

Tangled up in blue

Soft shades of blue bring serenity to a space, writes Kate Coghlan.

Every colour in nature has a personality. Red is bold and adventurous, yellow is bright and hopeful and green is fresh and full of life. Blue is the coolest of nature's hues. It's deep, primal and mysterious; the colour of the sky, the ocean and the ancient glaciers.

Blue has been shown to have a calming effect on the nervous system, and has been used in light therapy for decades to treat stress and high blood pressure. Blue plays a significant role in religious iconography, perhaps because blue is the colour of the sky, the place where ancient man believed the gods resided. It's the colour of peace and of protection, believed by some cultures to ward off the evil eye.

On the flip side, blue can be so down-tempo that it becomes synonymous with depression and melancholy. If you're prone to these feelings, keep your hues light and pretty and steer away from cold greys and teals.

While blue can work in any room of the house, it's most at home in the bedroom or bathroom, where the relaxing, calming benefits can be best reaped. Blue can work to suppress the appetite, so it's not really the best choice for the kitchen or dining room. I whole palette of blues, mixing n blue and icy grey. Here are some you started.



Baubridge & Kay Cushion
\$79, 9223 6729

Little Joe by Gail Elliot Powder Bloom Candle from Little Joe New York, The Strand, \$60, 9328 0799



Molton Brown Blu Maquis Candela, \$128, 8354 0330



Sheridan Supima King Towel in Blue Haze, \$54.95, 9328 0799



Blue Lamp from Kmart \$29.99, 1800 634 251 www.kmart.com.au



TNS Organics Double Glazed Ceramic Oil Burner by The Natural Source, \$28.95, 03 9551 5544