

# Colour Theory Training Manual

## A Final Word – The Old and the New

### Colouring and Personality

Some colour analysis systems delve into colouring and personality, whereas the Absolute Colour System doesn't align each colour group with specific personality traits or interests for the sake of. Historically Suzanne Caygill developed a set of personality guidelines related to the seasons and these are included below.

### Seasonal Personality Traits

Spring has the energy of being fresh, vivid, buoyant, quick, lively, clear, bright, light and radiant. It is an awakening, a bursting forth. Spring personalities can be animated, cheerful, positive, vivacious, warm and whimsical.. Spring folk seem to have a continual twinkle in their eyes and grin on their lips.

Summer reflects a gentle, refined, delicate, soft, subdued, blended, translucent and flowing manner. It is a time of relaxation and slowing down. Summer personalities can be artistic, calm, composed, diplomatic, soft-spoken and gentle.. Summer types love to lounge in a state of repose.

The energy quickens as Autumn evolves with a rich, dynamic, earthy, regal, vibrant, strong, opulence and boldness. It is time for the harvest and everything seems to have a sense of presence and motion. Autumn personalities can be assured, direct, energetic, fiery, magnetic, spicy, rebellious and dependable. Autumn beings can be in constant movement like the falling leaves.

Winter mirrors a dramatic, intense, serene, electric, vivid, contrast and pure quality. It is a time of being internally motivated and grounded. Winter personalities can be poised, serene, sensitive, courteous, disciplined, aloof, striking, theatrical and sophisticated.. They love extremes—from elaborately decadent to severely modern or minimalist.

### Understanding the Seasonal System

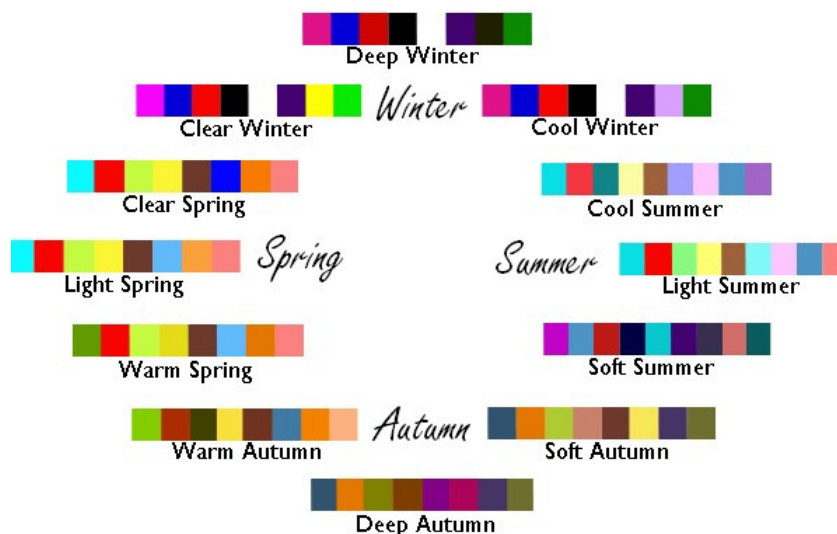
Even though you have not learned the seasonal colour system, it's good to have an understanding of what the seasons mean, so that if you speak with someone and they have told you that they are a "spring" you understand what that means.

Winter: Deep, Bright Cool

Summer: Light, Soft Cool

Spring: Light Bright Warm

Autumn: Deep, Warm, Toasted



# Colour Theory Training Manual

## Winters a traditional view:

Overview;

- Winters are striking and require a high contrast in their wardrobe to compliment them
- Were often white blondes as children. Adult blondes will be platinum and very striking
- They look better in icy colours rather than pastel colours and suit clear colours over toasted and tinted colours

Skin	Hair	Eyes
Porcelain	Platinum blonde	Dark brown
Beige	White	Dark blue
Rose beige	Silver grey	Clear blue
Olive	Salt and pepper	Violet
Deep brown	Medium brown	Grey blue
Black(with a blue undertone)	Deep ash brown	Grey green
	Brown with red highlights	Grey
	Black	Hazel with grey flecks
	Blue black	Grey rims are prominent

Should be tight woven and crisp in appearance. The winter person does not suit loose flowing outfits. Their look is well maintained and crisply finished

Patterns: Abstract and geometric designs work best

### Colour Range

Pure white	Taupe(grey beige)	Icy taupe
Platinum	Charcoal	Black
Marine Navy	Light Navy	Deep Navy
True blue	Royal blue	Icy blue
Hot turquoise	Chinese Blue	Icy Blue
True green	Light true green	Emerald
Hot pink	Bright pink	Fuschia
Icy Pink	True red	Blue red
Bright burgundy	Icy Yellow	Clear Lemon Yellow
Royal purple	Icy violet	Silver

