

# slow spaces



**In an increasingly** challenging and uncertain world, spaces where you can wind down, take a load off and minimise stress are more popular than ever. This shift towards making our homes into havens where we can shelter from the chaotic energy of everyday life has also influenced colour trends as we seek out comforting hues that are known for their calming qualities. Dusted blues, sea greens, creamy whites, petal pinks, mushroom mauves, cloudy greys and washed timber tones like Resene Inside Back, Resene Green Meets Blue, Resene Blanc, Resene Sakura, Resene In The Mauve, Resene Surrender and Resene Colorwood Breathe Easy are perfect for setting the tone in spaces where rest and recuperation are needed, which has increased demand for these gentle colours as more of us look to leverage their magic in our home sanctuaries. Endlessly interchangeable and so easy to love, these Resene hues leave the door wide open for you to customise your space with whatever soothes your soul.

Resene  
Blanc

Resene  
Sakura

Resene  
Hot Toddy

Resene  
Fountain Blue

Resene  
In The Mauve

Resene  
Surrender

Resene  
Inside Back

Resene  
Green Meets Blue

**Left:** Muted sunset and ocean tones invoke calm and relaxation. Wall painted in Resene Sakura, jug vase in Resene Fountain Blue and painted books in Resene Fountain Blue and Resene Hot Toddy. Chair from Cintesio, bedlinen from Foxtrot Home, artwork by Carmel Van Der Hoeven.

## tuck into denim

Since your bedroom is the place you start and end your day, it makes sense to decorate it with colours that are gentle on the senses to help ease you into your day and wind down after it. Denim blues are among the easiest colours to live with and send a soothing message to your brain. Plus, their inherent greyed quality not only works well with our intense natural light but makes them even more recessive and restful than brighter, glassier blues. With walls in cosy Resene Rhino, a rich denim blue, this bedroom sets the tone for rest and rejuvenation. But to keep this deep colour from feeling too dominating or heavy, we've painted the floor in Resene Iron and added lightly coloured bedlinens for levity and balance. To dampen the contrast between your lightest and darkest hues, use mid-range tonal hues across key furniture and decorative accessories.

<input type="checkbox"/> Resene Midwinter Mist	<input type="checkbox"/> Resene Neutral Bay
<input type="checkbox"/> Resene Iron	<input type="checkbox"/> Resene Half New Denim Blue
<input type="checkbox"/> Resene Quarter Powder Blue	<input type="checkbox"/> Resene Rhino
<input type="checkbox"/> Resene Gull Grey	<input type="checkbox"/> Resene Colorwood Breathe Easy

### top tip









Paint furniture in Resene Lustacryl for a durable semi-gloss finish or Resene Enamacryl for a gloss finish.

**Right:** A floor-to-ceiling ombre batten headboard makes for a striking statement feature without overwhelming this gentle colour palette. 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, bench seat in Resene Quarter Powder Blue and vases and accessories in Resene Half New Denim Blue, Resene Neutral Bay and Resene Rhino. Duvet and pillowcases from Foxtrot Home, blue cushion cover and rug from H&M Home, grey cushion covers from Adairs.



## stratified slumber

When it comes to colours that are both universally liked and considered universally restful, blues simply can't be beaten. This serene bedroom features a range of tones right from a soft, shell white with a whisper of blue grey, Resene Barely There, through to deep and inky charcoal blue Resene Cinder. The look is all about layering those blue hues sky high to create depth and cosiness. To break things up, a few deliberate touches of dusty brick red in Resene Mocha provide complementary contrast to the greener tones of Resene Hermitage on the back left wall, deeper Resene Inside Back behind the bed and paler Resene Half Duck Egg Blue on the floor. A bedside table and a few small accessories in deep Resene Cinder play off the dark navy bedlinen to ground the space while the cosy rug and throw bring tactile comforts and the textured artwork and potted plants lend an organic touch.

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



*top tip*  
Resene SpaceCote Flat is a durable and versatile paint that's ideal for bedrooms and living rooms.

**Above:** Combine soft, greyed blues with darker navy for depth and interest. Main wall and shelves in Resene Inside Back, back wall (at left) in Resene Hermitage, floor in Resene Half Duck Egg Blue, stool in Resene Cinder, DIY artwork in Resene EzyFill and painted in Resene Blanc, plant pots in Resene Duck Egg Blue (on floor) and Resene Cinder (on top shelf) and other painted accessories in Resene Mocha, Resene Half Duck Egg Blue, Resene Duck Egg Blue, Resene Innocence and Resene Blanc. Bedlinen, throw and lamp from Città.

## trusty dusty blues

Relying on a tonal colour palette, where all the hues you use are from the same colour family, is one of the simplest approaches to guarantee decorating success. And by taking this approach with a palette of dusty, recessive blues like Resene Half Dusted Blue, Resene Quarter Powder Blue, Resene Dusted Blue, Resene Periglacial Blue, Resene Casper, Resene Shadowy Blue, Resene Avalanche and Resene Coast, you'll be certain that your space becomes a calming one. If you decide you want to carry this energy into other rooms of your home, these same dependable colours can be endlessly remixed across different surfaces to give each space its own distinct vibe to suit the room's individual purpose. When it's time to put your feet up, you'll be able to rest assured that your entire home feels unified and cohesive.

 Resene Surrender	 Resene Avalanche
 Resene Quarter Powder Blue	 Resene Shadowy Blue
 Resene Periglacial Blue	 Resene Coast
 Resene Casper	 Resene Indian Ink
 Resene Half Dusted Blue	 Resene Heathered Grey
 Resene Dusted Blue	 Resene Kina Brown





**Below:** Tonal layers are a simple way to connect different spaces together. Back wall and coffee table painted in Resene Half Dusted Blue, arch wall in Resene Coast, floor in Resene Surrender, pendant lamp in Resene Indian Ink and vases in Resene Heathered Grey and Resene Kina Brown. Sofa from Target Furniture, cushions and throw from H&M Home, artwork from Simply Creative.

