

Colour ME HAPPY

The shades you surround yourself with can directly impact your mood, so it's important to choose wisely!



GREEN

Green is the colour of nature, and it's said to bring tolerance, relaxation and hope (which we could all use right now!). Adding touches of green in the form of plants, a throw, or indeed layering the colour on the walls and furniture, will not only give you a sense of harmony, but it will also make quite the statement too.

Button Chaise in Elegant Peacock Velvet, £749, Seoni Cushion, £25, Zebra Throw, £35, all from John Lewis



Swoon Berlin Sofa, £1,799, Rattan Mirror, £27, Pendant £45, Hudson Living Coffee Table, £229, Gallery Windsor Rug from £189.99, Side Table, Green Bottles (Set of 3), £12, Green Vase, £32, Basket, £18, Tealight Holder, £18, Palm Leaves Cushion, £24.99, Tassel Metallic Cushion, £34.99, all at Very.co.uk



Light Shade, George Home at Asda, £20

Cushion, Dunelm, £12

Candle, Primark, £3.50



Throw, Wilko, £12

Faux Bonsai Tree, Sainsbury's Home, £18

Sofa, Swoon at Very.co.uk, £1,799



Prickle Decorative Ornament, from £32, Marble/Metal Sculpture, £30, Large Artichoke Plant Pot, £8, Coral Sculpture, £75, LSA International Utility Tealight Holder, Set of 2, Amber, £25, Ro Collection No. 1 Flower Vase in Burnt Sienna, £45, Striped Glaze Vase, £40, Pols Potten Hourglass Ball Sandglass, Medium, Pink, £32, all at John Lewis



Denby Blue Haze Kitchenware, John Lewis, **£19.20-£108**

BLUE

So calming is the colour blue, that it's even been said to lower blood pressure. The colour is also thought to provide feelings of safety and a touch of zen, so of course it works particularly well in bedrooms but looks fab in any room!

If you're worried about blue feeling cold, add some gold and warm wood tones.

Cushion, George Home at Asda, **£7**



Cabinet, Ikea, **£179**



Bedside Table, Marks & Spencer, **£149**



Vase, Ikea, **£10**



Dressing Table, Argos, **£130**



Lamp, Very.co.uk, **£34.99**



Duvet Case and Pillow Case, Next, **£15-35**



Champagne Flutes, John Lewis, **£25**



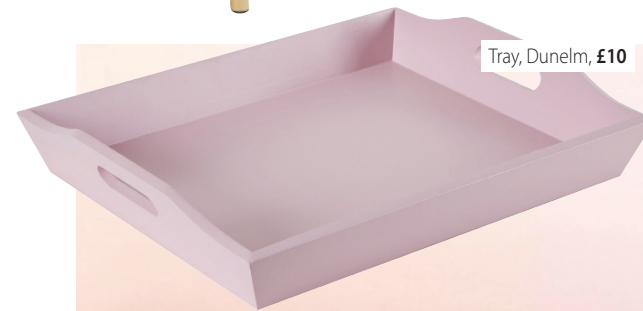
Casserole Dish, Le Creuset at John Lewis, **£210**



Lamp, Dunelm **£16**



Stool, Primark, **£24**



Tray, Dunelm, **£10**



Sunset Disco Glassware Collection, **£6-£14**, at George Home at Asda



Made to Measure Shutters, price on request; Bar Stool, Dunelm, **£59**

PINK

Did you know that some prisons have changed the inmates' uniforms to pink as it's been shown to lower feelings of aggression?

The colour is also thought to promote kindness and compassion, but let's be honest, most people like it because it's just so pretty!

Try pink in unexpected places like kitchens and hallways to stand out from the crowd.



Faux Peonies, Marks & Spencer, **£9.50**



Ottoman, Marks & Spencer, **£199**



Mongolian Rug, Marks & Spencer, **£79**

ORANGE

Orange is seen as an energising colour, one that promotes feelings of motivation and enthusiasm. It works particularly well when paired with calming, cooler blue shades.

It also gives any room an exotic feel, so make sure you add plenty of plants and texture to evoke feelings of being in some far-flung destination.

Belgrave Medium 2 Seater Sofa, **£1,599**, Cushion, Auburn, **£20**, Velvet Cushion, Night Sky, **£60**, Flux Cushion, **£60**, Design Project by John Lewis No.206 Cushion, Evergreen, **£60**, Cotton Throw, Plum, **£80**, Swoon Rubin Side Table, Black, **£199**, Huxley Task Lamp, **£70**, Tri Coffee Table, Natural/Black, **£350**, all at John Lewis



YELLOW

Yellow has been proven to makes us feel instantly more optimistic, a feeling that is very welcome these days! It can also make us feel cheerful and creative so go for it with your yellow tones! From the palest buttermilk to the boldest neons and egg yolk shades – they'll all work to give a room an instant lift.

Chair, **£199**, Footstool, **£55**, both at Ikea



Lamp, Very.co.uk, **£34.99**



Throw, Very.co.uk, **£29.99**



Cushion, Dunelm, **£19**

Vase, John Lewis, **£35**



Footstool, John Lewis, **£65**

Cushion, Marks & Spencer, **£19.50**



Bamboo Jasmine Scented Candle, H&M, **£8**



Vase, George Home at Asda, **£10**



Cushion, Wilko, **£8**



Faux Orchid, Dunelm, **£14**



Sofa, Argos, **£500**



Throw, Matalan, **£18**

Reed Sideboard, Natural/Black, **£899**, Ultimate Ears Megaboom 3 Bluetooth Waterproof Portable Speaker, Forest Green, **£169**, Vase, **£80**, all at John Lewis