

# Discover Your Colour Personality

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COLOUR PSYCHOLOGY  
IN INTERIOR DESIGN

SUMMER

# You are Summer.



## Summer personality type

Summer is the season of relaxation, balance, and quiet confidence. It represents a slower, more considered pace of life, where everything feels calm and harmonious. Like the soft hues of summer flowers, your personality is elegant, thoughtful, and composed. You find beauty in simplicity and feel most at ease in spaces that reflect order and balance.

As a Summer personality, you are intuitive, refined, and naturally serene. You excel in structured environments where everything has its place, and your eye for detail ensures that every element is perfectly curated. Your presence is soothing to those around you, bringing a quiet strength and elegance to every space.

## *harmonious & balanced colour palette*

The colours that best suit you are... soft cool tones like gentle blues, calming lavenders, light greys, muted pinks, and earthy greens. These hues are soothing and understated, bringing a sense of peaceful elegance to your space. They reflect your need for balance, creating an environment that fosters relaxation and clarity. These colours not only reflect your inner calm but also help maintain a serene atmosphere, encouraging you to feel grounded and at peace.

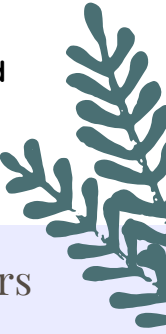
## Using colour in your interiors

Your Summer colour palette is perfect for creating calm, harmonious spaces. Embrace clean, symmetrical designs that create order and flow throughout your home. Choose light, neutral furniture in soft tones like muted blues, soft greys, and earthy greens. The furniture should feature simple, flowing shapes that reflect your love for balance and calm.

Incorporate elegant flowers and romantic florals to add a soft, feminine touch to your space. Delicate textures like silk curtains, fluffy throws, and soft wool rugs will enhance the calming atmosphere. Minimalist décor, with subtle artwork or small, calming sculptures, will help maintain the serene vibe.

Your space should be organised, calm, and perfectly balanced, allowing you to feel at ease and inspired in your surroundings.

You're calm, serene, and effortlessly elegant. You bring a sense of balance and harmony to the world around you...



## Summer's colours

As a Summer personality, you are internally motivated and naturally gravitate towards soft, cool colours with a gentle, faded quality. Think of the subtle beauty of summer flowers like roses and wisteria, which are softer and more muted than their Spring counterparts. The energy is calm and restrained, with mid-tone shades and very few darks. Summer is all about tranquility and balance, and the colours that suit you are understated, delicate, and refined.



## *the reflector*

Want to bring your space to life with a peaceful colour scheme tailored to you? Let's work together to create a home that reflects your personality and energy.

*Leisha x*



Leisha Norman  
INTERIOR DESIGNS

*Hey! it's me- Leisha!*

I hope you had fun taking the colour quiz and reading about your ideal palette!

I'm an interior designer and project manager based in not-so-sunny Southampton, Hampshire, England and I help my clients be brave, not beige when it comes to introducing colours in their home!

I've had the pleasure of helping over 70 homeowners and business owners transform their spaces by bringing in bold colours and creating designs that reflect their personality and bring them joy.

I love helping people create spaces that feel like *them*, where they can relax, entertain, and feel completely at home.

If you'd like help choosing colours for your home, I offer one-off Colour & Design Advice sessions which we can do over zoom or at your home. Find out more here:

[www.lndesigns.co.uk  
/colour-advice-session](http://www.lndesigns.co.uk/colour-advice-session)