



let's talk... paint



paint and colour magic: top tips for a professional finish on your paint projects

Talk about bang for your buck! Nothing can rejuvenate any area of your home – inside or out – faster or more cost-effectively, than a good paint job. Whether you're looking at a small project like a single room, or you're considering painting the exterior of your home, a paint makeover is considerably low cost and high impact. And with suitable planning and proper preparation, a good result is all but guaranteed...

choosing colour

Fashions come and go, so don't be entirely driven by trend when making your colour choices. Instead:

Consider the function of the room and choose an appropriate colour as the base from which all your other colour decisions are made.

What about the style of home? Are you working on a Victorian, Federation or 'between the wars' home? Many paint companies offer a range of colour pallets to suit typical 'era' homes or different styles of houses.

Keep in mind the adjacent rooms. There should be some relationship between the rooms in your home so that you feel a smooth transition between the rooms.

Take inspiration from your furnishings and accessories. Are there gems of colour combinations that appeal to you reflected in items you already own?

Is your room exposed to lots of sunlight; or is it shaded and dark? For the former consider cool colour tones; while warmer hues work well in cool dark areas.

What about the size of your room? Choose colour combinations that aren't going to work against your room size. For example, consider light and monochromatic colours with white ceilings to visually increase room size. Or, dark wall, floor and ceiling colours to make a room feel smaller and more intimate.

Finally, think about what mood or feeling are you trying to evoke. Read the article on page 2 for the science and emotion behind Colour Psychology.



When you think you've found the right colour combination, take it for a test drive. Many factors, including lighting and adjacent colours, can affect the final appearance of your paint colour. So ask your paint expert to mix test pots for you and paint a small patch on the wall.

Note: see inside article on exterior house painting.

measuring up

Work out how much paint you will need for your room by measuring up each wall – multiply the height by the width – then add up the areas for each wall for your grand total. A single litre of paint will cover up to 16 square metres with one coat, and an average room will need at least eight litres of paint.

Bretts, and all the major paint companies, have online paint calculators to help you work out what you'll need. And of course, our experts are always available to guide you through the process.

products for a professional finish

All professional painters know that in addition to skill, product choice is key in getting a good result. Choose quality paint products and make sure you have the right paint for each specific application.

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**INSIDE
colour
psychology
- what's it
about?**

colour confidence

tips for choosing your home's exterior colour scheme

Choosing colours for the exterior of your home can seem daunting. Choosing a palette that's too safe will look boring, and if you go for something too bold or bright might be overwhelming. So here are a few suggestions for helping you choose your exterior colour scheme...

1 historically accurate?

Many people choose to honour an older house by selecting a colour palette that works with the history of the home. Many paint companies offer a range of colour palettes to suit typical 'era' homes, so use their colour charts as a reference point to design a colour scheme for your historical home.

Some people are even able to gently lift old layers of paint to reveal the original colour – and if you take those paint chips to your paint expert, they'll be able to colour match the original paint for you.

2 back to the future

Alternatively, you can use a modern colour combination to enliven a Victorian, Federation, Queenslander or Californian Bungalow style home. If that seems a little extreme, consider a fairly conservative shade similar to those that might have been used at the time the house was built as your base colour, and personalised with dramatic colour choices for the architectural features of the home.

3 honour thy neighbour

By all means, draw inspiration from the other homes in your street, but never copy a colour palette exactly. Not only is it likely to irritate your neighbour, but you should look for a colour design that's going to set your home apart. Consider colour combinations that compliment the houses on either side of your home.

4 keep it in the family

Extreme contrasts can clash and present an uncomfortable picture. One of the easiest ways to get it right is to stick with one colour family. Use a dark version of the colour for the body of the house and lighter colours for the accents, or visa versa. White and black can be thrown into just about any mix to provide some contrast.

5 consider what you won't be painting

Finally, know that what you won't be painting can be just as important in choosing a paint colour scheme. Most homes will have some architectural features that won't be painted. A finished timber door, aluminium window frames, and what about the roof?

