Oriah CONTRACTING

HOMEOWNER GUIDE
METRO VANCOUVER, BC

Colour and Sheen Guide

Choosing paint is easier with a plan. Use these tips to pick colours you love, the right sheen for every room, and finishes that hold up to our West Coast weather.

1 How to choose colours

Test samples first

- Paint large samples on two or three walls in the room.
- Check them in the morning, afternoon and at night.
- Look at them next to your trim, floors and furniture.
- Let samples dry fully. Colour often shifts as it dries.

Follow the light

- **North-facing** rooms get cooler, softer light. Warmer colours feel cozy here.
- **South-facing** rooms are bright and warm. Most colours look lighter.
- **East and west** rooms change a lot from morning to evening.
- Your light bulbs matter too. Warm and cool bulbs change how colour reads.

Find the undertone

- Most neutrals lean warm (yellow, red, pink) or cool (blue, green, violet).
- Hold a sample next to plain white paper to see the undertone.
- Match undertones to things that stay, like flooring, counters and tile.



Plan the flow

- Pick a whole-home palette of a few colours that work together.
- Keep open-concept spaces connected with one main wall colour.
- Using the same trim and ceiling colour throughout ties rooms together.
- Try lighter or deeper shades of one colour from room to room.

Three quick colour tips

START WITH WHAT STAYS
Choose paint after flooring, counters and big furniture. It is easier to match paint to them.

EXPECT IT TO LOOK STRONGER
Colour often looks deeper on a full wall than on a small chip.

THINK ABOUT THE CEILING
A soft white ceiling keeps rooms bright and lets wall colours stand out.

Want a second opinion on colours?

We can connect you with an interior designer we partner with. Your first consultation is on us. Any design work after that is billed by the designer.

2 Sheen by room

Higher sheen means more shine and easier cleaning. Lower sheen hides more surface flaws.

ROOM OR SURFACE	RECOMMENDED SHEEN	WHY IT WORKS
Ceilings	Flat, Matte	No glare and hides small flaws overhead.
Living and dining	Eggshell, Matte	A soft, rich look that still wipes clean.
Bedrooms	Eggshell, Matte	Calm, low shine for quieter spaces.
Kitchens	Satin	Stands up to splashes, grease and regular cleaning.
Bathrooms	Satin	Handles humidity and wipes down easily.
Kids' rooms	Satin	Tough on fingerprints, crayons and scuffs.
Trim and doors	Semi-gloss	Hard-wearing and easy to clean. Adds crisp contrast.
Cabinets	Satin, Semi-gloss	Cabinets get daily use, so we use a hard-wearing enamel over careful cleaning, sanding and priming. Paint needs time to fully cure, so treat doors gently at first.

3 Exterior tips for Metro Vancouver

Painting season

The best window is mid-April to mid-October, when it is warmer and drier. Paint needs dry surfaces and mild temperatures to cure well, so we plan around the forecast.

Moisture comes first

We wash surfaces, treat mildew and moss, and let everything dry before painting. Gaps and joints get caulked so water stays out.

Durable finishes

We use premium paint from Benjamin Moore, Dulux or Sherwin-Williams. Satin or low-lustre on siding sheds rain and cleans easily. Semi-gloss suits trim and doors.

Stucco and wood siding

Stucco: cracks get filled and the coating must let moisture escape. **Wood:** loose paint is scraped, bare wood is primed, and soft or damaged boards are flagged before we paint.

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