



HouseBeautiful
➤ **GUIDE TO** ◀
Restfulness

PLUS

Designers' top 14 paint colors for relaxing and recharging



**SHERWIN
WILLIAMS.**

TRADEWIND SW 6218
SHERWIN-WILLIAMS

PARTNERSHIP



BEGUILING MAUVE SW 6269
SHERWIN-WILLIAMS

“How soothing is this color? Not too gray, not too violet. Its gracefulness and subtlety set the tone for this dining room in an Atlanta home. I echoed its delicacy by having the cherry dining table refinished in a serene gray, then I added contrast with the burlap-back chairs.”

KRISTIN KONG



“A mist gray that evokes fog over a Scottish loch gave this sitting area a quiet sophistication. By repeating the hue, I was able to layer in a variety of stripes—on the chair, the floor, the curtains—without taxing the eye. Lots of pattern, but very harmonious.”

MARY McDONALD

SENSIBLE HUE SW 6198
SHERWIN-WILLIAMS

SECTION COVER INTERIOR DESIGNER KEMBLE INTERIORS SECTION COVER PHOTOGRAPHER MELANIE ACEVEDO PHOTOGRAPHERS THIS PAGE, FROM TOP: AMY NEUNSINGER; TREVOR TONDRO, OPPOSITE, FROM TOP: JULIEN CAPMEIL; FRANCESCO LAGNESE



“Like the warm glow of candlelight, this soft shade—a mix of pumpkin and putty—creates a feeling of coziness. With this living room’s rustic shiplap walls and fireplace, it’s an invitation to relax.”

CAMERON SCHWABENTON

LIGONIER TAN SW 7717
SHERWIN-WILLIAMS

Designers’ Favorite Calming Colors

So long, stress! Find inner peace with Sherwin-Williams hues that help you reconnect, recharge, and renew.

GREEK VILLA SW 7551

BLACK FOX SW 7020

FAWN BRINDLE SW 7640

SEA SALT SW 6204

HIGH STRUNG SW 6705

STILL WATER SW 6223

CANVASTAN SW 7531

NAIVE PEACH SW 6631

SECRET GARDEN SW 6181

SEARCHING BLUE SW 6536
SHERWIN-WILLIAMS

“This painterly blue proves a color can be tranquil and exciting at the same time. You almost sink into the calmness, but it’s still confident. It’s exactly what this 1920s home needed: a kitchen with elegance and impact.”

MARY DOUGLAS DRYSDALE



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