

Balance yourself with blue

IN THE SEA AND SKY, BLUE TOPS and tails our world. Looking out to sea can be both calming and invigorating – and think about how the sea becomes more inviting the bluer it is. Many people have an affinity with the ocean so it’s no surprise that when asked what their favourite colour is, blue comes in first, especially among men.

Blue was a prominent colour in ancient Egypt as the mineral lapis lazuli was thought to possess life-giving properties. Egyptians saw ‘life’ in the blue of water – the river Nile was often featured on grave paintings – and the ‘divine’ in the immense colour of the sky.

Blue is recognised as a healing colour that can lower blood pressure and reduce pain. Indeed, blue has such positive connotations that sometimes the unpleasant things in life, such as parking tickets or school reports, are printed in blue so they’re more readily accepted. Darker blues imply efficiency and loyalty, and demand attention and respect, while blue flowers, such as forget-me-nots symbolise faithfulness.

Your personality

If you love blue, you’re likely to be a reliable, honest and loyal person for whom integrity is important. You probably like to keep the peace and avoid confrontation. You love to support and nurture others and have a confident, soothing nature.

Using blue at home

Blue is a cool colour so it can take the heat out of a room that gets too much sun. It’s also a receding colour so it can be used to make a small room, such as a nursery, appear larger. “Painting a bedroom soft blue can enhance restful qualities and encourage a sense of contentment. To add passion, use accents of magenta,” says Jill. “In a living room, blue and white always works well. It’s a combination dating back to Chinese porcelain. Soft blues are also very pleasing in a bathroom where they reinforce the soothing, therapeutic effects of bathing.” Greyed mid-blues are easier to live with and suit a contemporary living room. Darker blues should be reserved for furnishings or accessories, unless the room has a lot of natural light.

Wearing blue

Those wearing blue feel peaceful, calm and have faith in themselves, according to Thelma’s book. Blue denotes a reassuring, trustworthy and dependable attitude. Thelma suggests you avoid this colour, however, if you’re feeling depressed or withdrawn. For Ingrid, blue conveys organisation, reliability and honesty. “Dark blues are authoritative and dependable, while mid-blue tones are approachable,” she says. “Blue is one colour that’s flattering on all skin tones as we age. To avoid looking too conservative, try prints or add a splash of colour with your accessories. Choose yellow, turquoise or raspberry.” →

Buttoned velvet chaise, \$3250; plaster feather lamp, \$2750 for a pair; pewter tone stainless steel vase, \$425. All Mid Century Design. Tapestry fabric (cushion), \$50; crochet tray cloth (cushion), \$15. Both from Salvage. Candlestick, \$45, Romantique. Grace Kelly painting (not for sale). Wall in Wedgewood, \$50.50 per litre; floor in Iron, \$49.50 per litre. Both from Resene.

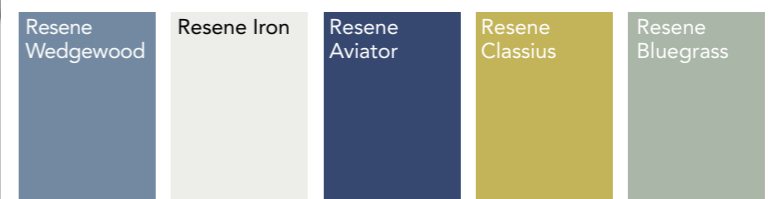


Dress, \$285, Caroline Church.

Top, \$209, Sera Lilly.

Tunic, \$189, Black Basics.

Blouse, \$349, Juliette Hogan.



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