

Calming Colors

Can paint help you relax? Absolutely. Discover the shades Southern designers choose for creating a soothing atmosphere



GOSLING
06-50;
prattandlambert.com

"I adore this classic Marie Antoinette blue. The effect is both feminine and calming, which is important in an office where focus and creativity are essential."

ANDREW HOWARD, JACKSONVILLE, FLORIDA

**RAINDROPS
ON ROSES** (1443);
benjaminmoore.com

"This pale lavender is a subtle but beautiful neutral. It's calming during the day and flattering to your skin at night. I have used it in a bedroom with navies and magentas, but I could also see it in a living room at the beach paired with natural rattan and whites for a soothing break from the sun."

BARRIE BENSON
CHARLOTTE, NORTH CAROLINA

**GRAY
CASHMERE**
0158-60;
benjaminmoore.com

"A little bit green, a little bit gray, and a little blue all layered together, this color reminds me of summer mornings on the coast of Maine. I love waking up early to a thick fog, drinking coffee, and listening to seabirds cut through the chilly ocean breeze."

MARGARET KIRKLAND,
SE DESIGNER NETWORK MEMBER
ATLANTA, GEORGIA

**DIMINUTIVE
PINK** (5W 6588);
sherrin-williams.com

"This sophisticated and lightly saturated shade of pink is playful yet soothing. It reminds me of the roses that cover my mother-in-law's Atlanta guest cottage, which I recently decorated. I used it on both the bedroom and dressing room walls."

ALLISON HENNESSY
ATLANTA, GEORGIA