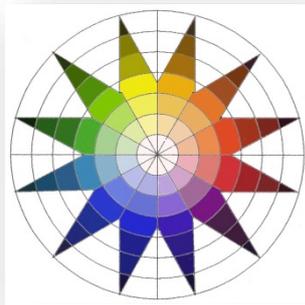




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# Are You an Undiscovered Interior Designer? Part 3

## Color & Lighting



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## Color



This is a topic that the Interior Designer and Decorator must know inside out. It is a core subject. There can be no short measures or shortcuts here and as such our eBook on this subject is very extensive. Interestingly color is so important that there have been many systems developed to help create color schemes that work however the best color consultants have “the eye” and imagination to be able to apply different pallets to different clients. One size does not fit all and having seen many designers stick to their tried and true scheme because a new client loves the last one they did is ok but leads to a very mundane ability. You will need to build an understanding of how colors work together to create successful schemes.



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**There are numerous factors that influence your decisions and understanding most of the points below will set you on your way.**



- What color is and why it affects us so much. The personal side of Color, showing you colors and their meanings, how they can be interpreted and used to evoke mood.
- Basic Color Theory and the different systems. A free Color course [click here](#)
- The color wheel and how to use it. [click here](#)
- How to use colors to enhance a plain room. [click here](#)
- How colors give the appearance of depth, distance, definition, of hiding things and opposing contrasts.
- How color is merely a wavelength in light and the way light works





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The following graphics represent the basic groups of colors in the spectrum (although there are literally millions) and their properties and effects on mood that each wavelength can have. Click on each graphic to be shown in depth information for that color.

## Red

**click on the image**

**Red**

- Advances
- Stimulate
- Create Aggression
- Strength
- Excitement
- Sensuous
- Physical Power
- Opulence
- Romance
- Stop Signal
- Danger Signal
- Celebratory
- Passionate
- Aids Digestion

Impulsive, Vitality, Luck, Love, Fire, Extreme, Athletic, Bold, Hot Fire, Flatters Skin Colour, Exciting, Arouses, Vigorous, Courage Warm, Brave, Raises Respiratory Rate, Power, Assertive, Angry



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Orange

click on the image

**Orange**

- Warm
- Happiness
- Welcoming
- Spontaneous
- Liveliness
- Exuberance
- Boldness
- Dynamic
- Extroverted
- Joyfulness
- Social
- Pleasure Seeking
- Emotional
- Active
- Assertive

Anti Depressant, Decreases Irritability and Hostility, Advancing, Improves Social Behaviour, Boldness, Cheerful, Fun.



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## Yellow

click on the image

**Yellow**

- Eye Catching
- Optimism
- Inspiration
- Discrimination
- Annoyance
- Enlivening
- Raises Spirits
- Welcoming
- Aids Digestion
- Communication
- Introspective
- Enriching
- Light Source
- Stimulates Appetite
- Sharpens Memory

Airy, Radiant, Cheerful, Increases Hostility and Irritability, Warm  
Stimulates Circulation, Egotism, Caution, Sunshine, Innovation,  
Positive, Debate, Hope, Wisdom



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## Purple

click on the image



**Violet**  
Elegance  
Well Balanced  
Philosophical  
Lateral Thinking  
Spiritual  
Restful  
Supremecy  
Quietness  
Creativity  
Royalty  
Reverence  
Internal Dialogue  
Day Dreaming  
Promotes Peace  
Calm

Quietens Overactive Glands and Organs, Lowers Blood Pressure



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Blue

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**Blue**

- Openness
- Tranquilliser
- Expansiveness
- Antidote for Red
- Conceptual
- Manipulative
- Water Association
- Responsible
- Authorative
- Conservative
- Sense of Wellbeing
- Pragmatic
- Dogmatic
- Refreshing
- Sedative

Restful, Justice, Serenity, Relaxing, Fresh, Loyalty, Cool, Rigid  
Lowers Respiratory Rate, Astute, Healing, Peace Bringing, Airy