In many instances, you're not going to be repainting or refinishing the roof, so it's important you choose a colour scheme that works with the existing roofing. This applies to all the existing features that are not going to be painted. Your house colours don't need to match exactly, but they should harmonise with the existing elements.



paint & colour magic

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Use the following information on product selection as a place to start:

LIVING SPACES (BEDROOMS AND LIVING AREAS)

Walls low-sheen or flat acrylic

Ceilings specialty ceiling paints

Trims gloss acrylic or oil-based enamel in gloss, semi-gloss or low-sheen.

UTILITY SPACES (KITCHEN, BATHROOMS AND LAUNDRY)

Walls mould-control acrylics in low-sheen or semi-gloss

Ceilings mould-control acrylics in low-sheen or semi-gloss

Trims gloss acrylic or oil-based enamel in gloss, semi-gloss or low-sheen.

Also, consider applying a 'prep' coat for a perfect result. A prep coat will prepare your surfaces for painting. An undercoat is suitable for plasterboard, but a primer has stain-inhibiting tannin blockers and will help your paint adhere to timber surfaces.

the right tools for the job

A good finish always starts with good preparation so make sure you have proper cleaning and/or sanding tools. Sugar soap and a scrubbing brush will remove most dirt and grease spots. For any particularly rough areas you will need to sand and apply a proper filler, so ask your paint expert what's appropriate for your particular project.

Use painters tape to mask all edges if you don't have a confident hand, and always cover your flooring and furniture or other items you won't be removing from the room with drop cloths.

For more 'how to' information, ask for our "Step By Step: Painting" Fact Sheet.

colour psychology

is there psychology to colour?

Much has been written over the years on this subject, the question is are the theories more anecdotal than scientific fact? It can be said without doubt that colour does inspire and it does have meaning in our lives. Here are some theories on emotional, physical and behavioural attributes of certain colours... which colours suit you?

red

emotional love • vitality • courage • passion • danger
physical increase blood pressure • increases respiratory rate • aids digestion • increases strength
behavioural aggressive • sensuous • extreme • athletic • impulsive • sensual • physical • bullying

orange

emotional active • boldness • exuberance • cheer • vigour
physical decreases irritability • decreases hostility • improves social behaviour
behavioural gregarious • active • social • extroverted • jovial • pleasure seeking • fickle

yellow

emotional optimism • irritability • wisdom • cheer • annoyance • warmth
physical increases irritability • increases hostility • sharpens memory • aids digestion • stimulates circulation • stimulates appetite
behavioural caution • debate • egotism • innovation • introspection • communication • discrimination

green

emotional growth • envy • inexperience • refreshment • birth • jealousy • wealth • compassion
physical rejuvenation • expansiveness • balance •
behavioural moderation • normalcy • balance • conventional • tradition • quietly social

blue

emotional serenity • peace • sadness • loyalty • sincerity • justice
physical lowers blood pressure • slows respiratory rate • cooling and relaxing • antidote for red
behavioural conceptual • dogmatic • rigid • loyal • astute • responsible • pragmatic • manipulative • conservative • authoritative

violet

emotional royalty • quietness • supremacy • reverence
physical lowers blood pressure • depresses appetite • quietens overactive glands and organs • quietens overactive internal dialogue
behavioural elegance • spiritual • reverence • creativity • day dreaming • philosophical • lateral thinking

pink

emotional emotional • guarded
physical weakens muscles • stimulates sweet tooth
behavioural gentle • friendly • protective • indulged

brown

emotional earthiness • natural tranquil • bored • casual • embraced • safe
physical encompassed • dull
behavioural homespun • shrewd • sturdy • reliable • stable • ultraconservative

white

emotional joy • hope • innocence • cleanliness
physical purity • enlightenment
behavioural individualism • indecision • idealism • optimism

grey

emotional steady • stable • dignity • protected • resignation • negotiable • indecision
behavioural deliberate • disciplined compromise • guarded • negotiable

black

emotional mourning • mystery • fright • elegant • dignity • sophisticated • uncertainty • intimidated • intimidating
physical mourning • fatigue
behavioural worldly • stunning • powerful • aloof

Article courtesy of Dulux: www.dulux.com.au/html/inspiration



paint the town green: eco-friendly paint

If you want to do right by the environment, there are a few things you should know before picking up a paintbrush...

