

Olive, by Annie Sloan, is a delicious intense green, available as a chalk paint, from £5.95 for 120ml, and in a classic ticking, £34.95 per metre, anniesloan.com



Bring nature indoors and choose this timeless hue to lend a sense of calm and wellbeing to your interiors

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The rules seem to alter with every new report. The speed of change is dizzying. You comply with the guidelines by happy accident more often than by design. I'm of course talking about the momentous matter of interiors trends.

Those who have been following the indoor fashions risk being exhausted by the seesaw of styles and the speed with which new looks are created and championed, then supplanted. This season we've already been offered art deco, tribal, folksy prints, Japandi and cottagecore (which was rather nice, actually). In a drive to provide something for everyone, the high street interiors brands have risked giving us trend fatigue.

Which brings us to our colour story: green. The colour of optimism and outdoor spaces is never out of vogue. A rest for the eyes and mind, green imparts a sense of calm and wellbeing to interiors. So it's no surprise that if you should decide on green decor you would be part of a current movement this autumn.

Paint firms have seen an increase in sales of green hues since March; Neptune's colour of AW20 is a rich olive, and Wickes has launched its Chester kitchen range in forest green. Does that make this timeless colour a trend? It's far from a fad. It's not a peacock lamp or a fake Berber rug. What we have here is the autumn interiors trend for those tired of trends.



Deep green tones add richness to white Egyptian cotton bed linen. Artichoke Linen Marais Throw, £140, and Baby Alpaca Throw, in Clover, £195, [loomandlast.com](https://www.loomandlast.com)



The perfect companion to plain, natural oak cupboard fronts, Everhot's 110 range in Fern Green, from £9,265, [everhot.co.uk](https://www.everhot.co.uk)

STYLING: JANE BURNETT



The bright green on the Osea kitchen island is called Pretty Pickle, developed with Adam Bray and Sue Skeen. Kitchens start from £50,000, plainenglishdesign.com



Invisible Green, based on a colour created to make iron railings disappear into the shrubbery. Emulsion £49.50 for 2.5 litres, edwardbulmerpaint.co.uk



Curtain and blind fabric, with a pattern of deer, birds and foliage, inspired by 17th-century embroideries. Balmoral Olive, £65 per metre, warner-house.com



This Decadent kitchen, coloured in Copse Green, has worktop and splashback in Calcutta Gold quartz. Kitchens priced from £25,000, life-kitchens.co.uk



Aspa wallpaper by Sarah Vanrenen. This pretty botanical print comes in raspberry, petrol blue or green, £90 per metre, thefabriccollective.com



Following the success of Midnight Blue, Forest Green is the new colour for the Wickes Chester kitchen range this season. From £2,500, wickes.co.uk



The designer, stylist and Penrith shopkeeper Totty Lowther's first wallpaper is called Pomegranate, shown in Granada Green, £190 per roll, thefabriccollective.com



Hexagon Duck Egg Gloss mosaic tiles create a subtle setting for this bathroom, £4.99 for 32cm x 28cm sheet, tiles-direct.com



New greenery from Rapture & Wright. Curtains are in Soldanelle pattern, in Vert de Gris, 100 per cent linen, £132 per metre, thefabriccollective.com