

## **The Theory of Colour**

Some of the effects of colours are well known and accepted by many people. In fact, those effects have been the subject of serious research and experiments and have been scientifically proven.

So what does your favourite colour say about you?

**BLUE:** Blue is first and foremost a calming colour, one that promotes physical and mental relaxation, inner security and confidence. Colour therapy uses blue to stimulate healing, relieve pain and lower blood pressure. People who wear light blue clothing are often creative, sensitive and imaginative. They need a peaceful environment. Those who tend to favour dark blue clothing are known to be intelligent, independent and very responsible. They look for tranquillity and like to be surrounded by affection and tenderness.

Light blue promotes creativity. That is why it is recommended to decorate offices and studies. Ideally, it should be associated with yellow, which stimulates the mind and raises one's organizational capacity. Turquoise seems to facilitate communications between people who surround themselves in it. Dark blue is a welcome addition to the bedroom as it encourages deep and peaceful sleep. Be careful however not to use it in a room where you plan to spend your days. You could fall prey to its unstimulating and powerful sedative effects.

**BLACK:** Since its effects are dramatic, black should be used carefully. Some believe its powers can also be associated with restraining personal evolution or as a deterrent to change. Wearing black clothes in certain occasions demonstrates self-control and an authoritarian personality; it represents a determined, disciplined individual with a strong will and firm ideas. It is also seen more in urban rather than rural areas.

The use of Black in decoration can be dramatic and inspiring, and it enhances the psychological effects of other colours. It is however, important to use it in moderation: a large black wall or ceiling can feel smothering and decrease the visual size and feel of the space, but, used sparingly in accents and for heightened dramatic effect, can be extraordinarily successful. Judicious use of black in your décor will highlight other colours, and add a touch of refinement and drama. Finally, open yourself up to the virtues of good fortune and luck that the Chinese associate with the colour black surely it is a virtue we can all appreciate to enhance our lives.

**GREEN:** When we think of green, we imagine many of nature's offerings such as forests, trees, grass, olives, apples, lichen, jade and emerald. In addition to fostering peace of mind, green seems to balance certain of our physiological functions, among them our heart, lungs and blood circulation. Certain studies even suggest that green promotes deep, slow breathing. Colour therapists use green to cure a number of ailments.

Those who dress in green tend to be careful, inclined to observe rather than act. They also display a humanitarian spirit, enjoy helping others and tend to notice details that others simply overlook.

In decoration, certain nuances of green, such as mint and aqua are considered refreshing. Apple and lime green are more stimulating and create an atmosphere of joy and lightness, while darker shades such as bottle and olive green can add a touch of calm to a décor. Thanks to its inherent qualities, green, in one of its many nuances, suits any room and brings a welcome touch of nature into our lives.

**ORANGE:** Psychologically speaking, colour therapists claim that orange is supposed to shore up the immunity system and stimulate digestion. Orange is the "happy" colour par excellence. It frees emotions, promotes self-esteem and the capacity to forgive. This stimulating colour fights depression and cultivates good humour. Lighter hues such as peach and apricot, help restore nervous energy.

Those who often wear orange are active, competent and rather impatient. They are independent, motivated, competitive and well organized. They are also creative and practical people, full of energy and often incapable to stay put.

Orange combines red's and yellow's stimulating attributes. It is a "happy" hue with a strong personality that pleases active, self-confident people. It seems that dancers are often attracted to orange. Those who find orange too strong often find such as terra-cotta, peach or amber more acceptable as they retain some of the attributes of orange.

**RED:** Colour influences our emotions and psychological state too. Red is a very powerful colour, associated with a high level of energy and stimulation. It goes hand in hand with adjectives such as courageous, antidepressant, assertive, determined, friendly, warm, and sensual. On the other hand, too much of some reds can make people feel irritable, impatient and even angry. Try to use somewhat subdued shades of red, like terra-cotta, or, if you wish to use bright red, assess how much you can use to make it a profitable addition to your environment without getting overwhelmed.

People who like to wear red tend to be ambitious, impulsive, excitable, and energetic. They tend to be high achievers, courageous and extroverted, which can make them good leaders.

Because of its stimulating effect, red is well suited to rooms where movement and activity are high, like the hall, staircase, exercise room or kitchen. But remember, you don't need to paint all the walls red to get the beneficial effects of this colour, if you are not sure how much impact it will have, try it as an intermediate or accent colour first.

**VIOLET:** Violet is thought to be antiseptic. In some operating rooms, ultraviolet rays are used to purify the air. In psychiatry, violet is used to treat patients who suffer from fears and obsessions because of its calming effects.

According to psychologists, violet contributes to mental equilibrium. In addition, it is associated with a sense of the artistic, music, intuition and spirituality. It promotes sensitivity and compassion.

People who wear violet are described as very sensitive and charitable. Their sensitive nature could make them vulnerable; that is why they are often advised to wear magenta, which contains red, to improve their self-confidence.

In home decorating, violet is sometimes used to create theatrical environments that reflect the creative personality of the residents. Artists often like to have a touch of violet in their studios. Violet also lends itself to rooms that are earmarked for prayer and meditation.

**YELLOW:** How would you react to a kitchen in which your sense of organization could find an ally? How about an area where homework could be done more effectively or a family room where good humour would prevail? To be sure colour is not the only factor in creating ambience in a room but it does contribute a lot to it. And yellow can help you create such a pleasant environment in many ways. Yellow also promotes the assimilation of new ideas and the capacity for understanding varying points of view. Moreover, it seems that yellow helps people become more organized and to adopt an optimistic attitude, something one can appreciate in any room.

People who like to wear yellow are interesting and stimulating. They thrive on being active and taking up challenges. They search for happiness. Yellow, therefore, is an excellent choice in decorating a room that is dedicated to intellectual pursuits. However, it is important to use it in connection with a colour such as blue that brings a measure of security and calm to the décor. Used alone in large quantities, yellow can prove to be too stimulating for the nervous system.