

Trust Your Style

Eye on Style: David Bromstad

Friday, April 5, 2013



Seeing that Spring '13 is one of the brightest fashion moments we've had in some time and that popping color is showing up everywhere from the streets and runways to interior design, I'm excited that color guru [David Bromstad](#) is here today to talk about why color speaks to his sense of style and how we can all use it to express our own style. David, as many of you know, is the original winner of HGTV [Design Star](#), which led to his hit series for HGTV, [Color Splash](#). Having completed more than 100 makeovers for Color Splash, David just launched the new series [The White Room Challenge](#) on HGTV and is returning in May to serve as host of the series as well as resuming his duties as contestant mentor.

Mary Jo: Tell me about why color speaks to you so strongly?

David: **Color speaks to me strongly because every color tells a different story...** Bright, Bold, Neon, Nude, Black or White... no matter what the color may be, it can easily change your mood and attitude. I like to make a space feel completely different, and NEVER boring.

Mary Jo: Favorite bright colors of this season to use for design?

David: **Bright bold reds and gorgeous shades of turquoise.**



Mary Jo: Top tips for using color to transform a drab room?

David: * Color blocking on a solid white wall. If you're afraid to completely commit to color, you can spruce up your room with **a bold stripe of color or an accent wall**.

* Incorporate **designer or colorful throw pillows or an area rug with a unique texture**.



* I love a good "upcycle" go to bromstad.com for some ideas. **You can recycle many pieces around the house such as cork boards, bottles, furniture, etc into fresh and fun pieces of art with a little spray paint and color!**



Mary Jo: What does style mean to you?

David: Style means expressing the vision you have in your head... **I believe that style is a very personal choice and there's a style and design for all personalities**. Whatever colors you favor, whichever techniques and methods you like the most, will overall represent your own style.

* Change up your furniture. Sometimes all you need is some great new furniture, and for designing on a budget, **slip covers and reupholstering** pieces can revamp your space...**I love a good flea market find** too!

Thanks so much David for stopping by! I hope you enjoyed David's color and style insights, I know I did!

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<http://www.trustyourstyle.com/>

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