



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