

the new blues

Got the blues? Sylvia O'Brien of Toronto-based colour consultancy Colour Theory says this moody hue is undergoing a major makeover. "Blues for 2009 are warmer," says Sylvia, noting that it's a strong yellow undertone that makes the colour appear less chilly. "These blues work very nicely with the ever-important green tones that have taken up residence in our lives." What's

more, Sylvia says we're psychologically suited for blues like never before. "In difficult times, blues are comforting – reliable, contemplative and calm while the world around us feels frazzled," she says. "Our subconscious association with air and water makes blues familiar and reassuring, and perfect for creating a haven at home." COLOUR THEORY, TORONTO, 416-766-6789; COLOURTHEORY.NET.

sylvia's hottest blues

**Bay Street Blue P5005-63,
Para Paints, 800-461-7272; para.com.**

"A little serious, but with a sweet softness to it, like a cloudless sky in a warm climate. Perfect for bedroom walls, it looks great paired with aqua and touches of citrus green for bedding and drapes, and dark wood furniture."

sylvia says...

People who claim blue as a favourite tend to be calm, sensitive and perceptive – if slightly introverted – and like to be considered wise and stable."

**Newport 30BG 44/248,
CIL Paints, 800-387-2253; cil.ca.**

"An airy, optimistic and therapeutic aqua blue. Its warm, ocean feel conjures up the Mediterranean – an excellent choice for a bathroom or powder room. Heck, in a powder room, you might as well paint the ceiling this colour, too!"

**Dignity Blue SW6804,
Sherwin-Williams, 800-474-3794;
sherwin-williams.com.**

"A rich, fully saturated dark blue that feels like deep space – going on forever, deep and mysterious. I see this blue on the ceiling of a den or library with neutral walls and lots of stained wood to contrast its magnificence."