and chaise lounge or a chic make-up table.

- A traditional *Downton Abbey* look with a high bed, heavy drapes, Turkish rugs and apricot rose or sage green walls in Resene Florentine Pink or Resene Envy.
- A retro boho feel with a cane peacock bedhead, jute mats, burnt orange or acid green walls – try Resene Moroccan Spice or Resene Awol.
- What about a botanical theme? Add a feature wall using a dreamy landscape mural from the Resene Wallpaper Collection and build your colour palette around that.
- Embrace an artisan vibe with a hand-painted mural or pattern on the wall, stitched cushions, a rag rug underfoot and a macrame wall-hanging.

-  Resene Half Opal
-  Resene Jet Stream
-  Resene Surf Crest
-  Resene Kandinsky





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|---|--|--|
| <input type="checkbox"/> Resene Alabaster | <input type="checkbox"/> Resene Duck Egg Blue | <input type="checkbox"/> Resene Tangaroa |
| <input type="checkbox"/> Resene Envy | <input type="checkbox"/> Resene Awol | <input type="checkbox"/> Resene Indian Ink |
| <input type="checkbox"/> Resene Longitude | <input type="checkbox"/> Resene Finch | <input type="checkbox"/> Resene Teal Blue |
| <input type="checkbox"/> Resene Hero | <input type="checkbox"/> Resene Moroccan Spice | <input type="checkbox"/> Resene Colorwood Walnut |
| <input type="checkbox"/> Resene Florentine Pink | <input type="checkbox"/> Resene Rouge | <input type="checkbox"/> Resene Colorwood Mid Greywash |
| <input type="checkbox"/> Resene Haven | <input type="checkbox"/> Resene Raging Bull | <input type="checkbox"/> Resene Half Black White |

Above: Sailors and ocean lovers can add a touch of nautical flair to a bedroom without rocking the boat with a bold navy, red and white colour scheme. The wall is in Resene Tangaroa, left wall in Resene Indian Ink, floor in Resene Colorwood Mid Greywash, bedside table and headboard in Resene Half Black White and buoy garland and life preserver wreath in Resene Raging Bull.

The hand-painted painted cross-stitch headboard in this bedroom is a cute way to add a touch of whimsy to a country-themed bedroom. Wall in Resene Eighth Joss, skirting board in Resene Double Rice Cake and headboard in Resene Norway with cross-stitch patterned headboard feature in Resene Woodrush, Resene Planter, Resene Karaka, Resene Half Malta, Resene Bandicoot and Resene Lemon Ginger. Bedside table in Resene Bandicoot and flooring in Resene Colorwood Whitewash.



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|--|--|---|
| <input type="checkbox"/> Resene Eighth Joss | <input type="checkbox"/> Resene Woodrush | <input type="checkbox"/> Resene Bandicoot |
| <input type="checkbox"/> Resene Double Rice Cake | <input type="checkbox"/> Resene Planter | <input type="checkbox"/> Resene Lemon Ginger |
| <input type="checkbox"/> Resene Green White | <input type="checkbox"/> Resene Karaka | <input type="checkbox"/> Resene Colorwood Whitewash |

shared spaces

It would be a rare couple that agreed entirely on exactly how to decorate so deciding on a space that appeals to both can be tricky. Blues and greens are often safe choices as they are calming and relaxing, and tend to be universally appealing. Try Resene Duck Egg Blue or Resene Secrets for a soothing colour that will help send you both off to sleep.

Another approach is to blend your styles – decide which bits you can each live with and which you can't. You can approach it as you would picking a team at school, adding elements one each at a time.

Go homewares and furniture shopping together; this will also give you insight into each other's tastes.

Use neutral colours on the walls, such as Resene Bianca or Resene Rice Cake, then add items in a style or colour you each like: cushions, ornaments, rugs, etc.

Working from home has become increasingly common and often bedrooms or guest bedrooms have to double as office spaces. To make sure work doesn't creep into your relaxation time, create separate zones using colour to



- Resene Secrets
- Resene Quarter Pearl Lusta
- Resene Bianca
- Resene Rice Cake
- Resene Zumthor
- Resene Duck Egg Blue
- Resene Envy
- Resene Blue Bark
- Resene Persian Red
- Resene Colorwood Mid Greywash
- Resene Colorwood Dark Ebony

Opposite: A monochrome colour palette is the ultimate gender neutral combination. Back wall in Resene Zumthor with shelf wall in Resene Blue Bark and floor stained in Resene Colorwood Dark Ebony. Artwork by Sofia Lind from Slow Store.

Right: In this project by Sonia van de Haar of Lymesmith, a built-in desk can function as a makeup area or working area. The bright and calming colours with Resene Duck Egg Blue on the ceiling and Resene Quarter Pearl Lusta on the timber panelling make the space functional for both work and rest.

demarcate areas for rest and spaces for work. Tucking a desk inside a wardrobe space is an easy way to close off your work area at the end of a day or try a screen to hide your paperwork out of sight.

Be careful of bold colour choices, while bright colours can be stimulating for work – it's a good idea to make sure your sleeping area is painted calmer colours. Green is a good choice for shared spaces as it's not only relaxing but good for concentration. Screens are a way of hiding work spaces – try painting a side that is visible from the bed in a calming green like Resene Envy and the side closest to the work area in a deep leafy colour like Resene Palm Green.



Resene Palm Green



top tip

Resene Wax Flower

Does your room have space for a sitting area, even if it's just a chair in the corner with a side table and lamp? This will heighten the usability of your room and give you a spot to curl up with a book and a cup of tea – or a glass of wine. If your bedroom has access to the outdoors or a lovely view, orient the bed or a chair to take advantage of the outlook.

Above: If your bedroom doubles as an office space, use colour to demarcate areas for work and areas for rest. Wall in Resene Just Dance (try Resene Wax Flower), return wall in Resene Smoulder (try Resene Persian Red) and floor in Resene Colorwood Mid Greywash. Artwork by Alice Berry from endemicworld.

small bedrooms

Bedrooms can often be small rooms. They are, after all, places many of us just go to sleep. We don't hang out in them, so they remain quite functionary.