**Trend: archways**  
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## coastal cocoon

Deep wall colours can be incredibly soothing, as their enveloping nature creates a protective, cocooning effect. They're ideal for restful spaces like bedrooms or media rooms, where less light is often better than too much. A combination of blue, green and grey tones such as Resene Bunting, Resene Streetwise and Resene Shady Lady reference the colours of the sea and coast bringing the vibe of your favourite beachside retreat home. Load up your bed or sofa with layers of soft and cosy textiles and you'll be left with a space you never want to leave.

- |   |                   |   |                |
|---|-------------------|---|----------------|
|  | Resene Shady Lady |  | Resene Takaka  |
|  | Resene Streetwise |  | Resene Bunting |

**Right:** Wood panelling, a weathered finish on furniture pieces and use of natural fibres contribute to that relaxed holiday feeling suited to a coastal retreat. Back wall in Resene Bunting with tongue-and-groove headboard in Resene Takaka, left wall in Resene Streetwise, floor in Resene Shady Lady and jug vase in Resene Streetwise. Throw, duvet cover and basket from Citta, ottoman from Danske Møbler, rug and cushion from Mulberi, pillowcases from Foxtrot Home, bedside table and candleholder from Flotsam & Jetsam, Adrift painting by Selena Kitchen from Selena Kitchen Art.

**Trend: contemporary classics**  
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## top tip

Use a relaxing piece of artwork to set both the tone and palette for your space. Simply upload an image to the free online Resene Colour Palette Generator ([www.resene.com/palettegenerator](http://www.resene.com/palettegenerator)) to get a suggested colour palette to use to best complement your artwork.






## *a touch of texture*

While you won't want to fill your slow-down space with too many wildly different colours or décor that shouts for attention, it's still important to create interest – and the best way to do that is with contrast. While bringing in colours in sharply contrasting values is one way to break things up, mixing in a few items that have different textures is a gentler option. Choose natural textures, like dried florals, woven linens and handmade pottery to contrast with your smooth painted surfaces. Try using warmer colours like dusty rose to accent cooler tones such as powder blues to create a contrast in visual temperature.

**Left:** Texture and pattern add drama to a muted colour palette. Walls in Resene Half Halcyon and floor, lamp base and vase in Resene Scotch Mist. Bedlinen and throw from Foxtrot Home, cushion from Baya, rug from Good Form, dried floral arrangement by Rose Rowan.


### *top tip*

Create visual texture by varying the levels of sheen in your room. Paint walls in Resene SpaceCote Low Sheen and trims and vases in Resene Lustacryl semi-gloss.


-  Resene Concrete
-  Resene Half Halcyon
-  Resene Conch
-  Resene Juniper
-  Resene Thor
-  Resene Scotch Mist
-  Resene Gold Coast


## *sit and stay awhile*


When you have an oddly shaped or sized space and you can't find quite the right furniture to fit, custom joinery like built-in banquets and bookshelves are a superb option. Not only will these fit your room in a literal sense, but you can also ask for them to be painted or stained in a Resene colour to perfectly coordinate with your wall, floor, ceiling and décor hues. In this restful reading nook Resene Duck Egg Blue with layers of accent colours in soothing green blue hues makes it the perfect place to curl up with a cuppa and a favourite read.


Resene Duck Egg Blue 

**Right:** The right colour choices on furniture can create a whole new sense of space and functionality. Walls and shelves in Resene Duck Egg Blue, floor in Resene Colorwood Breathe Easy, bench seat in Resene Colorwood Rising Tide - a blue green tinted timber wash that allows the wood's grain to show through, stool in Resene Colorwood Bask, wooden accessories in Resene Colorwood Rising Tide, Resene Colorwood Bask, Resene Colorwood Breathe Easy and Resene Colorwood Shade and painted accessories in Resene Thor, Resene Conch, Resene Green Meets Blue, Resene Juniper, Resene Gold Coast and Resene Concrete. Cushions from Leopold Hall, throw from Adairs, stool and rug from Mocka, mug from Sunday Homestore, shell ball from Home Collective.

 Resene Colorwood Breathe Easy

 Resene Colorwood Rising Tide

 Resene Colorwood Bask


 Resene Colorwood Shade





## *art appreciation*


Visiting an art gallery or museum is a rejuvenating activity, but there's nothing stopping you from replicating that same experience in the comfort of your own home. Simple and clean yet warm and inviting, walls in Resene Cashmere, a soft suede with a hint of blush in its undertone, make for an elegant and refined base when combined with a light violet-grey floor in Resene Quarter Rakaia – one that's far more welcoming than a plain white. Rather than pricey and impossibly heavy granite plinths – which you might be hard-pressed to get inside your home – mimic the look of Carrera marble by painting fibreboard cylinders in two coats of Resene Alabaster before adding thin layers of mottling and veins with Resene FX Paint Effects medium mixed with Resene Half Stack to create dedicated displays for your well-curated treasures.


**Left:** Opt for clean lines and a pared back palette for gallery-style sophistication. Walls and low bowl in Resene Cashmere, floor in Resene Quarter Rakaia, 'marble' plinths in Resene Alabaster with veining in Resene FX Paint Effects medium mixed with Resene Half Stack, books in Resene Half Stack, Resene Quarter Rakaia and Resene Alabaster and star ornament in Resene Nero. Chaise from David Shaw, candelabra from Slow Store, sculpture and rug from Bo Concept, shelving from Good Form.

 Resene Alabaster

 Resene Cashmere

 Resene Quarter Rakaia

 Resene Half Stack

 Resene Nero