

About Me



Color has a huge impact on how we feel. Just think of our favorite outfit! I learned to appreciate and love color theory at Roger Williams University in Bristol, Rhode Island where I graduated with a theater degree. In 2007 I got married and moved to Bermuda where my husband and I took over the family business Rowe Spurling Paint Company, the oldest paint store on the island. For over a decade I have been honing my color skills and helping customers both locally and abroad pick their perfect paint colors.

- Karolina De Costa

My Favourite Shades Of White

WARM OFF WHITES

Brighten up your spaces and create the perfect background for home decor with my top 4 favourite Benjamin Moore whites.

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STEAM BENJAMIN MOORE AF-15

Perfectly balanced between warm and cool, Steam is barely creamy with a gray undertone – beautiful for not only walls but also millwork. SWISS COFFEE
BENJAMIN MOORE OC-45

Creamy, with a hint of gray and the slightest flash of green, Swiss Coffee makes the perfect complement to woods like oak, maple or walnut. BALLET WHITE
BENJAMIN MOORE OC-9

One of my go-to neutrals, Ballet White is an incredibly versatile blend of beige, gray and cream. PALE OAK
BENJAMIN MOORE OC-20

A mixture of beige and gray with a slightly creamy hint, Pale Oak is a lovely light taupe.

COOL OFF WHITES

Brighten up your spaces and create the perfect background for home decor with my top 4 favourite Benjamin Moore whites.

DECORATOR'S WHITE

BENJAMIN MOORE OC-149

A bright white with a barely there cool gray undertone perfect for clean crisp modern spaces.

WHITE HERON BENJAMIN MOORE OC-57

A versatile bright white

with the most subtle blue and gray undertones.

PAPER WHITE BENJAMIN MOORE OC-55

One of my go-to colours, this shade of light grey has a slight green/blue undertone and a crisp feel.

INTENSE WHITE

BENJAMIN MOORE OC-51

Cool but not cold, Intense White complements both warm and cool accents.

Color can look very different on a device screen and lighting can make a huge impact on how shades look in a space. Before making a commitment always view the color swatch and purchase a tester pot to see how it will look in your home.

Shades Of

My Favourite Shades Of Grey



SHADES OF GREY

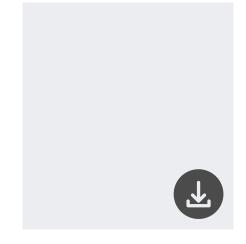
Grey is one of my favourite colours but it can be one of the trickiest to get right. From warm to cool, here are my top 4 picks.

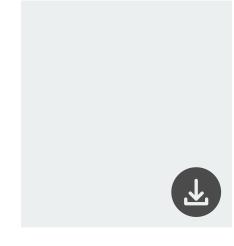
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GRAY OWL BENJAMIN MOORE 2137-60

With a cool crisp undertone, Gray Owl has a very slight blue/green undertone perfect for balancing spaces with plenty of natural light STONINGTON GRAY

BENJAMIN MOORE HC-170

Not too blue and not too beige, Stonington Gray is a very neutral gray that's clean and crisp withough feeling cold. WHITESTONE BENJAMIN MOORE 2134-60

A cool grey that won't feel too blue,
Whitestone is a good fit for contemporary spaces.

GRAY CLOUD
BENJAMIN MOORE 2126-60

With a blue undertone, this crisp shade of gray is light and bright perfect for creating calm spaces.

DARK GREYS



BENJAMIN MOORE HC-166

A rich moody gray with barely there brown undertone and a slight green flash, it's perfect for creating dramatic but cozy spaces.



BENJAMIN MOORE 2124-10

Almost black, Wrought Iron has a barely there navy undertone. It looks stunning on both interior and exterior spaces.





Rentral

Paint Colours That Go With Everything



// dint

Paints with a higher sheen will highlight wall imperfections. If your walls are less-than-perfect choose a matte finish for a low shine but washable finish

VERSATILE NEUTRALS THAT WORK IN ALMOST ANY SPACE

MANCHESTER TAN

BENJAMIN MOORE HC-81

A sandy beige with a hint of gray, Manchester Tan is versatile to work in almost any space with a variety of wood tones. R E V E R E P E W T E R

BENJAMIN MOORE HC-172

A balanced mixture of brown and gray, Revere Pewter is a great choice for large rooms with plenty of natural light. Or try it on kitchen cabinets!



Accent

Punchy And Bold Shades

06/04

ACCENT COLOURS

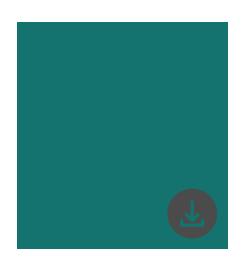
An accent wall or a piece of furniture in a bold shade is a wonderful way to add a burst of colour without overwhelming the entire space.

