



Ms. Kuntal Aggarwal, Founder, Resaiki Interiors

Pastel colours are a symbol of neutrality. They are peaceful, soft and mild. Pastel colours are best for places like office, living room, bedroom or bath.

Pastel green- It represents safety, nature, growth, harmony. According to Feng Shui green symbolises family, nature, and honour. It gives you a sense of being grounded. It also represents holistic healing and health. You can use green as a sign of good luck.

Pastel Pink- It is a softer colour which is less intense than the colour red. This colour creates a sense of compassion, understanding and nurturing needs. This colour is also a sign of hope. It can be very helpful during the times when you lack courage and direction.

Pastel orange- As it is on the lighter side with a touch of white in it, this leads to a positive attitude, motivation, and enthusiasm in life. Pastel shades of orange can be good for creating a sense of fun and freedom.

Pastel yellow- It symbolises warmth and honesty in a person. Spiritually it gives you a sense of wellbeing and a statement of comfort with yourself.

Pastel blue- It is often connected to spiritual studies and meditation. In Christianity, it is believed that the lighter shade of blue with a hint of white is a sign of purity and sincerity. It is considered as the colour of heaven.

White- This colour generally represents "as above as below" the symbol of purity, peace and the angelic realm.

Brown- It symbolises stability and strength, inspired by the connection with the earth. If you are looking for something that is rooted and balanced, this colour choice can be a great option.

Purple- This colour is often considered for spiritual enlightenment if you are looking to expand your mind and strengthen your intuition, consider the lighter shades of purple. It is considered rare in nature which is why it is luxurious and mystique.

In a nutshell:

Colours go a long way in shaping your mood, spiritual connection, health, prosperity and much more. Balanced use and correct knowledge can positively influence our day to day life. Pastel colours are often preferred in small homes and offices because of its tendency to attract natural light and make it look bigger and cleaner. They are also a preferred choice for those who like to meditate. If you are looking for a young and chic decor that is subtle yet classy then pastel is the way to go – the cherry on the top is the spiritual connection that comes complimentary with pastel decor!

About the Author

Ms. Kuntal is an interior designer with 10 years of professional work experience. Together with her talented and creative team, she provides the design and technical solution from start to finish for all projects. Apart from an interior designing, she is a certified Lighting Designer from Milan NABA. She is also a Reiki Grand Master and a certified Access Bar Consciousness Practitioner. These Spiritual practices help her understand client's requirement with a deeper perspective and hence offering her best to human spaces. Together with her talented and creative team, she provides the design and technical solution from start to the finish for all projects.

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