There are ways to make smaller bedrooms feel less cramped, however.

Use light colours for the walls. Or conversely, use a very dark colour to accentuate the smaller dimensions and make the room feel like a cosy cocoon. Painting the ceiling the same hue as the walls can help to visually increase the size of the room as it's hard to tell where the different surfaces start and end. A white ceiling against a darker wall appears to shrink a space and draw the walls inwards.

Use vertical painted stripes up the wall as these trick the eye into thinking the ceiling is higher. Conversely, horizontal stripes will visually lower a very high ceiling to create more intimacy – a great trick for a small room in an old villa with high ceilings.

Let in as much natural light as possible. Make sure drapes or blinds can be opened right up.

 Resene Olive Green  Resene Celeste  Resene Spanish White



Even small rooms can have creative flair. A tall, thin design like a palm tree will draw the eye upwards and create height in a small space. Wall in Resene Olive Green with hand-painted palm tree in Resene Celeste. Floor in Resene Spanish White and bedside stool in Resene Celeste.



Above: A solid block of dark colour on the bottom half of a room with a lighter colour on top can elongate a room. Top half of wall in Resene Helix (try Resene Ravine), bottom half of wall in Resene Artemis (try Resene Streetwise), floor in Resene Poured Milk, bed base and pendant light painted in Resene Green Meets Blue and shelf in Resene Bokara Grey. Artwork from Blackbird Goods.

- Resene Poured Milk
- Resene Dusted Grey
- Resene Streetwise
- Resene Bokara Grey
- Resene Green Meets Blue

Create pools of light from table lamps or wall lights so that at night you don't register the extent of the room. Walls will visually recess into the shadows. Use mirrored wardrobe doors to visually double the size of the room.

If it's a guest room or child's room, consider carefully what size bed you need. It can be a little narrower than normal, as with a divan bed.

Go without a headboard which can soak up space, use one with a lighter appearance or paint a headboard design directly onto the wall or use Resene wallpaper to define a headboard area.

Avoid bulky items on bedside tables such as large lamps – use wall lights or a central pendant light instead. Also avoid large pieces of furniture, like chests of drawers. There are many slimmer, tall chests of drawers to choose from or go for a long low unit. Better still, use the space under your bed for roll-out storage bins, or choose a bed that has built-in drawers underneath.

Replace bedside tables with a shelf set on the wall at table height.



top tip

- Resene Mystic
- Resene Relax
- Resene Zephyr

Looking for ideas for your child's bedroom? The colours, themes and clever ideas for kids' bedrooms are seemingly endless... and a whole topic on their own. Pick up a copy of the *habitat plus – kids' spaces* at your local Resene ColorShop or view online www.resene.com/habitatplus.



- Resene Quarter Iron
- Resene Ravine

Above: An easy way to make pinstripes look less formal and corporate is to handpaint them using a good quality artist's brush. Wall in Resene Mystic with pinstriped square painted feature in Resene Relax and headboard in Resene Relax trimmed in Resene Quarter Iron. Floor in Resene Mystic with Resene FX Paint Effects medium mixed with Resene Dusted Grey, bedside table in Resene Dusted Grey and lamp base in Resene Astronaut with line details in Resene Zephyr.

bedhead and feature walls

Whether your bed has a bedhead or not, making a feature of the wall against which the bed sits is a popular decorating strategy. Creating a feature wall helps to frame the bed and visually anchor it into the room. It means the bed looks less like it has just been plonked into the room.

An easy way to do this is to choose a bold paint colour, for example a deep charcoal with the other walls in pale grey, or rich terracotta with other walls in creamy off-white.

Or you can be more playful by using painted patterns or motifs, or a slightly outrageous or decadent Resene wallpaper.

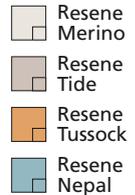
Visually anchoring the bed against a feature wall covered by a luscious Resene wallpaper is hugely on-trend – and it's no wonder with the enormous range of wallpapers and murals available at Resene ColorShops. Any colour, pattern, style and texture are there for the taking. Or rather hanging.

Using wallpaper is a great way to ring in the changes as trends or tastes shift. For the price of a couple of rolls you can have an entirely new look.

Painting a pattern on the wall is fun and often easy. It could be chevron stripes, vertical stripes, off-set rectangles, a simple house shape or cityscape, a swirl of bubble-like circles or stylised flowers or leaves. Inspiration is endless.

Or keep the look simple and paint a bedhead shape on the wall – a long low rectangle behind the bed, or a shorter wider one.

Left: Headboards are a way to introduce colour, texture and style into a bedroom. An asymmetric curved headboard can evoke Art Deco or even Bauhaus style. Wall in Resene Triple Merino, flooring in Resene Merino, headboard in (from left to right) Resene Tide, Resene Tussock, Resene Nepal, Resene Americano and Resene Smooth Operator and bedside tables in Resene Nepal (large) and Resene Tide (small). Artwork by SolsticeStudioPrints on Etsy.





Resene
Quarter
Rakaia

Resene
Triple
Merino

Resene
Smooth
Operator

Resene
Desperado

Above: Painted headboard in Resene Moccasin (try Resene Desperado) and wall in Resene Alabaster. Bedroom by Jasmin Vallance.

Right: Wall in Resene Rakaia, floor in Resene Quarter Rakaia, headboard in Resene Shark with stripe in Resene Rakaia, bench in Resene Shark, round plinth side table in Resene Santos Grey, basket (with olive tree) in Resene Jimmy Dean, round tray, medium vase and bud vase in Resene Explorer, rectangular tray and shell coin bank in Resene Chenin, scalloped lampshades in Resene Santos Grey and painted book and lidded container in Resene Wax Flower.

