## Step One: Find a signature color

One look at this Tiffany-box-blue apartment and you're mesmerized. Chassie Post and Phillip Costello (she's a fashion stylist, he's a lawyer, they're also musicians) painted every wall a vivid blue—and not for the first time. "I've had the color now for eight years," says Chassie. "I've moved three times with it!"

You, too, can adopt a trademark tint. Pay attention to the little things in life that elevate your mood. Do you horde hot-pink socks? Does your neighbor's apple-green door look delicious? What color are the rooms that make you feel fine? Focusing on food-like a gorgeous raspberry cosmopolitan—can also help you develop a taste for a color.

Once you've captured that color, don't hesitate. Take a deep breath (doing your best to avoid inhaling paint fumes) and go all out. Feisty, full-coverage creates amazing atmosphere. Like getting your hair dyed, you can't know how fabit's going to look till it's done. That's half the fun.

STORY BY KIERA COFFEE. PHOTOGRAPHS BY OBERTO GILI

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