

Bonnie Krims

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HOT OR COOL

Color—and how you use it—sets the tone in the bedroom
By Patricia Harris and David Lyon

GO AHEAD AND HAVE FUN IN your bedroom. That's the advice of Bonnie Rosser Krims, the Carlisle-based consultant who's written four books on painting your house inside and out, including *Perfect Palettes for Painting Rooms: Plus Complete Decorating Guidelines* (Rockport, 2003). "Color choices for a bedroom are more varied

multitude of paint chips. To help narrow your choices, first decide on the mood you want to achieve: a tranquil sanctuary, perhaps, or a romantic retreat. And remember, as Krims says, "There are only seven colors in the spectrum, along with neutrals. Start with your favorite color, and if that doesn't work, eliminate what you don't like."

If you're seeking a soothing, meditative room, don't discount the neutrals. Barbara Jacobs, a Medfield-based decorative finisher and architectural color consultant, recently enveloped a bedroom in a color that looked like light clay on the swatch, but which became a serene, harmonious tone when glazed over the walls and ceiling with an off-white base. Her clients say they love it there "because the color feels so soft."

While Jacobs used a labor-intensive glazing technique to achieve the rich ambiance she wanted, Krims says that a lush feel can be accomplished even when using paint straight from the can. She's enthusiastic about the new neutrals that bring in complex earth-tone shades and stone palettes to replace the old chalky or linen whites. For a tranquil bedroom, Krims suggests a "beigy, creamy, slightly yellow taupe" called Birch Bark from the Martha Stewart collections for Fine Paints of Europe (FPE).

Stewart turned to Phillips Fine Paint & Wallcoverings in West Concord to create the original formulations for her four collections, comprised of 110 subtle, mostly neutral colors. "They're as complex



Throws, decorative pillows and bed linens from the Tropical Leaf Garden collection by Company C bring vibrant color and soft texture to the bedroom.

than they might be in more public rooms of your house," she says. "I've painted bedrooms in every color from tangerine to cobalt blue, from dark indigo blue to lavender."

TAKE YOUR PICK

EVEN THOUGH SOME PAINT MANUFACTURERS offer thousands of formulated colors, don't panic when you face the

Sage Advice

Resting amid soft colors and textures ensures a peaceful night's sleep:

1. Merida carpeting in camel from the Lana Tournai Collection, \$54 per square yard, Sedia, Boston

2. Dahlia fabric in Celadon, **3.** Groovey fabric in Ocean, and **4.** Fantasia fabric in Laguna, all by Mitchell Gold, Mitchell Gold Showroom, Boston

5. Polished-nickel Tone knob and **6.** Pull by Vincenza, about \$20 each, Brickman's

7. Olive silk-and-wool Santal throw by Yves Delorme, \$270, Bonsoir

8. Benjamin Moore paint in Ice and **9.** Swiss Blue, about \$25-\$30 per gallon, Johnson Paint Company

10. Plaid fringed pillowcase by GH Interiors, \$195, similar styles available at Simply Stated, Needham.