- | | | | | | |
|--|------------------|---|---------------|---|--------------------|
|  | Resene Alabaster |  | Resene Rakaia |  | Resene Santos Grey |
|  | Resene Americano |  | Resene Shark |  | Resene Jimmy Dean |
|  | Resene Explorer |  | Resene Chenin |  | Resene Wax Flower |

top tip

To create an arch, use a pencil, string and drawing pin like you would use a protractor to create the curved top.





Above: Create a maximalist look by layering patterns – starting from the floor and working your way up. To create the floor pattern, paint the base in Resene Rice Cake with a stencil design in Resene FX Paint Effects medium mixed with Resene Tangaroa. Lower half of wall in Resene Tangaroa with battens in Resene St Kilda, top half of the wall in Resene Wallpaper Collection 37520-2 and headboard in Resene Stromboli painted with pin stripes in Resene St Kilda. Artwork by Grace Popplewell from endemicworld.

-  Resene Rice Cake
-  Resene St Kilda
-  Resene Tangaroa
-  Resene Stromboli

What about the floor?

Remember to include the floor in your overall scheme. If you've chosen a breezy, coastal look for example, try Resene Colorwood Whitewash on timber flooring. If you have a moodier scheme, there are many darker colours in the Resene Colorwood wood stains range, or for a shabby chic or Parisian look, try Resene Colorwood Greywash.

If your hard flooring is not worth enhancing, get artistic by adding a stencilled pattern on the floor – the design possibilities are endless. Consider painting a 'rug' around where the bed sits to visually anchor it.



Left: Embrace hygge, a mood of cosiness and comfort. Walls in Resene Juniper, floor in Resene Colorwood Mid Greywash, headboard in Resene Dover White, bench in Resene Balderdash, pendant lamp in Resene Double Sea Fog with Resene Rose Gold metallic paint, bedside table in Resene Double Sea Fog (top and base) and Resene Hammerhead (underneath), Vertical ribbed vases in Resene Balderdash and Resene Double Sea Fog and ombre plant pot in Resene Celeste (top), Resene Terrain (middle) and Resene Cobblestone (bottom). Artwork from Kmart.

-  Resene Hammerhead
-  Resene Rose Gold
-  Resene Dover White
-  Resene Juniper
-  Resene Colorwood Whitewash
-  Resene Colorwood Light Greywash
-  Resene Colorwood Mid Greywash
-  Resene Balderdash



□ Resene
Quarter Parchment

□ Resene
Double Parchment

□ Resene
Terrain

■ Resene
Blue Night

Resene
Baltic Sea

What about the ceiling?

You spend a lot of time lying in your bed so the ceiling might be the surface in the room that you look at most. Why not paint it a colour other than white or cream? Continue your wall colour onto your ceiling for a cosy cocooning effect. Try a dark inky blue, such as Resene Blue Night, reminiscent of the night sky. Add some Resene FX Nightlight glow-in-the-dark stars and... nighty, night.

Right: The ceiling of this bedroom designed by interior designer Amber Hamilton features walls in Resene Double Parchment and a ceiling is Resene Baltic Sea – these colours accentuate the cornices and ceiling rose which are painted in Resene Quarter Parchment.

□ Resene
Cobblestone

top tip

Resene Ceiling Paint or Resene SpaceCote Flat are ideal for painting ceilings. The matte finish and low splatter formulas are ideal for using with a paint roller.



Resene
Eighth Black White 

ensuites

Don't think of your ensuite as a separate entity to your bedroom, by designing these spaces at the same time you can create cohesion and a sense of harmony. Colour is the perfect way to connect your bedroom and ensuite. Try carrying on a colour featured in your bedroom into your ensuite space, using Resene SpaceCote Kitchen & Bathroom, a waterborne enamel paint with added anti-bacterial silver protection and MoulDefender which is ideal for wet areas. Or for darker colours use Resene SpaceCote Low Sheen and ask for extra MoulDefender to be added.

Balance the light and dark colours in your bedroom and ensuite. For instance, if your bedroom is light and airy, try a darker complementary colour in the ensuite and vice versa. Find colours with a common undertone, such as calming Resene Duck Egg Blue in the bedroom area with Resene Half New Denim Blue in your ensuite – the grey undertones of these shades will connect the spaces. Another even simpler method of linking the bedroom and bathroom is by using the same Resene colour in different strengths such as Resene Double Linen with Resene Quarter Linen.

Left: Continue your bedroom colour theme into your ensuite to create a harmonious and relaxing space. Resene Waiouru features on the bedroom wall and the lower half of the ensuite wall. The green is balanced out with a checkerboard painted detail in Resene Nero and Resene Eighth Black White, flooring in Resene Black White and Resene Eighth Black White used on the top half of the ensuite wall. Shelf and vanity table in Resene Waiouru, door in Resene Nero and DIY artwork in Resene Nero and Resene Black White.

Resene
Waiouru



Above left and right: Designer Natalie Du Bois created a luxurious bathroom and ensuite using two shades of grey. The walls of this master bedroom are Resene Half Stack with skirting in Resene Double Alabaster. The ensuite features a darker grey Resene Half Tuna on the walls with Resene Double Alabaster on the ceiling and trim.

Resene
Double Alabaster

Resene
Half Stack

Resene
Half Tuna

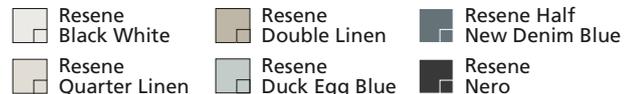
top tips

Resene
Wafer 

Be practical – take note of where the existing plumbing is and electrical points. Use paints that are designed for wet areas such as Resene SpaceCote Kitchen & Bathroom and Resene Lustacryl Kitchen & Bathroom.

Don't forget your vanity – painting bathroom cabinets is an easy way to modernise a tired space. Try brush painting Resene Enamacryl, an enamel gloss paint that will give the x-factor.

Consider your flooring – update the look of old flooring with Resene Walk-on flooring paint. It's a quick and easy update for your floor if you don't have the time, budget or energy to rip out the existing floor and replace it.