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## Green

Click on the image

**Green**

- Inexperience
- Relaxing
- Restful
- Discreet
- Security
- Harmony
- Balance
- Compassion
- Sophisticated
- Expansiveness
- Steady Nerves
- Moderation
- Jealousy
- Rejuvenation
- Conventional

Birth, Cool, Growth, Calming, Elegant, Normality, Envy, Wealth, Quietly Social, Severe to skin colour, Refreshment, Tradition



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## White

Click on the image



**White**  
Cleanliness  
Hygienic  
Simplistic  
Safe  
Purity  
Enlightenment  
Individualism  
Idealism  
Indecision  
Optimism  
Clinical  
Joy  
Innocence  
Hope

Cool, Refreshing, Sterile, Stark, Open, Expansive, Reflective



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Grey

Click on the image

Grey

- Steady
- Resignation
- Stable
- Deliberate
- Guarded
- Negotiable
- Dignity
- Indecision
- Disciplined
- Compromise
- Protected

Cool, Neutral,



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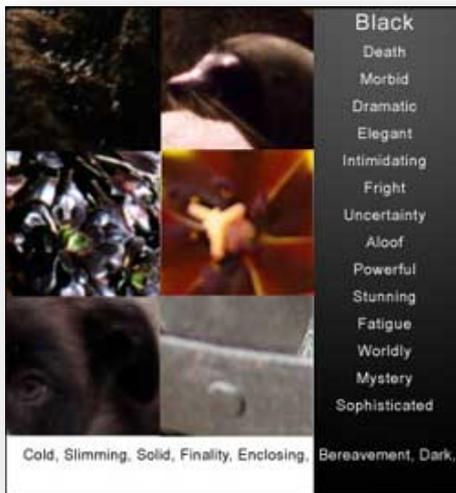
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## Black

Click on the image



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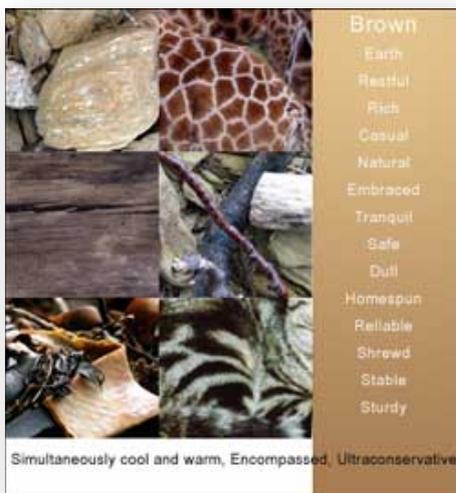
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## Brown

Click on the image



## Some Color Meaning Tips

Orange in a classroom creates a cheerful, sociable environment with minimal hostility and irritation. Dull, white, brown, and black in a classroom is not stimulating or productive; the positive classroom colors are yellow, yellow green, orange and light blue.

Some effects of color on workplace performance; people will tend to spend less time in an area that is red than one that is blue, therefore red partitions in the locker rooms and WC's could stop staff lingering in these spaces.

Changing the color of the walls in a cold workplace from blue to peach will stop workers complaining about the temperature and save the employer from having to increase the heating, therefore saving on electricity bills.

Green is a good color to use backstage for actors, as it is calming and meant to ease their nerves before their performance.





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Red flatters the skin so is an ideal background color to use in rooms that are used for social functions.

**If you are interested in this topic, we have a free color course on the site that is sent out to you via email. [Free Color Courses](#)**

Click on these links for further free information on color

[Home Color](#)

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[Free Color Course](#)

[Color Ideas](#)

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[Color Information](#)

[Color Resources](#)

[Color Schemes](#)

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## Lighting

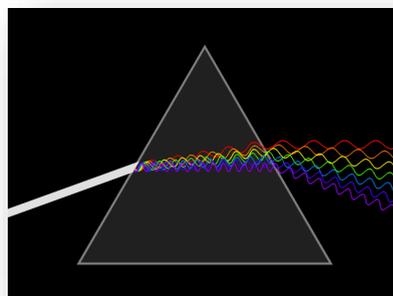


## What is Light?

This is a question that baffled scientists for centuries but as our knowledge of the energies that surround us evolved so did our knowledge of the electromagnetic spectrum and energy. Light is a form of electromagnetic energy and visible light is part of that electromagnetic spectrum.