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JADE GARDEN BENJAMIN MOORE 2056-20

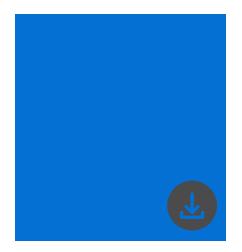
Perfect for accent walls or all over drama, this colour has deep blue/green tone that reminds me of the ocean.



TANGY
ORANGE

BENJAMIN MOORE 2014-30

Few colours have the electric energy of orange. I love the punchy feel of of this bright colour!



BIG COUNTRY BLUE

BENJAMIN MOORE 2066-30

Clean and bright, this shade makes the perfect accent wall colour in a modern space.



VERMILLION BENJAMIN MOORE 2002-10

The right red can be difficult to find.

Vermillion leans slightly towards the orange for a bold pop in any room.

10001

Deep & Moody Shades

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ACCENT COLOURS

Create a cozy space with my moody paint color picks. TIP: They also make beautiful choices for kitchen cabinets.

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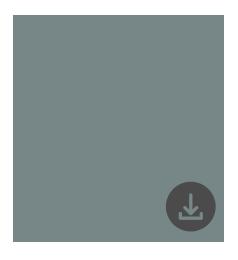
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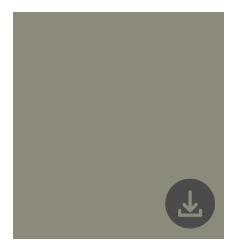
A muted blend of blue and green with a heavy gray undertone, this shade is perfectly paired with brass.



TEMPLETON
GRAY
BENJAMIN MOORE HC-161

A deep gray with a blue green undertone this moody shade is perfect for the bedroom, living

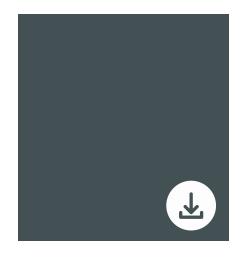
room or kitchen cabinets.



ANTIQUE PEWTER

BENJAMIN MOORE 1560

With a green undertone,
Antique Pewter is a
great choice for color
drenching a small
space



NARRAGANSETT GREEN

BENJAMIN MOORE HC-157

More blue than green, this rich deep shade adds drama to any space. Darker or accent colours may require multiple coats of paint for full coverage. Invest in a high quality, high hiding paint to get the job done faster.



PAINT SAMPLES

Light can have a huge effect on how we see colour. That is why I recommend looking at paint chips in your space rather than deciding at the paint store.

The best way to choose the perfect shade? Try a colour tester on the walls. Paint a large square, let it dry completely, then view in the day time and night time.

TIP: If you are trying multiple paint colours, space your swatches at least six feet apart so you can see every shade on its own.

06/64/5

Too pretty not to mention...

I Love

OCEAN AIR

BENJAMIN MOORE 2123-50

For a long time this has been my go-to colour for helping small, dark rooms feel light and bright. With a lovely sea glass quality and a hint of grey for softness, Ocean Air is a moody turquoise that is a breath of fresh air in the bathroom, laundry room or bedroom.

PALE SMOKE BENJAMIN MOORE 1584

This moody grey has the wonderful ability to look either more blue or green depending on the lighting and time of day. Perfect for any room in the house, it will look stunning paired with warm metals like brass or antique gold, crisp white molding and mid tone woods like maple or walnut.

GRAY CASHMERE BENJAMIN MOORE 2138-60

Gray Cashmere is one of my favourite colours for bedroom walls. The slight green undertone gives this gray shade warmth while still remaining natural. Pair with soft cream or blush toned fabrics, woods like walnut, maple or pine.

NOVEMBER RAIN BENJAMIN MOORE 2142-60

This soft light gray feels warm and cozy thanks to a subtle green undertone. Under certain lights it can even appear khaki making it a versatile neutral shade.

NANTUCKET GRAY

BENJAMIN MOORE HC-111

Earthy midi-tone khaki green with a soft brown/gray undertone and a HINT of gray that pairs well with wood tones, brass, marble, travertine and terra cotta flooring.

Y A R M O U T H B L U E

BENJAMIN MOORE HC-150

This breezy blue is bright and airy while still feeling grown up. With a hint of grey for softness, this shade is perfect for the bedroom, bathroom or laundry rooms walls.

Pair with crisp white linens, cabinets or trim for a beautiful coastal inspired space.

VAN DEUSEN BLUE

BENJAMIN MOORE HC-156

Navy without feeling black, Van Deusen Blue is a stunning choice for kitchen cabinets, bathroom vanities, or furniture. You can also use this moody shade to make a statement on your walls in the bedroom, living room or home office.



FONDANT

BENJAMIN MOORE AF-255

You are never too old to paint the walls (or ceiling) pink. The challenge is picking the right shade. I love Fondant because it's soft and blushy with the slightest peach undertone.

SOLEIL BENJAMIN MOORE AF-330

With the feel of filtered sunlight, this shade of yellow is bright and cheerful without feeling sharp.