Below: Feature walls can create drama and interest in a bedroom. Use them to inspire a colour palette which can be carried on into bedlinen, furniture and ensuite cabinetry to create a unified space. The side wall is Resene Spice, the wall behind the bed and the ensuite are Resene Quarter Akaroa and chair and chest of drawers in Resene Akaroa. Flooring in Resene Akaroa and artwork by Simply Creative.

Resene
Quarter Akaroa

Resene
Akaroa

Resene
Spice



painting techniques



Above: Resene Duck Egg Blue is a timeless shade that stays in style no matter the trend. This patterned bedroom wall features a basecoat of Resene Quarter Duck Egg Blue with design in Resene Duck Egg Blue and Resene Half Inside Back. Floor in Resene Colorwood Whitewash.

Resene Quarter Duck Egg Blue

Resene Duck Egg Blue

Resene Colorwood Whitewash

Resene Half Inside Back

Resene Alabaster

top tip

Between coats, wrap your brush and roller in a reusable plastic bag to stop them drying out. See www.resene.com/videos for more tips on painting techniques for all areas of your home – there are videos and written guides.

Bedrooms are relatively easy places to paint yourself – they're self-contained spaces and aren't too big.

If the wall is new, ensure it is clean and dust free and has been sealed with either Resene Broadwall Waterborne Wallboard Sealer or Resene Sureseal. If the wall has been previously painted, use a clean cloth and wipe the wall down using a solution of Resene Interior Paintwork Cleaner and fresh water.

Check the walls and ceiling for any damage and for gaps between trims and the walls. Fill any gaps, holes or voids.

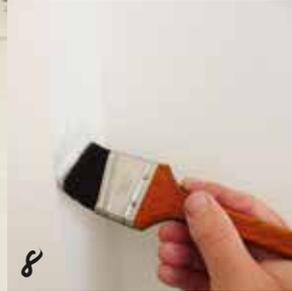
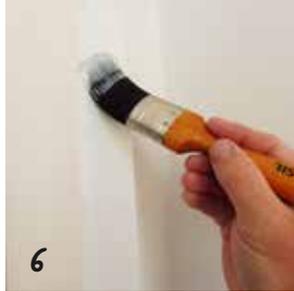
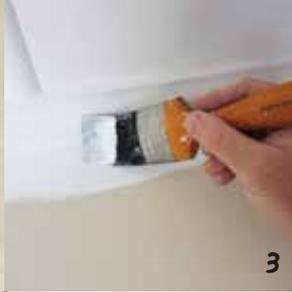
Also treat any mould with Resene Moss & Mould Killer – if this is left, it will simply grow through and damage your new paint.

Remove the furniture from the room if you can, or cluster it into the centre and protect both it and the floor with dropcloths.

Start with the ceiling. There's no need mask off the walls at this stage but do mask over light switches and cover light fittings. Cut into the edges with a paintbrush then use a roller on an extension handle to paint the rest. Use Resene SpaceCote Flat or Resene Ceiling Paint in the colour of your choice. Apply two coats of paint.

If you are painting woodwork such as skirting boards, doors and window and door architraves, these come next. Mask the glass. Again, there's no need to mask the walls but do take care not to get too much paint on them as the paint type you will use on the architraves has a different finish and you don't want to end up with an uneven surface. Use Resene Enamacryl (this is a gloss paint) or Resene Lustacryl (semi-gloss) in your chosen colour – these are both tough waterborne enamels which will take knocks, and wear and tear. Apply two coats.

Assuming you're using one colour for all of the walls, carefully mask the ceiling (or scotia), architraves and skirting boards using painters' masking tape available from your local Resene ColorShop.



top tip

Use low-tack masking tape to help you get a clean line between different colours or different parts of the room. Push the tape well down to ensure paint doesn't seep underneath and remove it before the paint is fully dry.

Use a 50mm cutting-in brush and paint 40-50mm out from the edges of the room and walls and also down each side of the corners in your chosen colour tinted into Resene SpaceCote paint. Then use a roller to paint the remainder of the walls. Allow to dry then repeat these steps – brush and roller. Resene paints are renowned for their excellent coverage but if you are painting a light colour over a dark one, you may need another coat, or consider using an undercoat of white paint first to help mask the darker shade.

Paint a bedroom in 9 steps

- 1) Wearing rubber gloves, wash all areas to be painted with Resene Interior Paintwork Cleaner, wiping off any excess with a clean dry cloth. Allow to dry.
- 2) To paint the ceiling, use Resene SpaceCote Flat or Resene Ceiling Paint. Stir the paint before use.
- 3) Using a brush, cut in around the edges of the ceiling and around the central light fitting.
- 4) Roll the remainder of the ceiling and allow the paint to dry. Apply a second coat.
- 5) To paint your trims and architraves, carefully stir the Resene Lustacryl semi-gloss in your chosen colour (we used Resene Alabaster). For a higher gloss contrast use Resene Enamacryl gloss.
- 6) Using a brush apply two coats of Resene Lustacryl to all of the trims allowing dry time between coats.
- 7) To paint your walls, Resene SpaceCote Low Sheen or Resene SpaceCote Flat are ideal. Or you could use Resene Zylone Sheen or Resene Zylone Sheen Zero with no added VOCs. Give the paint a stir before use. We used Resene SpaceCote Flat tinted to Resene Black White.
- 8) Cut in around all the woodwork, corners, light switches and sockets.
- 9) Use a roller to paint the remainder of the areas to be painted with your chosen Resene topcoat. Apply two coats.

Resene
Black White

get creative

Your bedroom is one of the most personal places in your home so what better place to unleash your inner artist. A colourful bedroom is not only a way to create a space filled with personality but the act of painting itself can be relaxing. Whether it's a landscape feature wall made of tonal hills or an abstract squiggle artwork, unleash your creativity with Resene's extensive range of colours.

Feature this

The sky's the limit when it comes to feature wall murals but remember the colours you choose to use in your artwork can impact how relaxing your bedroom is. If your mural is behind the bed, it's unlikely it's going to be visible as you drift off to sleep, although the colours may reflect around the other walls of the room and in mirrors. Tonal artworks can be fun to create, pick colours from the same colour range such as Resene Warrior, Resene Blue Bayoux, Resene Escape and Resene Half Escape – blue is often a safe bet.