<i>Winter Women</i>	<i>Winter Men</i>
Angelina Jolie	Pierce Brosnan
Jacqueline Kennedy Onassis	Anthony Robbins
Oprah	Paul Keating
Elizabeth Taylor	Cary Grant
Cher	Dustin Hoffman
Demi Moore	Michael Jackson
Sandra Bullock	John Travolta
Madonna	Bruce Willis
Princess Mary of Denmark	Will Smith

# Colour Theory Training Manual

## Springs a traditional view

### Overview:

- Have a yellow undertone and/or delicate colouring.
- Often look golden,
- Have a cheeky look to them
- Springs are called a 'bright season', with contrasting hair and skin colour.
- Look best bright clear colours eg. coral and golden yellow.
- Have bright whites of their eyes and strong coloured irises (often blue).
- Do not look good in dark, blue based colours, eg. burgundy.
- Look best in colour combinations that are medium to high in contrast.

Skin	Hair	Eyes
Creamy Ivory	Flaxen blonde	Clear blue
Ivory with freckles	Golden blonde	Blue with flecks
Peachy Pink	Strawberry blonde with freckles	Steel blue
Peach	Strawberry red	Aqua
Golden Beige	Auburn	Teal
Golden Brown	Golden Brown	Turquoise
	Rarely red-black	Golden brown
	Golden grey	Hazel - Golden flecked
	Steel grey	

Fabrics –close natural weaves, nothing too loose, or too stiff

Patterns-patterns that are unusual and alive with colour and movement

### Colours Range:

Ivory	Sand	Camel
Storm grey	Medium warm grey	Golden browns
Clear tan	Light clear navy	Light royal blue
Periwinkle blues	Medium warm turquoise	Clear aqua
Chartreuse	Pastel yellow-green	Pastel orange
Apricot	Peach	Salmon
All corals	Terracotta	Peachy pinks
Clear bright red	Orange-red	Bright Golden Yellow
Medium violet	Blue-violet	Kelly green
Mint	Gold	

<i>Spring Women</i>	<i>Spring Men</i>
Julie Andrews	David Beckham
Hillary Clinton	Mel Gibson
Nicole Kidman	Brad Pitt
Goldie Hawn	Jimmy Carter
Jennifer Aniston	Bing Crosby
Shirley MacLaine	Russell Crowe
Kylie Minogue	Robert Redford
Cameron Diaz	Frank Sinatra
Marilyn Monroe	Guy Pearce

# Colour Theory Training Manual

## Summers a traditional view:

Overview;

- They have an overall appearance of being soft and delicate
- They have very little contrast between their hair, eyes and skin colour.
- They often have sensitive skin and fine hair.
- They usually have a quiet manner
- They are uncomfortable in bright colours.
- They are best in medium toned; soft, blue based colours.
- Their colours are best mixed in low to medium colour contrasts
- They often show tiny pink rings under their skin when they are cold.

Skin	Hair	Eyes
Pale beige	Platinum blonde	Blue
Pale beige with pink cheeks	Ash blonde	Soft blue
Very pink	Mousy blonde/brown	Grey blue
Rosy freckles	Ash brown	Light grey
Sallow	Deep ash brown	Light blue green
	Dark dull brown	Soft hazel
	Brown/auburn	Soft brown
	Blue grey	
	Soft white	

Ideal fabrics – soft and flowing. Nothing too stiff. Soft textured

Patterns- Florals and gentle geometric shapes

Colour Range:

Soft white (winter white)	Rose beige	Dove greys	
Rose brown	Cocoa	Greyed navy	
Grey-blue	Sky blue	French blue	
Periwinkle blue	Powder blue	Chambray	
Sky blue	Medium blue	Pastel blue	
Pastel aqua	Blue-greens	Pastel pink	
Deep rose	Blue-pinks	Watermelon	
Blue red	Raspberry	Maroon	
Plum	Rose gold	Silver	
Soft fuchsia	Mauve	Lavender	Light lemon yellow

<i>Summer Women</i>	<i>Summer Men</i>
Gwyneth Paltrow	Prince Charles
Queen Elizabeth II	Bill Clinton
Cate Blanchett	Paul McCartney
Winona Ryder	Don Johnson
Grace Kelly	Jack Lemmon
Sarah Murdoch	Kevin Costner
Jessica Simpson	Gene Hackman
Darryl Hannah	Simon Crean
Princess Diana	Fred Astaire

# Colour Theory Training Manual

## Autumns a traditional view

### Overview:

- Have a golden undertone
- Have a depth and richness to their colouring
- Look great in earthy colours.
- Dislikes most blues and pinks.
- Are a 'muted season'
- Looks best in colours that are combined into a medium to high contrast level.
- The greying process is not flattering.

