

Colour ME HAPPY



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





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 make 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.



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



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