

Design w/ Blue



REFRESH
DESIGN

Cheat Sheet

Blue color psychology

Blue is consistently recognized as America's favorite color, and it's easy to see why. Blue hues remind us of the big sky and calm waters of nature, so it's only natural that we want to bring the outside in to create that zen feeling. Keep reading if you want to know how to use it in your room!

Working with blue in your space



Since blue reads as a "cool" color, think about how you want your room to feel and also the seasons where you live. If you're in a location with winter, you might want to add some warmth in your space. But don't worry- you can still use blue! Just consider the orientation of your room.

For North or East facing, choose a warmer undertoned blue (a blue with yellow undertones) to add more life in your space and keep it from feeling too cold (since north/east facing rooms already have a blue/gray light to them).

In South or West facing rooms (that naturally have a warm/yellow light), you can pick a warmer or cooler blue since it receives warmer light naturally. You can also add in warm wood tones, tan colored leather, and soft textures to warm up your blue room.



Sherwin Williams Storm Cloud (door)



Benjamin Moore Hale Navy



R

Inspo from our projects

D



Sherwin Williams Naval (side walls)



Benjamin Moore Polo Blue (cabinets)

REFRESH DESIGN

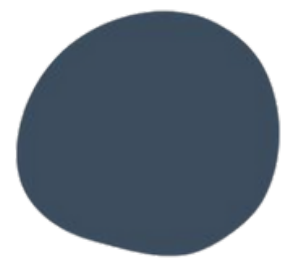
design cheat sheet // blue paint



hague blue
farrow + ball



watery
sherwin williams



indigo batik
sherwin williams



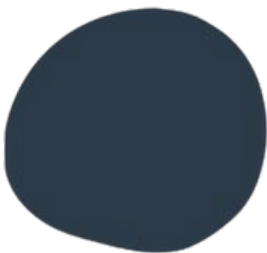
hale navy
benjamin moore



skylight
sherwin williams



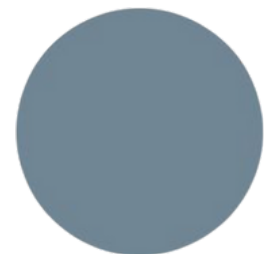
gentleman's gray
benjamin moore



naval
sherwin williams



window pane
sherwin williams



bracing blue
sherwin williams

REFRESH DESIGN

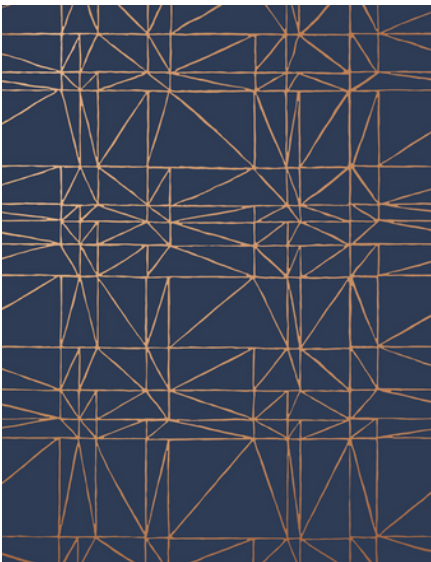
design cheat sheet // blue wallpaper



mirage texture
anthropologie



haruki sisal
schumacher



strike
hygge + west



navy peonies
rifle paper co



Daydream
Hygge + West

REFRESH DESIGN

design cheat sheet // rugs, art + accessories: blue



hard + soft art
minted



isla mint dessert plate
cb2



Ocean Wave
Target



basket weave + textured solid pillows, west elm



floral vines indigo wool rug
rifle paper company



assembled ceramic
table lamp- threshold
target



light rustic formation II
minted



R

D

AMY POTTENGER

Amy Pottenger is a mom, wife, business owner and award-winning interior designer who loves to help you create empowering home environments so you can maximize your health, wealth + purpose, love and connection.

Amy Pottenger