



COLOR GUIDE

Your Interior Color Selection Guide

How to choose interior paint colors with confidence – considerations, current trends, and practical tips

Where to Start

Choosing an interior color is part personal taste and part practical decision-making. Before you fall in love with a swatch, it helps to think through a few things that will affect how that color actually lives in your home.



Natural Light

North-facing rooms read cooler and duller; south and west-facing rooms run warmer and brighter. Test colors in the room's real light, not just under store lighting.



Existing Fixed Finishes

Flooring, countertops, tile, and cabinetry aren't changing any time soon – build your wall color around what's already fixed in the room.



Whole-Home Flow

Sightlines between open rooms should feel intentional. Related hues (not necessarily identical ones) keep a home feeling cohesive room to room.



Room Function & Mood

Bedrooms and bathrooms can lean calmer and cooler; kitchens and living spaces often support a bit more warmth and depth.



Resale Value

Broadly appealing neutrals protect resale value in high-traffic areas – save bolder colors for rooms and accent walls that are easy to repaint later.



Sample Before You Commit

Paint a large swatch or peel-and-stick sample on at least two walls and view it morning, midday, and evening before buying full cans.

A Simple Rule of Thumb

If a color choice still feels right after living with a sample for a few days – in daylight, lamp light, and everything in between – it's probably a color you'll be happy with for years, not just weeks.



Trending Now

Curated Sherwin-Williams palettes shaping interiors in 2026 – a mix of the year's Color of the Year and the shades our clients keep asking for.

Warm Minimalism

Anchored by the 2026 Color of the Year – an easygoing warm neutral paired with a creamy white and a whisper-soft accent for living and dining spaces.



Universal Khaki
SW 6150



Alabaster
SW 7008



Cream and Sugar

Quiet Greens

Muted greens are replacing the last decade of gray – a soft green-gray for calm bathrooms and bedrooms, and a deep forest tone for a statement kitchen island.



Sea Salt
SW 6204



Evergreen Fog
SW 9130



Pewter Green
SW 6208

Soft Pastels

Airy, high-LRV pastels for bedrooms and bathrooms – a gentle way to bring in color without losing light in a north-facing room.



Grape Mist
SW 6548



Pearly White
SW 7009

Earthy & Bold

Complementary earthy pairings for an accent wall or entry – a warm neutral grounded by a deep green or red-brown for a curated, not trendy, look.



Neutral Ground



Secret Garden



Cordovan



Choosing the Right Sheen

Ceilings	Flat or matte – hides surface imperfections and minimizes glare.
Living Areas & Bedrooms	Eggshell or satin – a soft look that's still easy to wipe clean.
Kitchens & Bathrooms	Satin or semi-gloss – stands up to moisture, steam, and scrubbing.
Trim & Doors	Semi-gloss – durable and makes detail work pop against wall color.
Cabinets	Semi-gloss or satin – durable, wipeable, and easy to keep looking new.

One more thing worth knowing: undertones shift with light. The same swatch can read warmer in the morning and cooler by evening, which is exactly why testing a sample in your own space matters more than the paint chip ever will.

A Few More Tips

- Follow a rough 60–30–10 split: a dominant wall color, a secondary color for furniture or accent walls, and a pop color for accessories.
- Ceilings don't have to be plain white – a soft tint of your wall color (or a true white with a warmer undertone) can make a room feel taller and more finished.
- When torn between two shades, go one step lighter. Colors read darker on full walls than they do on a small chip.
- Keep a record of exact colors, sheens, and brands used in each room so future touch-ups and repaints match perfectly.

NOT SURE WHERE TO START?

We Can Help You Choose

East Dallas Painting offers color consultation as part of every interior quote.

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