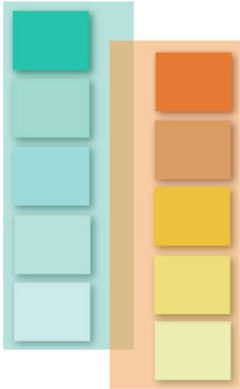


Colour Chats with Kate Bridger



Healthy Living is more than just a sensible diet and a regular exercise programme. Healthy Living is about where you live and how you live there.

Creating living spaces that work for you and your family and that reflect your communal identity along with your individual personalities is a fine balancing act. There are no rights and wrongs ... just what works and what doesn't.

An analysis of your home, it's layout and décor, its functions, its occupants and their needs and activities is an exercise that, with professional guidance, can change your life ... for the better!

Find your *inner* designer – get reacquainted with your aesthetic passions, their history, cultural significance and emotional charge. Be confident in knowing what you do and don't like, instead of being swayed by current trends and makeover shows!

Finding your inner designer is all about working within your comfort zone, your budget and your abilities; not about inviting a designer with a flamboyant boutonniere into your home who tells you what colour will make your living room 'pop!' Your home is where you live. Your home's 'interior design' is an extension of your own personal 'interior' – spirit, mind and body.

A '**ColourChat**' is an in-home consultation that goes far beyond an afternoon spent looking at ridiculously tiny paint chips! The initial consultation helps you (and me) identify the purposes and functionality of the different parts of your home. It will also help you identify the objects, colours, feelings and treasures that you love and cherish along with those that are weighing you down. I will guide you and your family to explore new and creative ideas and solutions to your healthy living challenges within the realistic parameters of time, practicality, budget and inherent skills. And, best of all ... it's fun!

I have a background in design, an understanding of design psychology and, most importantly a strong and proven conviction that we must all discover and embrace who we really are and what we truly love in order to create living environments that reflect us, support us and make us feel completely 'at home' and healthy in our nests!



'Kate has been helping us redecorate our home. She has been awesome to work with - she has an artistic eye for colours, furniture pieces/arrangement and decorating accessories. She has fun ideas, creative solutions, great patience and a wonderful sense of humour.'

Sherry – Nelson

'My husband and I both appreciated and enjoyed Kate's enthusiasm in our "colour chat" regarding the exterior makeover of our house. We're still chuckling about her self-professed allergy against the colour white. Her encouragement to make us think outside of the box has resulted in a choice of colours we hadn't previously contemplated and we are more than pleased with the result.'

Iris & Peter, Nelson

'i don't like yellow. well, i asked kate bridger to come over and help me pick new paint colours for my kitchen. she suggested yellow. 'but i don't like yellow' i said. together we rejected tons of colours that did not go with blue, cork and medium oak. finally we chose a beautiful colour called 'lemony'. its much prettier than yellow. though i have to confess that it looks quite similar!'

Betty, Nelson