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# Livingetc

CONTEMPORARY HOUSES • SPA SPACES • BUILT-IN SEATING  
GUEST BEDROOMS • BASEMENTS • FLOORING

## BRIGHT NEW START

HOW DESIGN WILL  
IMPROVE YOUR  
LIFE IN 2022

50  
smart ways  
to go  
clutter-free

\*THE  
ARCHITECTS'  
MUST-HAVE  
FOR FLEXIBLE  
ROOMS

CAN YOUR HOME  
MAKE YOU FIT?  
DECOR HACKS FOR  
YOUR INNER ATHLETE

january 2022

## THE SOOTHING POTENTIAL OF BRIGHT COLOURS

BY ARTIST CHILA BURMAN

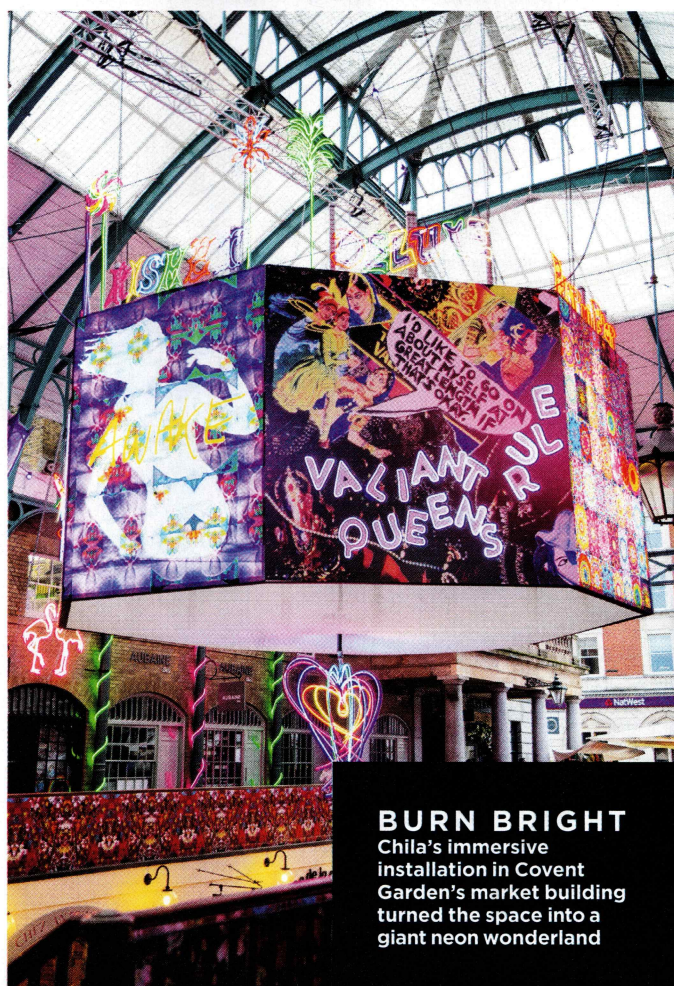
**Self-described Punjabi-Liverpudlian Chila combines her Indian roots with popular culture to create art that is an explosion of colour and playful commentary. Her work is inspired by a mix of popular culture, fashion and Bollywood. Last year, she was commissioned to emblazon the Tate Britain, covering it in neon lights, motifs and pro-immigration messages.**

My childhood home was loud. Not just in noise – though my brothers were DJs – but in colour. A purple sofa and an orange lampshade were connected by floral carpets and flocked wallpaper. The bathroom was avocado. But despite how it sounds, there was always a sense of calmness about it. Why? Because bright colours bring you pleasure, and pleasure in its very nature is relaxing.

I noticed this effect most strongly recently. My installation at the Tate Britain was a festival of neon lights, covering the exterior in glowing signs and emblazoned with messages like 'love shine light' and 'remembering a brave new world'. You might expect the people who came to leave feeling amped up – it was the colours of disco, after all – but instead they were uplifted, given a break from their everyday and, ultimately, relaxed. Similarly, in the vast walkways I filled with neon lights in Covent Garden, visitors were swaddled in beatific brightness, matched only by their smiles. There is harmony and balance to be found in looking at the glow of bright lights – they make you warm inside, which is ultimately refreshing.

So in your decor, take inspiration from spaces like SushiSamba in London's Heron Tower, a place that captivates me. The walls and the decor are all bathed in the mad glow of orange lighting. There's a helter-skelter stairway with orange lighting on the walls on the way up, the bar has giant orange palm leaf patterns that are lit from behind and there's a 20-foot-high orange tree sculpture on the terrace. Yet – guess what? – it all feels really mellow and, yes, relaxing.

What this means is you shouldn't be afraid to experiment with bright colour at home. True, you might like the safety of crisp white linens in the bedroom, but in the living room or kitchen, embrace colour. Go for orange, vermilion, cerise. If you're choosing a palette, err towards the brightest shades. Then add neon. You'll be soothed in ways you never knew were possible.



**BURN BRIGHT**  
Chila's immersive installation in Covent Garden's market building turned the space into a giant neon wonderland