

Welcome to the gentler side of the colour spectrum

The power of pastels



by BREN PETRUNICK photos MATT YOUNG

If you have a soft spot for pastels, then you're among a growing number of people who have recently jumped on this colour trend. A pastel palette can create a sense of serenity and softness, instantly transforming any room into a sanctuary. Let's explore this gentler side of the colour spectrum and discover how pastels can breathe fresh air into a stale space.

What are pastels?

Pastels, also known as tints, are made by mixing a primary colour with white. You can create a pastel using any colour in the rainbow, with the result being a softer, less-saturated version of its former self, which is often described

as 'light' or 'muted' — easy on the eyes and soothing to the soul.

From pale pink to barely there blue, gentle green and soft, buttery yellow, pastels bring a serene and airy ambience into any room in the house. By choosing a pastel palette, you invite tranquility into your space, promote relaxation and create a peaceful environment. These tints are also a great option for someone who wants to dip their toes into the colour pool without completely diving in head-first. This subtle nod to colour is a great place to start.

Perfect pairings

While pastel colours have a soothing effect all on their own, these unique



hues truly shine when they're paired with complementary shades. Consider combining pastel blue with soft gray, or blush pink with mint green. These harmonious pairings create a cohesive



tip

Be mindful of striking the right balance between pastel and neutral elements to maintain a harmonious aesthetic.



and balanced look that will enhance the visual appeal of your space, as well as your mood while you're in it!

Add visual interest

When incorporating softer colours into your interiors, it is essential to create focal points that draw attention and add visual interest. It can be easy to get washed out in a sea of neutrals, so bring the space back into focus by



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tip:
Play with different textures and materials to add depth and interest to the room.



avoid:

Don't cross the line between pastels and more vibrant tones. The saturation of your colour palette should be the same to ensure an overall consistent look.

introducing a statement piece, such as an armchair in pale blue or a pastel-hued painting on a feature wall. These accents will create a vibrant contrast against basic beige backgrounds, while showcasing the beauty of the softer tones.

Lighting and accessories

Lighting plays a crucial role in accentuating the attraction of pastel colours. Natural light streaming in through sheer curtains enhances the softness and subtlety of these hues, creating a warm and inviting atmosphere. Additionally, incorporating accessories such as similarly hued throw pillows, rugs, or vases, infuse the space with a pop of colour and tie the room together.

Embracing different styles

Pastels are a versatile bunch, and aside from going well with neutrals, in some cases, they can even be used in place of neutrals. Furthermore, they can be incorporated into a variety of interior

design styles, from contemporary to classic, and everything in between. In modern designs, use pastels as accents against a backdrop of crisp white walls and sleek furniture. In Scandinavian interiors, combine pastel hues with light wood and minimalistic decor for a cosy yet airy feel. Vintage-inspired spaces can benefit from pastel antique furniture and delicate accessories.

Discover the potential

Pastels offer many possibilities when decorating. Yes, they can be soft and delicate, but they can also be fun, playful, exciting or dramatic in their varying combinations, and depending on what surrounds them. Colour is one of the easiest and most effective decorating tools at your disposal, and these tips will help you harness the power of pastels, so you can make the most of your living space, and the time you spend there.