



COLOUR *your mood*

While colour therapists and scientists may not agree on precisely how colour can help improve physical and mental health, they do agree that the effects colours have on our moods can be significant. We take a look at the rainbow and the feelings its hues evoke.

RED

Promotes energy, warmth and vitality. It's said to stimulate us and raise the heart rate. Wear red when you need to meet a demanding day, or feel drained of energy. When used well, red in the home can make a room feel warm and cosy.

 Resene Havoc

ORANGE

Promotes pleasure and enthusiasm and frees and releases negative feelings. It's thought to increase energy levels and also symbolises vitality and endurance.

 Resene Touche

YELLOW

Promotes mental clarity, increases awareness and stimulates interest and curiosity. The colour yellow helps connect us to our mental selves.

 Resene Bright Lights

GREEN

Promotes balance and calm – and it's known universally as the healing colour. A very relaxing colour to have in the home.

 Resene Kandinsky

BLUE

Promotes good communication and knowledge, serenity and creativity, however it's a colour to be avoided in depression or loneliness.

 Resene Escape




INDIGO

Has sedative qualities and is said to strengthen intuition and imagination. A great colour to have in the bedroom or a quiet place.

 Resene Gypsy Queen

VIOLET (OR PURPLE)

A polarizing colour – people seem to love it or hate it – that's said to balance the mind and transform obsessions and fears; brings peace and helps to combat fear.

 Resene Mesmerise

Colours as close as printing process allows.



Resene

the paint the professionals use For more colour ideas and inspiration see your Resene ColorShop or reseller, or visit resene.co.nz