It is transmitted in waves the same as radio, radar and TV but is of a particular size or wavelength.....[more](#)

This is a fantastic topic. Lighting, without doing anything else to the room, can enhance a room incredibly. It can change colors without painting, make you feel alert, make you feel relaxed, create focus, create intimacy, and even change the appearance of the room's size and height.



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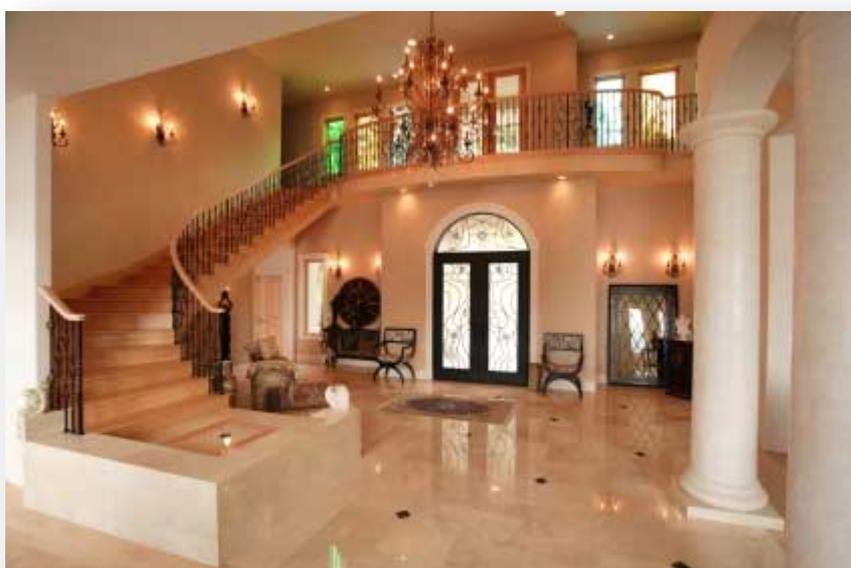
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In my experience it is one of the most important elements in Interior Design. Without it you will never get the full benefit of all the other elements that you have incorporated into your design. The link below will take you directly to [www.interiordesign.com](http://www.interiordesign.com) and the introduction to lighting [.....more](#)



Low Voltage Tungsten Halogen: Gives a crisp white light, excellent for bringing out or enhancing the colour. The effect can be softened using gold back reflectors or reflected off other areas rather than direct.

These can be used in discreet areas because of the size however they need a transformer (and this has to be mounted somewhere close by e.g. in the ceiling) as they usually run on a 12-volt system.



Heat can be a problem with them and the lamp needs to be well ventilated and have a heat sink to the back of them to draw the heat away from the lamp itself into a ventilated area.



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Led lighting which until a few years ago was in its infancy is fast becoming a viable alternative to the halogen.



Led Lighting has become so advanced nowadays that it rivals and even surpasses most domestic lighting and even commercial interior and outdoor lighting.



Candela:

This is the initial unit of light specification. It is the luminous intensity. One candela is defined as a small white-hot cavity. It is equal to about 1 large wax candle. (Hence candela /candle) [.....more](#)

Lumen:

This expresses the quantity of the light. (Luminous flux) eg 1 Candle gives of 1 candela of light but that goes in all directions, so the total quantity of light is measured by the amount that is given in all directions

Lux:

This is the measurement that is used to measure the illumination of a surface. (Light on the surface). Eg 1 lux is provided when a luminous flux of 1 lumen falls on each square meter. [.....more](#)

Each color of light has its own wavelength in the electromagnetic spectrum. When all the colors are combined we get a mixture recognized as white light. If this light is shone through a glass prism then the white light is separated into the colors of the spectrum.





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It's important to understand this when dealing with lighting as different types of light gives off different colors or combinations of colors. The average midday sun appears to have all the colors in it while artificial light can only approximate it. (Note the different types of light that you get at varying times of the day such as early morning or dusk).

