



## A LUXURIOUS NEW CONCEPT FOR INDEPENDENT RETIREMENT LIVING



### Use Colour To Your Advantage...

The colours in your home are more than decoration. They can make a room feel warmer, cooler, and even spacious. They can also make your living space feel crowded, uncomfortable or even make you feel hungry!

#### The Top 3 tips on how to use colour to your advantage...

**Red hot.** Red is a popular choice for dining rooms and even as an accent to a wall in an open eating area. Why? Firstly, red is an "advancing" colour, making a room seem more cozy and intimate. Secondly, red is an appetite stimulant, making the foods you serve more appealing.

**Frame your food.** A strong contrast makes food look fresher and more vibrant. A red or orange bowl will make a green salad "pop" with colour. Even plain white is preferable to certain colours that have a "blanding" effect on food. Colours such as peach, beige, brown, gray and avocado green should be avoided when accenting food.

**Beware of blue.** According to colour resource experts, blue is an appetite suppressant. That's why weight loss plans suggest putting your food on a blue plate or even putting a blue light in your refrigerator.

DID YOU KNOW?  
The Eyes Have It.

Most paint manufacturers calculate the Light Reflectance Value (LRV) of their paint colours. White reflects about 80% of light, black only 5%. You can reduce your dependence on artificial light by choosing lighter paint shades, especially in areas where natural lighting is scarce. But beware - too much glare can cause eye strain.

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