Resene
Blue Bayoux

Above: Go with the flow with this squiggle design. The flowing motion of painting the squiggles is relaxing in itself. Wall in Resene Grey Seal (try Resene Quarter Stack) with painted swirls in Resene Mystery (try Resene Half Escape) and Resene Remember Me (try Resene Freestyling) and chest of drawers in Resene Remember Me.

 Resene
Escape

 Resene
Freestyling

 Resene
Quarter Stack

 Resene
Half Escape

 Resene
Warrior

Artwork on board

If turning a wall into a mural is too much of a commitment, try painting a design on the headboard. A headboard can be a fun way to introduce a little pattern to your room. Use a stencil to create an interesting repeating pattern using a dry brush (a brush without much paint on it) to lightly blot the paint through the holes or try pinstripes – create a crisp line using masking tape or try a soft freehand painted line.

Right: This Marimekko-inspired headboard is a creative art project that will give your bedroom colour and personality. The headboard is in Resene Strikemaster, Resene Cosmic, Resene Chamois and Resene Cod Grey. Drum side table in Resene Cod Grey and pendant light and smaller side table in Resene Cosmic, with flowers in Resene Strikemaster and Resene Chamois.

-  Resene Cosmic
-  Resene Strikemaster

-  Resene Cod Grey
-  Resene Chamois



Right: Murals don't need to be literal. Create a beachy mural that will make you feel like you are on holiday year round with an abstract artwork created by layering strips of paint applied using a sponge roller. The background is in Resene Breathless and the soft lines are in a sunny seaside palette of Resene Escape, Resene Galliano, Resene Papier Mache, Resene Sandbar and Resene Coast.



-  Resene Breathless
-  Resene Galliano
-  Resene Papier Mache
-  Resene Sandbar
-  Resene Coast

storage

Make the most of what you have by installing fitted wardrobe kits into an existing wardrobe. These are cleverly designed and often modular, enabling you to fit as much as possible into the space you have. If the wardrobe doors are a dominant feature on one wall, paint them the same colour as the wall to visually blend them in, or add a mirror to one of them as a practical addition.

Wheeled trolley boxes to push under your bed are the ultimate storage spot for those short on space, or consider adding a bed with built-in drawers underneath. Or if you have space at the end of the bed, consider a long ottoman with a lid that lifts to reveal storage or a trunk. These can double as handy seats for putting on shoes.

Right: Don't overlook your walk-in wardrobe. Incorporate it into your bedroom scheme by painting it in a complementary colour – a darker colour inside the wardrobe may make your room feel larger. Back wall in Resene Dark Slate, front walls in Resene Hermitage with harlequin pattern in Resene Destiny and trims in Resene Sea Fog. Pendant light in Resene Zumthor, desk in Resene Destiny and flooring in Resene Colorwood Whitewash.



- | | | |
|---|---|--|
|  Resene Sea Fog |  Resene Destiny |  Resene Hammerhead |
|  Resene Hermitage |  Resene Dark Slate |  Resene Colorwood Whitewash |



Narrow built-in cupboards don't take up much room and can store a large amount. They only need to be a shoe length depth or deep enough to take a folded pair of jeans. Or use cubby-hole style shelves for these items, minus the doors.

Can some of the items you keep in the bedroom be stored elsewhere, like off-season clothes in the spare bedroom wardrobe, or suitcases or other bags in your garage?

Or perhaps you can store off-season clothes and blankets in a stack of vintage suitcases? Choose bedside tables that have drawers to help hide clutter.

Right: Your clothes are part of your personality, so why not give your wardrobe a dash of style too? Designer Hamish Dodd painted the inside of his wardrobe in Resene Rivergum to make the space pop.

Below right: Designer Shelley Ferguson transformed a kitset wardrobe into a glam space with a little va va voom by painting the inside in Resene Blanced Pink from the Karen Walker Paints collection.

 Resene Mercury



Right: If your bedroom doubles as your makeup area, make it a feature. Choose wall colours that not only complement your skin tone but create a luxe space which makes you feel pampered. Back wall in Resene Loblolly with Resene FX Paint Effects medium mixed with Resene Half Gull Grey, front wall in Resene Sakura with Resene FX Paint Effects medium mixed with Resene Quarter Blanc, floor in Resene Mercury and skirting boards and makeup table in Resene Snow Drift.



-  Resene Sakura
-  Resene Blanced Pink
-  Resene Quarter Blanc
-  Resene Half Gull Grey
-  Resene Snow Drift



Put hooks on the back of the door for your dressing gown, coats and handbag. Likewise, hooks on the wall can hold all sorts of items like scarves, belts, necklaces and bags.

Or make a jewellery hanger by covering a cork or craft board with Resene wallpaper or painting with your favourite Resene colour and framing it, then adding small hooks for earrings, bracelets and necklaces.

Turn your bedhead wall into a full-on built-in storage unit, by building a shelf behind the bed, with set-down space on either side, tall cupboards beside that and cupboards on the wall overhead.

Finally, get into the habit of putting clothes away rather than slinging them on a chair, on the end of the bed... or on the floor.

top tip

Painting the inside of your wardrobe or cabinets with Resene Enamacryl gloss will help reflect light in a small dark space and create a sense of luxury.

Right: Jazz up some old cabinets and make them a feature in your bedroom by painting them in stripes or a pattern. Wall in Resene Palm Green, floor in Resene Greige, cabinet in Resene Double Spanish White with stripes in Resene Vintage.



Resene
Vintage



Resene Double
Spanish White



Resene
Greige



Resene
Gold





take a stand

A bedside table is essential for placing reading lamps, alarm clocks and books. But while its function is practical it doesn't mean its colour scheme has to be boring. Use this simple furniture piece to introduce an accent colour that contrasts with the walls or ties into bedlinen. This small piece can easily be repainted with Resene testpots when you want to update your interior.

