

Colour Guide: Sage Green

Calming, versatile and stylish, sage is Pinterest's colourway to watch this year. Here are some simple steps on working this verdant colour into the home for a sophisticated, contemporary feel.

With its ability to pull off both rustic and modern styles, sage is a flexible colour that is also a great foundation to style around. Rebecca Snowden, Interior Style Advisor at [FurnitureChoice.co.uk](https://www.furniturechoice.co.uk), shares 3 helpful tips toward styling a sage-focused interior.

1. Use in place of light neutrals



Sage's gentle tones means that it's a wonderful, subtle substitute in places where you'd ordinarily think of using neutrals such as white and cream.

"Sage is pleasing to the eye without competing for attention against other colours," says Rebecca. "So the next time you're thinking of painting a room light grey, or off white, consider sage. It adds a little something extra, while still being easy to style and working as a strong foundation for your furniture and decor to shine against."

"Paired with light furniture and warm oak, you'll create a modern, Scandi-inspired home. And for more punch, sage also contrasts beautifully with blush pink, burnt orange, and brass."

2. Play with dark and light tones

It's not just lighter tones that'll work with this versatile shade. Pale tones against sage gives an airy, calm feel, but darker furniture will look sophisticated and elegant.

"It's about experimenting to see which look you prefer," Rebecca suggests. "You can also play around with different tones of sage. The colours on the deeper end of the spectrum can be very rich and inviting, giving you more drama."

"Once you've decided on the look, you can accessorise around it. Light sage has silvery undertones you can play up with cooler shades, while hints of gold would really pop against dark wood furniture."

3. Amp up the natural side with greenery and texture



When working with such a pleasing shade, one way to build interest is to add texture.

"Tonal accessories are a fun way to go, especially since sage's gentle tones ensures it won't be overwhelming, but another approach is to take inspiration from nature, and add plants for different shapes and tones. Darker greens, and white flowers would look especially beautiful here."

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