WINDHAM CREAM

BENJAMIN MOORE HC-6

Sunny and bright, Windham Cream is just yellow enough to feel cheerful but will not overwhelm a space.

Use it on to warm up north facing rooms where the natural light can feel cool or in east facing rooms that you use in the evenings.

BENJAMIN MOORE BOOTHBAY GRAY HC-165 Benjamin Moore / Boothbay Gray HC-165
A mid-tone gray with a blue/green undertone reminiscent of sea glass.



BENJAMIN MOORE BOOTHBAY GRAY HC-165

Benjamin Moore Boothbay Gray HC-165

A beautiful crisp shade that's a soft mixture of blue, green and gray reminiscent of sea glass





Benjamin Moore Manchester Tan HC-81

BENJAMIN MOORE MANCHESTER TAN HC-81

Benjamin Moore Manchester Tan HC-81

A sandy beige that is dark enough to stand up in large rooms with a good natural light. It's a beautiful choice for traditional spaces.



ARCHED **CABINET**

DRUM **CHANDELIER**

NATALIA VASE

FAUX **OLIVE** TREE

SUZETTE CONSOLE **TABLE**

SERI **TABLE** LAMP

METAL SIDE TABLE SIERRA **CHAISE** COUCH

RUG

CLEARY **SWIVEL CHAIR**

Cabinet Colors To Pair With Black Counters

BENJAMIN MOORE NANTUCKET GRAY HC-111

Benjamin Moore / Nantucket Gray HC-111

An earthy mid-tone green with a soft brown/gray undertone that pairs beautifully with wood, brass, travertine or terra cotta

Quartz is a great option for kitchen counters. It's durable, resists stains and scratches and comes in a variety of colors













VERENA RUGGABLE RUNNER

BENJAMIN NANTUCKET GRAY HC-111

SILESTONE **ETERNAL** CHARCOAL

FRENCH OAK FLOOR IN ASCENT

TWO LIGHT PENDANT

BRASS **KITCHEN FAUCET**

CUP SET

KITCHEN SINK <u>ANTHRACIT</u>E

9.

Benjamin Moore Revere Pewter Kitchen Cabinets

BENJAMIN MOORE REVERE PEWTER HC-172

DIMMABLE

GLOBE

LIGHT

QUARTZ

COUNTER

LAKEDALE

MARBLE

MOSAIC

TILE

BRASS

FAUCET

Benjamin Moore / Revere Pewter HC-172

Why is this neutral shade so popular? It's dark enough for well lit spaces but won't feel too heavy in smaller rooms. It's the perfect balance of beige and gray which makes it versatile for a wide variety of decorating styles. A slight hint of green makes it a beautiful pairing for a variety of woods including oak, walnut, maple, or mahogany.



SARRAH

TUFTED

RUG

KITCHEN

SINK

Benjamin Moore Paper White OC-55

BENJAMIN MOORE PAPER WHITE OC-55

GIOTO

BRASS

PULLS

CABINET

FRENCH OAK

HARWOOD

FLOORING

CABINET

PIAF GRANDE

CHANDELIER

FAUX

OLIVE

TREE

MONTAGUE

TABLE

LAMP

Benjamin Moore Paper White OC-55

A light cool gray with crisp green/blue undertone



RECYCLED

WOVEN

BASKETS

END

TABLE

CONSOLE

OASIS

LINEN

SOFA

RUG

LEATHER

RECLINER

BENJAMIN MOORE **GRAY OWL** 2137-60

CABINET

CANVAS

CHAIR

SOFA

LAMP

RUG

Benjamin Moore / Gray Owl 2137-60

A light gray with a cool undertone that can read either slightly green or blue depending on the lighting. I love it because it's crisp and clean without feeling cold and drab.

STORAGE



BENJAMIN MOORE GRAY OWL 2137-60

Benjamin Moore / Gray Owl 2137-60

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BENJAMIN MOORE **GRAY OWL** 2137-60

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A light gray with a cool undertone that can read either slightly green or blue depending on the lighting. I love it because it's crisp and clean without feeling cold and drab.



ZELLIGE WALL TILE

SARRAH RUGGABLE

QUARTZ COUNTER LAKEDALE **KITCHEN** ISLAND PENDANT

WOOD PULL OUT KITCHEN **KITCHEN** ISLAND **FAUCET**

STAINLESS STEEL SINK

Benjamin Moore November Rain 2142-60

BENJAMIN MOORE NOVEMBER RAIN 2142-60

Benjamin Moore November Rain 2142-60

This warm gray with a hint of earthy green is a great alternative to beiges or creams if you're looking for a versatile neutral wall paint color





Happy

Bainting

With thousands of paint colours to choose from, picking the right shade can quickly become overwhelming. I hope that this short guide takes the stress out of finding the perfect colour for your home.

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