IMPROVEMENTS & MAKEOVERS

Your colourful life
by design

Say what you will, but 2024 is shaping up to be the year of colour, be it the hazy browns of the approaching winter, red sunsets, the blues of the Highveld winter sky, or energising green forests of the Cape's winter rain-drenched landscape.

📷 Photos by Enamel Clinic, Sarah Gardner Photography, Kendall-Leigh Nash Photography and Framed by Claire Photography

The Enamel Clinic project was inspired by lime green and nature, incorporating black, white, wood tones, and pale pink for a tranquil and relaxing ambiance.

We asked ace Cape Town designer Kim Williams (www.kimwilliams.co.za) for a few pointers about how the home or office can be designed and fitted out like a pro with colour.

Just how important is colour in the grand scheme of home design?

When selecting colours for a space, it is important to consider the purpose of the room and the emotions you wish to evoke. For example, cool colours like blue and green are known to create a calming effect, making them perfect choices for bedrooms or relaxation areas.

Warm colours like red and orange can create a sense of energy and excitement, making them great for social spaces like living rooms or dining areas.

In addition to the purpose of the room, consider the lighting and size of the space. For small rooms, it's best to use lighter colours to create an illusion of space, while in larger rooms, bolder and darker colours can be used to create a more intimate feel.

A red brocaded headboard inspired the design for a glamorous space featuring a contrasting navy colour scheme and enhanced sage green cupboards.

Can colour affect mood in the home or office and why is it beneficial?

The vibrant colours around us have the power to influence our emotions and mood. According to colour experts, colours can evoke feelings of playfulness, happiness, and even moody attitudes.

Experts have suggested that certain colours, such as sage green and light pink, can improve concentration and creativity.

Have you ever noticed how colours can change your mood? Light and earthy colours tend to create a sense of tranquility and calmness, while bright and bold colours can be energising.

Colours can be categorised into two groups, warm and cool tones. Warm colours like red, yellow, and orange can evoke emotions such as happiness and warmth, whereas cool colours such as blue, green, and purple are associated with serenity and relaxation.

What is more important? Colour or economical choices?

When designing your space, it is crucial to determine your objectives. This will help you prioritise what is essential and where to allocate your budget.

It is important to establish a suitable colour palette from the outset that aligns with the required function and atmosphere of the space. Remember, it's not about choosing one over the other but finding a balance that fulfills your overall objectives.

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Creatively, what would you recommend for a couple just starting out and investing in a home or apartment upgrade?

The first thing to understand is the area and market that you are investing in. Ask questions like:

- What is the ceiling price?
- What is the average price that homes are selling for in the area?
- How do the properties compete and what aesthetic appeals to the market?

It is then important to establish what you want to get out of the space both from a functionality and experience perspective. Identifying what is important to you in the space will determine the priorities for the space.

It is also important to establish an overall aesthetic style for the home including a colour palette that can be built on over time. This will give creative direction to the project.
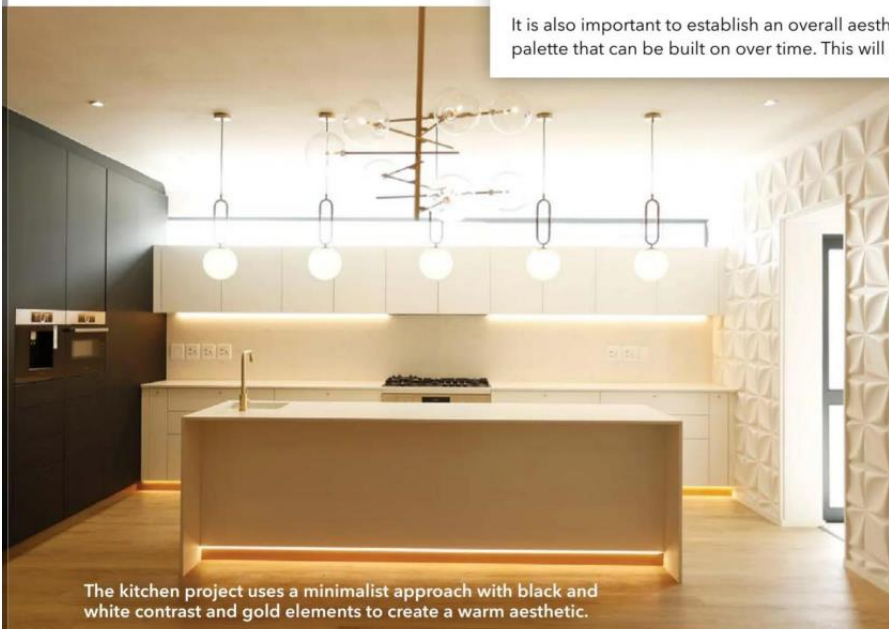
The kitchen project uses a minimalist approach with black and white contrast and gold elements to create a warm aesthetic.

What about retiring people? Is there a stage of life difference in the way that colour 'speaks' to them?

As we age, our personal style evolves and affects our decision-making in various ways. Comfort and tranquility become more important to us and we tend to spend more time in our personal spaces.

Therefore, we often seek a combination of peacefulness, low maintenance, and potentially energising features to create the perfect environment.

Do you have any recommendations for colour and decor for an office?

When designing an office space, it's important to consider the various work tasks that will take place, from administrative tasks to creative work and meetings. By understanding these key objectives, you can create a space that is both functional and dynamic. This can be achieved by zoning areas and creating multi-functional spaces that maximise the potential of the area.

To further enhance the space, select specific furniture that supports the functionality and layer it with texture and colour to make it engaging and visually appealing. This helps create a workspace that is both functional and aesthetically pleasing to the user. ✝

Got any questions? Interact with Kim on Instagram @kim_williams_design