

COSY REFRESH

MiNDFOOD's Editor-in-Chief Michael McHugh embraces the earthy hues of autumn celebrating this season's rich tonal palette, with these five simple & stylish ideas for your home.

1

This warm hue painted in Resene Brown Pod is perfect for cooler rooms that need warming up. It is also a great background colour for interesting vignettes of collected items in hallways, studies or living spaces. Keep it simple with dark chocolate brown accent furniture pieces: the bench is painted in Resene Zorba so the space has its own personality. I collected stained wood turned vases years ago and I've recently brought them out again. Create a small moment with any sort of collected favourite items. The checked floor is painted in Resene Tenor and Resene Dover White.



Bold stripes against a hand painted wall is back in fashion in interior spaces, like the back wall painted in Resene Alamo with Resene FX Paint Effects tinted with Resene Half Sour Dough over the top. Autumn hues are perfect for creating that subtle mottled wall effect, especially when complemented by a stripe. The side board is painted in stripes of Resene Half Scotch Mist and Resene Pendragon. Just keep the pairing of these design classics simple in execution.



4



I do love a wall split of two colours and a painted dado line. These walls are painted in Resene SpaceCote Flat in Resene Quarter Bianca (top), Resene Dust Storm (bottom) and middle strip in Resene Pursuit. Dado lines can do a brilliant job personalising a space. I tried one in our dining room using two colours: it's fabulous. The floor is painted in checks in Resene Walk-On in Resene Avant Garde and Resene Half Sour Dough.

3



5

I really love creating little colour mood board themes. At this time of year, it's very much nature taking the lead with browns, golds, reds, burnt oranges and caramel creams. Start with the colour and texture of your floors – this is Resene Bark – and then build upwards from that. Branch out, embrace a new palette like the swatches from left in Resene Pendragon, Resene Alamo and Resene Brown Pod, with testpots from top in Resene Brown Pod and Resene Alamo.

2

Lighting, lighting, lighting! I learnt very early on at magazine photo shoots that lighting is the key to making 'just a space' into 'a great space'. Whether you're after dramatic, inviting, warm or cooler tones in lighting, spend time discovering where your source of natural light is coming from and what it's like during the day and early evening. The wall and window frame is painted in Resene Brown Pod and the floor is finished in Resene Colorwood Bark, both perfect to reflect the light coming into the space. Be brave and go for a floor lamp like this Cone Floor Lamp from Good Form. Creating shadows within a room adds to the drama of an autumn-hued room.



Nature-inspired colours are inherently soothing, evoking a sense of calm and tranquillity. When paired with natural materials, the autumn palette of browns, golds, reds and caramels can transform your home into a warm, inviting retreat. Take a moment to observe the changing landscape around you – notice how serene and harmonious the colours are, and how effortlessly they complement your existing décor. A simple update, like painting a single wall or adding an accent piece, can introduce gorgeous autumn tones into your space and create an instant change.

Spending time in nature is known to benefit our mental health, so now is the perfect time to bring that calming energy indoors. Autumn's palette is versatile and can create an understated luxury, depending on how you incorporate it. These five simple tips are designed to help you rethink how to use colour in your home, creating a space that feels both peaceful and stylish.

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