Above left: A technique to distress a bedside table to give it a vintage look is to dab Vaseline along parts of the edges before painting. Once dry, use the cloth to lift off the paint over the Vaseline to reveal pieces of the wood underneath. Bedside table in Resene Twizel, wall colour in Resene Coast and Resene Seachange and the flooring is Resene Colorwood Limed Oak.

Above middle: Create luxurious looking bedside drawers by painting a line design in Resene FX Metallic Gold. Wall in Resene Grenadier, Resene Rice Cake and Resene Aquaclear.

Above right: A bedside table is a way to tie in colours from a wallpaper into your interior scheme. The top half of the wall features floral design Resene Wallpaper Collection E384534 with tongue-and-groove panelling on the lower half of the wall in Resene Bunting. Bedside table in Resene Pewter (outside) with Resene Coconut Cream (inside), chest of drawers in Resene Pewter and flooring in Resene Coconut Cream.

-  Resene Rice Cake
-  Resene Pewter
-  Resene Seachange
-  Resene Coast
-  Resene Palm Green
-  Resene Bunting
-  Resene Twizel
-  Resene Colorwood Limed Oak



let there be light



Of course, windows are the best source of general light but given a bedroom is more often used in the evening and at night, the lighting you choose is important.

Having just one central pendant light in a bedroom probably won't cut it. It will give good general light but won't be very atmospheric and won't provide specific lighting for tasks like reading or finding items in your wardrobe.

If you read in bed, you'll need good task lighting either with an adjustable desk-style lamp or wall lights. If you're part of a couple and one of you likes to read later into the night, consider a small bendy light that will allow you to see but not disturb your partner.

If you regularly get up in the night to use the bathroom or check on young children, consider low set sensor nightlights – these can be wired in, plugged into a socket or powered by batteries and stuck onto the wall.

A strip of LED light in the wardrobe will make identifying your favourite black dress or pair of jeans easier. A floor or table lamp that casts a soft pool of golden light will be a good mood-setter – for romance or simply for feeling relaxed.

The type of light and bulb you use could also make a difference. White and blue light may make you more alert so are not ideal for winding down at the end of the day, but they are good for task lighting. Warm-hued bulbs are best for bedrooms, even in your reading lamps.

Lighting also affects how we see paint colours so the shade you have chosen and fallen in love with during the day may look quite different in your bedroom at night, especially when it comes to subtle neutrals. A warm biscuity tone may look grey-tinged under whiter lights, or a soothing clay colour can turn orangy under warm light. To avoid this, paint an A2 sized piece of card in the Resene testpot colour of your choice, pin it to the

Above: The pendant light in Resene Sunbaked in this bedroom is the star of a graduated terracotta colour scheme. Walls in Resene Raindance (try Resene Botticelli) with Resene Just Dance (try Resene Wax Flower), footstool and vases in Resene Sorbet (try Resene Tuft Bush), Resene Shilo and Resene Sunbaked (try Resene Tuscany). The flooring in Resene Colorwood Mid Greywash anchors the room. Petra Leary artwork from endemicworld.

-  Resene Tuft Bush
-  Resene Wax Flower
-  Resene Tuscany
-  Resene Botticelli
-  Resene Colorwood Mid Greywash

wall of your bedroom and view it under all types of light – daylight, when your general lighting is on, and when you just have lamps or bedside lights turned on.

Try choosing lower wattage bulbs to keep the mood relaxed or choose lampshades that diffuse brightness. Dimmers are useful in the bedroom, as are smart bulbs that respond to vocal or phone-app commands to take things down a notch.

If you live in a city, it can sometimes be difficult to cut down on the light pollution from streetlamps, nearby storefronts or signage. But finding ways to cut down on unwanted light seeping in at night will make falling asleep that much easier. Seek out window treatments that will obscure outside brightness at night but don't block it during the day: Lightweight curtains or Roman blinds in a beautiful fabric with blackout lining behind will work a treat.

The Resene Curtain Collection is designed to work with popular Resene colours. The selection includes patterns and colours through to neutrals designed to complement a wide range of colour schemes. Select your favourite Resene Curtain Collection fabric and purchase custom made curtains from your local Resene ColorShop and get them delivered to your home or get your curtain specialist to produce curtains/roman blinds or other drapery to suit. These fabrics are suited for window treatments and other soft furnishing items.



Right: Accentuate your lighting and amp up the drama by painting spotlights onto your wall. This design features light beams painted in Resene Echo Blue onto the Resene Astronaut wall. The pendant lights and plant pots are in Resene Alabaster and the flooring is in Resene Smokescreen.

- Resene Alabaster
- Resene Astronaut
- Resene Echo Blue



Touch the wall lighting

Have you ever fumbled in the dark trying to find the light switch? Or tried to reach an awkwardly placed light switch and found yourself wishing that it wasn't so hard to reach?

Resene SmartTouch conductive paint makes turning lights on and off so much easier. Rather than stumbling around in the dark trying to find the light switch or twisting yourself into a contortionist trying to reach an awkward switch, your wall can become the switch with Resene SmartTouch. Simply tap the wall finished in Resene SmartTouch to switch the lights on and off.

Perfect for beside a bed, or on the wall on the way to the bathroom.

	Resene Solitude		Resene Frozen
	Resene Half Spindle		Resene Biscay

Right: Turn on your lights by simply tapping the walls by using Resene SmartTouch. This conductive coating can be connected into your electrical circuit by a professional electrician. Wall in Resene Frozen, with headboard painted in Resene SmartTouch topcoated in Resene Biscay. Flooring in Resene Solitude and bedside table in Resene Half Spindle.



a word on *windows*

How to dress and cover your bedroom windows takes a bit of consideration. The need for privacy and light control means you may have a combination of options, for example painted venetians with drapes to soften the look. Or blackout or privacy blinds complemented with drapes or a roman blind over the top. Or a double track to cater for both sheers and drapes.

Drapes that have a bump lining give a look of comfort and luxury, and help with noise and heat insulation. Plantation-style internal shutters have a getaway feeling and are great for both light and privacy control.