All visible artificial light is within the violet to red spectrum range however varying types of artificial light concentrate on different parts of the spectrum.

For example, low-pressure sodium lamps ([see types of lighting](#)) emit their light in the narrow part of the spectrum that gives an intense orange yellow light and therefore distorts the colour of all non-yellow objects.

To conclude, when designing a harmonious and balanced environment, it is important that the correct lamp specification for the situation is selected.

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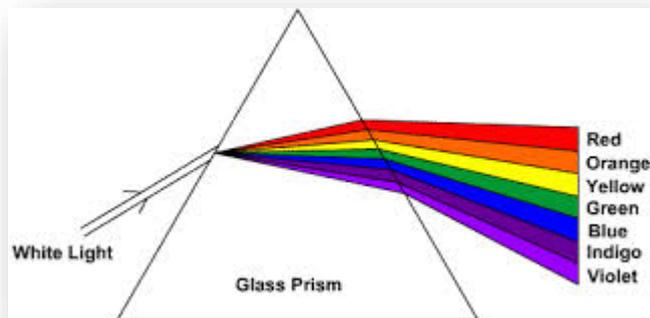
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How We See Color ( the theory....[more](#))



The eye responds differently to different colors. It responds best to the green yellow area of the spectrum and less to the blue violet or red ends. (If you think about it this also relates to moods. A bright room creates a sense of well-being and happiness while the dark creates a different mood all together).

To understand how color is seen, take the view that colors are in the light and not the object. When light falls on an object its surface will absorb some colors and reflect the rest. The colors that we see are those that are reflected. E.g. green objects reflect green light but absorb the rest and blue objects blue light while absorbing the rest. Black objects absorb all light and white objects reflect all light. You will note that it is almost impossible to get a true black or a true white. (Not to be confused with mirror which forms images by reflection)

If you focus on light and colour this way then you will understand the importance of illumination and how it renders and colors an object or the space it is illuminating.

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## Color Appearance.

Color appearance of light is usually expressed as a cool light or warm light. Color temperature is a way of describing the color appearance of the lamp. Color temperature is measured in degrees Kelvin. (Celsius is converted to Kelvin by adding 273) The coldest temperature that we know of is absolute zero and that is  $-273$  degrees Celsius (or 0 degrees Kelvin). I.e. 100 degrees Celsius is 373 degrees Kelvin.

Note that the color temperature of a light source rises with its thermal temperature paradoxically, therefore the higher the temperature, the cooler the light. (The main point here is that color temperature and thermal temperature although related are not the same thing). For example, a candles color temperature may be 2000 degrees Kelvin and it gives a warm yellow light however some fluorescent tubes color temperature may be at 4000 to 6000 degrees Kelvin and generate a very cool light.



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## Color Rendering

This refers to the appearance given to an object by the light source. This is important, in interior environments much of the light is reflected back off the surrounding objects and surfaces, therefore these objects and surfaces don't have a true color (because it is artificial light) so, knowing the light source's true color rendering capability is important.

The international commission on illumination (CIE) has developed a color-rendering index (CRI) by averaging spectral light source from 0-100.

**The higher the number, the truer the color rendition at its color temperature.**

When comparing lamps, to give a fair comparison, the color temperature must be the same.





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Light consists of two main elements:



COLOR and INTENSITY

**Color** is the part of the spectrum being used.

The spectrum is the range of colors from red having the longest wavelength to violet with the shortest wavelength that is produced when a beam of light is passed through a prism.

**Intensity** is the amount of light being used.

Within this section of design we will explore many of the elements of light including sources, fittings, types and uses and a basic system of designing lighting.

As always, in all aspects of design, as you think about the design of the lighting you need to be aware of all the other elements within the room and what you are trying to achieve.

Every room's shape, size and mood are directly dependent on the type and quality of light that illuminates it. The source can be from a single incandescent bulb in a batten fitting, to a complex set of uplights, downlights and task lights.



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[Candela, Lux, Lumen](#)

[Color Rendering](#)

[Lighting Checklist](#)

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[Lighting Existing Rooms](#)



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