Skin	Hair	Eyes
Ivory	Red	Hazel flecked with gold
Ivory Freckled	Copper red	Teal
Peach	Chestnut brown	Green with brown or gold flecks
Peach freckled	Golden brown	Amber
Golden beige	Golden blonde	Pale sea green
Dark beige	Charcoal black	Turquoise blue
Golden black	Golden grey	Dark brown
		Golden brown

Fabrics choices: loose weaves, textured fabrics with interest all natural fibres

Patterns: prints of nature and animal base themes

### Colours Range:

Oyster white	Sand beiges	Creamy beige
Camel	Dark brown	Tan
Rich Coffee	Mahogany	Bronze
Deep periwinkle	Airforce blue	Marine navy
Turquoise	Grey yellow-greens	Yellow-greens
Lime green	Forest green	Olive green
Moss green	Orange	Deep peach
Salmon	Rust	Terra-cotta
Orange-reds	Bittersweet	Dark tomato
All golds	Golden yellows	Red-purples

<i>Autumn Women</i> Lauren Bacall Katherine Hepburn Sarah, Duchess of York Lucille Ball Cindy Crawford Jamie Lee Curtis Meryl Streep Jodie Foster Susan Sarandon	<i>Autumn Men</i> Humphrey Bogart Danny Kaye Donald Trump Spencer Tracy Boris Becker Clint Eastwood Jack Nicholson Nicholas Cage
---	--



# Colour Theory Training Manual

## How Colour Analysis Works

When you wear colour near your face (this includes hair colour), the light reflects it onto your face; this can cast either flattering tones or dark shadows, depending on the mix of the colour and your skin tone.

The colours that work best for you will make you look

attractive vs unattractive  
healthier vs drained, lack-lustre  
energetic, vibrant vs low energy, tired, ill  
efficient vs in-efficient

The right colours make wrinkles, blotches, pimples, dark shadows and double chins diminish, the wrong colours make these features more obvious.



# Colour Theory Training Manual

## Harmony

When we do a personal colour analysis we are looking for harmony. We are looking for the colours that best harmonize with the clients personal colouring. Those colours that bring out their skin, eye and hair colours best.

You will notice that the colours that work best together are those that have the same colour properties, so tints work best with tints, tones with tones, warm with warm, cool with cool. This is why each of the colour directions creates such a harmonious palette.

## How to Analyse Personal Colouring using the AbsoluteColour System

**"The best colour in the whole world, is the one that looks good, on you!"**

--Coco Chanel

Colour Analysis looks at where you sit visually on each of the three scales – Value, Intensity and Undertone. Each scale is important, no one scale is more important than the others.

We evaluate the hair, eye and skin colours and look for a predominance of a person's colouring. The colour direction that works best for a person will appear to blend with them – be a part of them, rather than appear separate from them.

The colours featured in the colour palette will be in a similar range to their hair, eye and skin tones.

When the colours that work best are placed near their face, it will appear to light up and look brighter. Their skin will look clearer and more even in colour and texture, under eye shadows will become less noticeable, and double chins will diminish.

The colours that work well for a person will make them appear more efficient, younger, more vibrant, energetic and attractive.

To make colour analysis easier, it's best to look for a dominant characteristic, for example if the person has dark brown hair, then depth of colour will most likely be important. If they have red/orange hair, then warmth is important to their colouring. If their eyes are a difficult colour to distinguish and they have light brown (mouse) hair then they probably have a muted or Smoky quality.

# Colour Theory Training Manual

## Further Reading

***Makeup Makeovers*** by Robert Jones Published by Fair Winds Press ISBN 978 1 59233 182 6

***Don't Go to the Cosmetics Counter Without Me*** by Paula Begoun published by Beginning Press ISBN 1 877988 30 8 – also see [www.paulaschoice.com.au](http://www.paulaschoice.com.au) and [www.cosmeticscop.com](http://www.cosmeticscop.com)

***Wardrobe Strategies for Women*** by Judith Rasband published by Fairchild Publications ISBN 1 56367 259 6

***The Triumph of Individual Style*** by Carla Mathis published by Fairchild Publications ISBN 1 56367 269 3

***Colour – Messages and Meanings*** – LeatriceEismann

***Colour Me Confident*** – Carol Jackson

## Useful Resources

[www.pantone.com](http://www.pantone.com) - information about colour trends in fashion and furnishings

Test your colour vision with this online tool

[http://www.xrite.com/custom\\_page.aspx?pageid=77&lang=en](http://www.xrite.com/custom_page.aspx?pageid=77&lang=en)