As for the windows themselves, make sure you are able to securely open them so that your bedroom can be properly aired. Eight hours of someone breathing as they sleep creates a lot of moisture and condensation.



Left: The bedroom of this home by Whitewood Homes includes a feature wall in warm beige Resene Half Drought which contrasts with the crisp white of the Resene Alabaster on the trims and ceiling.

Right: Designer Annick Larkin's airy bedroom receives lots of natural light so a chic off-white like Resene I Do is an ideal choice for the walls, architraves and skirting board. Ceiling and crown moulding in Resene Wan White.



top tip
Paint windowsills and architraves with Resene Lustacryl semi-gloss or Resene Enamacryl gloss, waterborne paints with enamel-style durability.

styling



The practicalities of bedroom life can look superb if you style them right. For example, a clock, table lamp, books, a small dish for jewellery and a vase of flowers neatly arranged on a bedside table add the finishing touches.

Choose a range of heights for these objects, and use the stylist's rule about using odd numbers. The same goes for the top of your chest of drawers where you might have a collection of vases, a jewellery box, framed family photos and items like a hairbrush or mirror.

Consider scale. If you're blessed with a spacious bedroom, your accessories and furniture can be oversized so that they don't look lost in the room. The reverse applies to a small bedroom.

An artwork hung centred over the bed always looks good or if you want the wall to have more impact, consider a gallery-style arrangement of art. Just make sure your head won't bump into them when you're sitting up in bed. Or prop an artwork up on a dressing table rather than hang it. Check out the www.resene.com/artprojects and www.habitatbyresene.com websites for some easy-to-make DIY art ideas.

A collection of family photos is always a lovely personal addition to a bedroom – consider painting a series of photo frames in the same or similar colour using Resene testpots so the collection looks more cohesive.

Use small pendant lights hung low beside the bed instead of wall or table lamps. The recent trend for industrial-style Edison

Resene
China Ivory

Resene
Miso

Resene
Alpaca

Resene
Travertine

Resene
Nirvana

Resene
Eighth Tapa

Resene
Coconut Cream

Resene
Fawn Green

bulbs works well with this approach. A bench seat or ottoman at the foot of the bed adds a hotel vibe.

Try to keep your bedroom clutter-free. There's nothing worse than tripping over shoes when you're half awake, knocking your tea off the bedside cabinet because there's no set-down space, or having to fossick through a pile of clothes to find your favourite top... and then have to iron it.

Most of all, a bedroom should feel welcoming and comfortable so be flexible with your styling so that you don't feel constrained or that you can't touch or move anything.

A quiet spot

If your bedroom is big enough, consider adding a quiet corner to retreat to – a place to read, play games on your device, have a cup of tea or chat to a friend online or on the phone. This will give you space to get away from the rest of the house, without actually having to go to bed. Add a comfy armchair, a small side table and a reading lamp. If you are building a new home, what about a built-in window seat or nook?

Opposite: If you have a favourite cushion or blanket, why not use it as the starting point for your colour scheme. The top of the wall is Resene Travertine, the middle of the wall is Resene Miso and the lower part of the wall is Resene Nirvana. Headboard in Resene Fawn Green with lattice pattern in Resene Miso, skirting board in Resene Fawn Green, shelf in Resene China Ivory, peg stool in Resene Coconut Cream and vases and pots in Resene Eighth Tapa and Resene Alpaca.

Right: Screens can be a way to partition off parts of your bedroom and hide away mess like laundry hampers. Wall in Resene Half Alabaster, floor in Resene Rakaia and arch screen in Resene Half Alabaster with stripes in Resene Patters Blue and side table in Resene Ship Cove. Artwork by Brenda Clews.

 Resene Half Alabaster

 Resene Rakaia

 Resene Patters Blue



Resene Ship Cove

it's the small things

Sometimes it's the small details that transform a house into a home. While in a bedroom the bed, bedlinen and walls are often the star, accessories and furniture allow you to introduce more colours to give the room depth, texture and dimension. Try creating your own DIY artwork using colours used in the rest of the room, painting the covers of old books, your lampshade or picture frames. Layer levels of sheen throughout the room, if your walls are painted with a low sheen paint like Resene SpaceCote Low Sheen try using Resene Lustacryl semi-gloss or Resene Enamacryl gloss to paint furniture such as a bedside tables or chest of drawers. Or try a matte finish with Karen Walker Chalk Colour paint and wax.



Left: If you have leftover wallpaper from a renovation, why not use some leftover pieces on your furniture. Simply cut the pieces of wallpaper to the size of the front of the drawers before priming with Resene Quick Dry and painting in your chosen colour. These drawers are painted in Resene Coriander and the design is Resene Wallpaper Collection 366011.

-  Resene Eighth Friar Greystone
-  Resene Half Friar Greystone
-  Resene Friar Greystone
-  Resene Double Friar Greystone
-  Resene Coriander
-  Resene Americano
-  Resene Tuna



Left: Create a bedside table that's a work of art using plywood cut in graduated squares in an ombre colour scheme using Resene Riverstone timber stain, Resene Colorwood Natural, Resene Triple Friar Greystone, Resene Double Friar Greystone, Resene Friar Greystone, Resene Half Friar Greystone and Resene Eighth Friar Greystone. Back wall in Resene Quarter Surrender, left wall in Resene Americano and flooring in Resene Colorwood Mid Greywash.

-  Resene Quarter Surrender
-  Resene Colorwood Mid Greywash

Furniture refresh 101

Transform tired furniture in five easy steps.

- 1) Remove any handles and sand using fine grit sandpaper (if needed).
- 2) Depending on the type of furniture and whether it is already painted, you might need to prime or seal it. Some projects may be fine to paint over existing paint or paint without priming. Ask your local Resene ColorShop what's right for your project.
- 3) Using a paintbrush, paint the edges of the drawers and anywhere the roller won't reach. Resene Enamacryl gloss and Resene Lustacryl semi-gloss are ideal for furniture as the enamel-style finish is extremely durable.
- 4) Using a small foam roller to achieve a smooth finish, roll paint on the rest of the drawers.
- 5) Once this coat has dried, repeat with a second coat of paint.

