



in conversation with...

JANICE LINDSAY, COLOUR DESIGNER

Colour can change our perception of a room's size, style, ambience and even temperature. We spoke to colour expert Janice Lindsay about living life in technicolour



“Colour changes lives yet it is inexpensive and immediate. You don't have to order it and wait 12 weeks. All you have to do is follow your heart, which is surprisingly scary for some people. That's why I love my colour work. I get to push people into letting go, into listening to themselves and being brave. The results are transformative. Good colour is about setting the right energy levels. It isn't necessarily about bold, 'look at me' colour, but more about moderation and balance. If you're afraid, hire an expert or start small and work up. If you're reserved and calm, then neutrals and soft colours are best for you, while dynamic people usually need a more powerful set of colours. I've never met an unhappy person who lived surrounded by happy colours. I don't think there is any one 'colour trend' this year but if you pushed me, I would choose a toasty neutral I call 'cardboard.' Think brown paper bag and twine. It's an environmental colour – unbleached, earthy, easy to mix with other colours, especially retro shades. It's the colour that flooring, doors and trims are tending towards too, because it looks unstained and natural. White isn't safe. It's loud, bossy and a snob that likes its own company. It also requires good light and texture so avoid white if the idea is to be safe. The biggest colour mistake is usually the overuse of bright white on ceilings and trim with coloured walls. This creates unpleasant outlines that aren't at all elegant. In my own home, I have a white bedroom but a kitchen with six reds, one black and two whites. I have a gold powder room and a long off-white hall with a citrus yellow on one side. My studio is lime green. So I'm all over the map! But I don't think the overall effect is particularly colourful. Maybe that's just me! I find colour inspiration everywhere, in art galleries – the wall colour as well as the art – on the street, in nature, in fabrics, in garbage, everywhere! It's like a switch I can't turn off. I'm so lucky I do what I do or I would explode with the colour I absorb.”

Janice Lindsay is the founder of Canada's Pink Colour & Design; visit janicelindsay.com to find out more.