Paint products are known to contribute to greenhouse gas formation and climate change. VOC (Volatile Organic Compounds) are toxic fumes emitted from most synthetic based paints during the manufacturing process, on application and afterwards. They are harmful to both people and the environment and even worse, it can take years for the emissions to completely dissipate.

But these days most major paint, adhesive and sealant manufacturers produce products with low or no VOC levels. A low VOC paint is one which uses water instead of petroleum based solvents; while a no VOC paint is one which has five grams or less per litre. And these products are a healthier option for you and your family.

Low or no VOC paints don't smell and are much less likely to develop mould and mildew over time. As such, they're a better choice for young children, pregnant women and people with chemical sensitivities, allergies and respiratory problems.

These "green" paints and sealants are available in a range of products suitable for use inside and on the exterior of the home.

There are some downsides to choosing eco paint... For a start, they cost more to manufacture, so they are more expensive in comparison to the regular synthetic based paints we're used to. And they have a slightly lower coverage rate (about 10 per cent less than the synthetic paints).

For many, the health and environmental benefits outweigh the cost; so you should talk to your paint expert about the environmentally (and family) friendly options for your next paint project

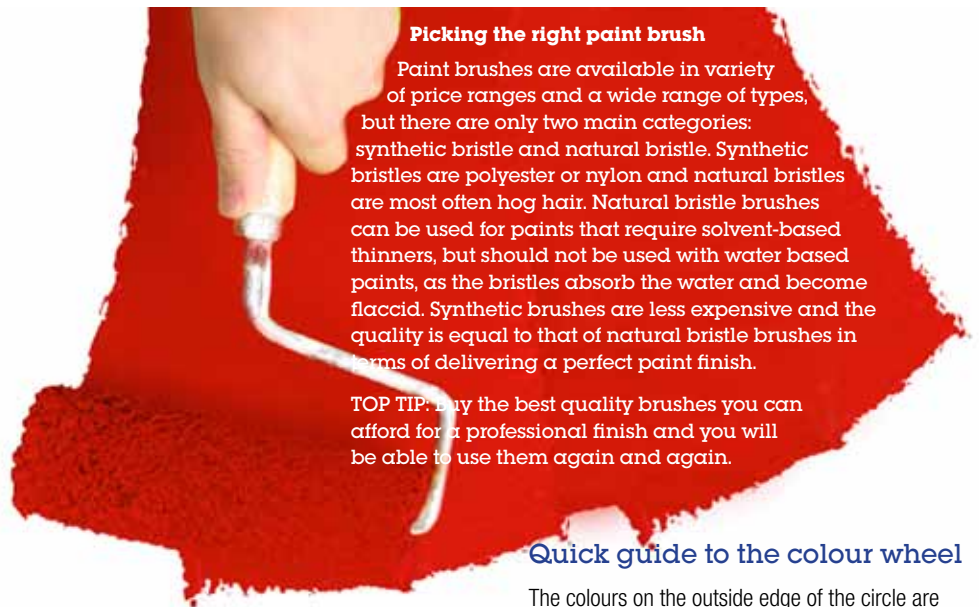
a simple guide to using the colour wheel

The Colour Wheel is an easy to understand and view basic colour rules for putting together effective colour schemes. There are easy ways to use the colour wheel to put together colour schemes:

1 Monochromatic colour schemes - consist of variations of a single colour or hue. This scheme works best using neutral colours. Use texture and natural materials to add interest to the scheme. Neutral monochromatic colour schemes are a foolproof approach to decorating an interior. Combine shades of white, off white and neutral taupes to create a contemporary ambiance. Use monochromatic schemes to evoke a mood of calm, subdued sophistication.