Resene Triple Friar Greystone 



Left: Get creative on your bedroom furniture with a landscape design painted in Resene Lustacryl semi-gloss in your favourite colours. Sketch out your design on a piece of paper first, this design features Resene Onahau (sky), Resene Half Halcyon (pale, furthest hills), Resene Destiny (grey hills), Resene Green Meets Blue (hills with rocky headland), Resene Foam (sea), Resene Saratoga (green hill), Resene Karma (sand/beach), Resene Grass Hopper (foreshore), Resene Green House (green paddock) and Resene Iko Iko (legs).

Below left: Painting books is a simple way to introduce a little colour to a room. Simply remove the jackets and prime with Resene Quick Dry then paint in your favourite colours. These books are painted in Resene Gondwana, Resene Summer Green and Resene Edgewater.



 Resene Edgewater

Above right: There's no need for floating shelves to be white. Incorporate them into a colourful wall scheme, and create crisp stripes on your wall using masking tape. From top to bottom, the stripes are in Resene Covert, Resene I Do, Resene Bona Fide (try Resene De Janeiro), Resene Kookaburra (try Resene Deluge) and Resene Poet. The shelves are in Resene Wanaka.

Right: These drawers are painted using Resene Lustacryl semi-gloss tinted to Resene Waiouru. The toetoe motif is a stencil which is painted in Resene Flax.

- | | |
|--|---|
|  Resene Foam |  Resene Karma |
|  Resene Onahau |  Resene Grass Hopper |
|  Resene Half Halcyon |  Resene Gondwana |
|  Resene Destiny |  Resene Saratoga |
|  Resene Summer Green |  Resene Green Meets Blue |

- | | |
|---|--|
|  Resene I Do |  Resene Iko Iko |
|  Resene Poet |  Resene Flax |
|  Resene Deluge |  Resene Colorwood Natural |
|  Resene De Janeiro |  Resene Green House |
|  Resene Covert |  Resene Wanaka |



bedding

Do you like a bed to look like a squishy cloud you can cast yourself upon, or rather a sleek sculptural statement in the middle of the room with pillows stacked in military-like precision?

Given that the bed is the biggest visual element in the room, your choice of bedlinen and the way you dress the bed will have a big impact on the look of the room.

It may be that a favourite duvet cover has inspired the room's colour scheme. Certainly your bedding choice should tie in with the look and style of the bedroom.

While the use of bedspreads has had a slight comeback in recent years, duvets are usually the most popular bed covering which opens up a vast range of looks with the plethora of duvet covers available.

Consider how you might like to accessorise the bed – with a throw across the bottom that can be used for extra warmth on chilly nights perhaps? European pillows are handy for sitting up in bed to read a book. Would a number of cushions complete the look, or would you rather avoid the need to 'unpack' your bed every evening before you get into it?

Bedding looks tend to be more relaxed these days, so a throw is literally thrown across the end of the bed rather than



neatly folded, and cushions are often scattered rather than lined up. This approach also includes the trend for washed linen covers which looks relaxed, even slightly rumpled.

A bed that is layered in different textured linens always looks sumptuous and decadent, crisp cotton sheets, then a damask bedspread or wash linen duvet cover, topped with textured or flanged cushions and a knitted or fringed throw.

Above: Make life simple by choosing bedlinen from the Resene Living range from Briscoes. The range matches Resene paint colours to make colour matching easy. The Resene Living Maze bedlinen set in Conch coordinates with the walls in Resene Conch and screen in Resene Half Sour Dough. Styles change regularly.



Resene
Conch



Resene
Half Sour Dough

get decorating



Try out your favourite colours

Resene testpots are the best way to try out your colour choices. Available from your Resene ColorShop or reseller, or order online at shop.resene.com/testpots.

Thousands of Resene colours are also available as A4 screen-printed paint swatches, known as drawdowns. You can order these from the Resene website, www.resene.com/drawdowns, or browse through the in-store library of swatches at Resene ColorShops and resellers.

Need more colour advice?

Try out the free Resene Ask a Colour Expert service at www.resene.com/colourexpert. Or book a colour consultation, virtual or at home visit in selected areas at www.resene.com/colourconsultation.

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Get more inspiration

For more inspiration on fresh trends and colours, see the latest looks on the Resene website, www.resene.com/latestlooks, get a taste of new wallpaper releases, www.resene.com/wallpaper and visit your Resene ColorShop or reseller.

For gorgeous home projects, themes and more colour ideas, visit www.habitatbyresene.com.

For more paint and decorating ideas, how to projects and videos, check out the Resene website at www.resene.com.

Remember you only get authentic Resene colours when you use Resene tinters in Resene paint bases. Resene decorative tinters with no added VOCs and the true Resene colour formulations are unique and only available from Resene, so make sure you insist on genuine Resene products and tinters for your project.



Above: Main wall and shelves in Resene Inside Back. Floor in Resene Half Duck Egg Blue. Peg stool in Resene Cinder. Painted book in Resene Blanc. Vases in Resene Mocha, Resene Half Duck Egg Blue, Resene Duck Egg Blue, Resene Innocence and Resene Blanc.

	Resene Blanc		Resene Inside Back
	Resene Mocha		Resene Innocence
	Resene Half Duck Egg Blue		Resene Cinder
	Resene Duck Egg Blue		

An easy DIY hack for creating the effect of panelling or wainscoting is to hang picture frames on the wall. Wall and batten frames in Resene Silver Chalice, flooring in Resene Colorwood Mid Greywash and pendant lamp in Resene Cab Sav. The DIY side table is a half-round concrete block protected in Resene Concrete Clear satin with timber top stained in Resene Colorwood Ironbark.



Resene
Silver Chalice



Resene Colorwood
Mid Greywash



Resene
Cab Sav



Resene Colorwood
Ironbark

Resene

the paint the professionals use

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