

PALETTE
INUIT COLOURS

In a world of white, colour takes on a whole new dimension. This month's palette of colour combinations to try is inspired by the polar Eskimos of Greenland. Perpetually surrounded by immense icy landscapes, their love of bright hues is a joy. And, arguably, essential to their wellbeing.



In the Western world, once weaned off magnolia, we tend to default to white as our interior colour of choice. It's understandable. Life is often hectic, and even the most stolid of sensibilities can be perturbed by the amount of visual noise that surrounds us. When we retreat from the world at the end of the day, we seek peace and tranquility, rather than bling and blare, and white can certainly provide the calm we need. But don't overlook the sensory effects of colour: certain shades (chiefly greens and pinks) can foster the serene state we crave, whereas an absence of colour can leave too much stimulation space for active minds.

For the Inuit people, to use white indoors would probably induce madness! Here, in the snow-clad world of northern Greenland, colour is more a matter of survival than of aesthetics. On the one hand, it is used on the outside of people's homes to make them easily visible in the snow, and on the other, the joyous use of chalky pink and shades of turquoise and aqua energises stark interiors, literally bringing them to life. The Inuit could have painted all their houses the same. But no. Here, colour expresses personality. And no-one has opted for beige, taupe or grey. There's a lesson in this, to be sure.

WORDS: MIREILLE COUSINS; LEFT: SHUTTERSTOCK; PICTURES: TINA ITKONEN



Award-winning Finnish photographer Tina Itkonen spent four months living with the Inuit people, taking their portraits, recording their daily lives and exploring their relationship with the vast icy wilderness they call home. The resulting images have been assembled in Itkonen's first UK exhibition, 'Inughuit', which is well worth a visit for inspirational ideas on colour-combining – from calming blues to invigorating pinks. **ELC**
'Inughuit', on now until 24 March at Michael Hoppen Contemporary, 3 Jubilee Place, SW3 (020 7352 4499; www.michaelhoppengallery.com).



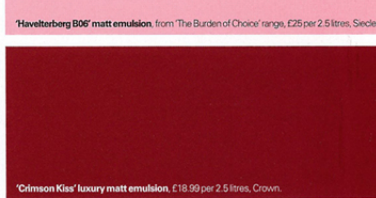
'Rubens F01' matt emulsion, from the 'Flemish Colours' range, £25 per 2.5 litres, Sealed.



'Satin Jade' Solo one-coat satin paint, £16.99 per 2.5 litres, Crown.



'Havelterberg B06' matt emulsion, from 'The Burden of Choice' range, £26 per 2.5 litres, Sealed.



'Crimson Kiss' luxury matt emulsion, £18.99 per 2.5 litres, Crown.



'Waterlily Blush 4' matt emulsion, £15.99 per 2.5 litres, Colour Mixing System at Dulux.



'Perfect Peach' silk emulsion, £13.99 per 2.5 litres, Crown.

For stockist information, turn to page 173.