

The Absolute Best Neutral Paint Colors, According to Designers

They're obsessed with these timeless hues.

BY HADLEY MENDELSON, KELLY ALLEN AND MEDGINA SAINT-ELIEN | PUBLISHED: NOV 29, 2023

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DAVID TSAY

Neutral paint colors are staples, whether you use them on trim or on your bedroom walls. Though neutrals can seem boring, they allow your other design choices to shine and are actually some of the most relaxing paint colors. "Neutral paints allow our eyes to rest, important in bedrooms, bathrooms, and reading nooks, evoking a physiological response of serenity and calmness, supporting our circadian rhythms," says Laura Freeman of Merits Design Group. It's rare to find a home without a quiet, hardworking warm neutral paint color saving the day in the background, no matter what its design style may be. You don't have to be a minimalist to appreciate their versatility.