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## Articles by Consy Malasoma

### Living With Color:

Real estate values have been impacted, and many people are reassessing their lives and their finances. Homes that were flying off the builders shelves now sit for months waiting for the right buyer. My work with energy in the home has demonstrated time after time how effective color is to our psyche and our environments. Whenever I visit my home in Las Vegas I always notice the red in the Red Rocks and my favorite time of day is at night when all the lights glow on the Strip.

An easy and inexpensive way to showcase a home for sale or to enhance your home now is with a gallon of paint and some elbow grease. When you consider painting a room make sure you factor the ceiling as the “fifth wall”. The higher the grade of paint the better the coverage and the smoother it seems to go on. Regular interior house paint costs from \$12 to \$24 per gallon. Premium paints such as Devine, Benjamin Moore, Ralph Lauren or Sherwin-Williams and Frazee can run as high as \$30 to \$40 per gallon.

Many designers believe that top end paints are better because they have the depth and luminescence of the color, greater spread rates, and lack the nasty chemicals and have greater durability. I personally use the no or low VOC (Volatile Organic Compounds) paints. The more pigment in a paint, the more the depth of color will come across on your walls.

Never commit to a color until you have painted samples on all the walls to see how the color changes from morning to evening and at night time. I advise my clients to use the night as the defining test because night lighting rarely changes. Most people get into trouble because they don't realize that color can change several times over the course of a day as the Sun moves over the house. Some companies offer small samples for convenience. Otherwise, buy a quart of paint and leave it on your walls for SEVERAL days.

Find your personal palette by observing the colors in your own wardrobe. Pay particular attention to your piece of artwork as an inspiration. That always helps to give me direction on what colors to go after. To minimize a “busy” look keep your colors to at least two main complementing colors with a third accent color. Or, bring in patterns on the furnishings that carry the wall colors. In the world of Feng Shui and Interior Alignment, color plays an integral part to the elements of nature (Water, Wood, Fire, Earth, and Metal). Whenever you bring nature into your life you feel less stressed, you have less anxiety and a greater sense of calm and sanctuary. Pay particular attention to the colors you choose for your master bedroom. It should feel like a spa/sanctuary when you walk into that room. Also keep in mind that your home feels better when there is a color “flow”. I was in a home with all Navajo white walls and then a nursery that was bright, hot pink. It almost felt like a culture shock walking into that room from the hallway. Even if you are afraid to commit to color, try an accent color on one wall such as a fireplace surround or the picture window wall that looks out onto your view. I have seen this play out so many times that once you live with color, you will never enjoy white walls again.

I have written earlier articles posted on this site that will review the psychological effects of color. Whatever your decision, brighten your day, improve your psyche, and enhance your home with color!

Consy Malasoma is a Feng Shui practitioner, Home Stager and Color Consultant. Consy commutes between her home in Las Vegas and her home in the Cascade foothills outside of Seattle.

Consy is available for consultations with advance notice and can be contacted at **702-245-6855**.