2 Analogous colour schemes- uses colours that are adjacent to each other on the colour wheel. For example, red, orange and yellow. In subdued tints and shades, they can be very harmonious.

3 Complementary colour schemes- uses colours that are directly opposite each other on the colour wheel. Complementary colour schemes are often the most striking and lively.



Picking the right paint brush

Paint brushes are available in variety of price ranges and a wide range of types, but there are only two main categories: synthetic bristle and natural bristle. Synthetic bristles are polyester or nylon and natural bristles are most often hog hair. Natural bristle brushes can be used for paints that require solvent-based thinners, but should not be used with water based paints, as the bristles absorb the water and become flaccid. Synthetic brushes are less expensive and the quality is equal to that of natural bristle brushes in terms of delivering a perfect paint finish.

TOP TIP: Buy the best quality brushes you can afford for a professional finish and you will be able to use them again and again.

Designs using complementary colours are often described as energetic and vibrant. For example, purple and orange.

4 Split Complementary colour schemes- uses hues on one side of the colour wheel and the two hues on either side of its complement. For example, yellow-green, yellow-orange and purple. Split complementary schemes are always vibrant.

5 Triadic Colour schemes- consists of any three colours equidistant to each other on the colour wheel. The primary colours of red, blue and yellow are the most common schemes. When muted or lightened, triadic schemes can create rich, sophisticated colour schemes.

Quick guide to the colour wheel

The colours on the outside edge of the circle are pure colours.

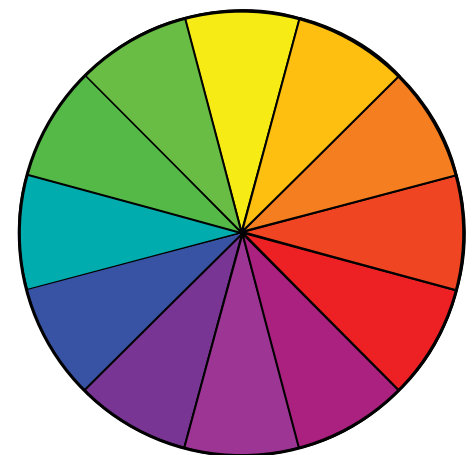
Colours on the blue/green side of the wheel are termed cool colours. These colours are receding and can make rooms appear larger. In softer tones these colours are ideal for rooms that receive the hot afternoon sun.

Colours on the red and orange side of the colours wheel are known as warm colours. They can make walls seem closer together and can make a room feel intimate and cosy.

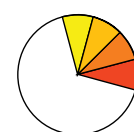
Colours that fall on the cusp of the warm and cool colours such as purple/red and yellow /green can be with warm or cool depending on their shade.

Article courtesy of Watty!: www.watty!.com.au

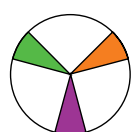
the colour wheel



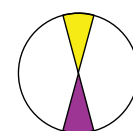
primary



analogous



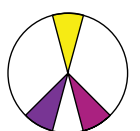
secondary



complementary



intermediate



split complementary

tips from the trades

- Sound surface preparation is paramount to premium performance. Remove any dirt, dust and grease by washing down the surface with a liquid detergent and warm water, and use a scraper to remove any peeling paint or rust. Sand smooth and eliminate any dust.
- Fill holes and cracks with an appropriate filling compound prior to applying the undercoat. If using a wood primer, fill holes and cracks after priming, but prior to the undercoat.
- Use rollers in smooth even strokes to help save time and energy. Brushes should be used for painting corners, woodwork, windows and trims.
- Check the label for drying times and always allow full drying time between coats.
- If using more than one can for the final coat, check that the colour is correct in all cans and mix the paint together to ensure colour consistency before starting.
- Only paint in temperatures between 10°C and 35°C, as drying times can be affected outside these temperatures. High humidity can also affect drying times.

Article courtesy of Watty!: www.watty!.com.au

