

# The art of dopamine désign

In a world that often feels chaotic, dopamine décor offers a refreshing approach, creating interiors that radiate positivity through vibrant hues, dynamic patterns, and tactile richness

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Imagine walking into a space that instantly lifts your mood; a room bursting with vibrant hues, playful patterns, and textures that invite touch. This is the essence of dopamine décor, a design philosophy that prioritises joy, energy, and personal expression. More than just aesthetics, it taps into the psychology of colours, patterns, and textures to create environments that not only look good but feel good too.

**THE SCIENCE BEHIND COLOURS AND EMOTIONS**  
Colours have a profound impact on our emotions, influencing everything from our energy levels to our sense of calm. Kritika Goswamy Malik, co-founder, HomeGaatha, explains, “Colours have a way of influencing how we feel. Warm tones like sunshine yellow and burnt orange radiate energy and warmth, while tranquil blues

and soft greens introduce calm and serenity. Playful pops, think fuchsia, teal, or mustard, add a touch of fun and personality. When curated with intent, colour isn’t just a visual delight; it’s a powerful mood enhancer.” Similarly, Harkaran Singh Boparai, founder and principal architect, Harkaran Boparai Studio (HBS), highlights how bright and bold shades can elevate mood. He says, “Colours like sunshine yellow, coral pink, and emerald green bring energy and warmth to a space. They work beautifully as accent walls, statement furniture, or even decorative accessories, instantly lifting the mood.”

Dopamine décor is not just about trendy colours or quirky furniture; it is deeply personal and uplifting

**PATTERNS AND TEXTURES THAT SPARK JOY**  
Patterns play a vital role in keeping interiors dynamic and engaging. From bold geometrics to organic florals and classic stripes, prints add movement and personality. Malik emphasises, “Patterns bring movement and energy to the interiors. Whether it’s bold geometrics, organic florals, or classic stripes, layering prints through upholstery, rugs, or wallpaper makes a space feel dynamic and expressive.”

Boparai agrees, adding that patterns can be a visual hook. He says, “Layering patterns such as geometric prints, florals, or abstract designs helps add a visual hook and a sense of whimsy to interiors.” Texture is often overlooked in interior design, yet it is a key player in making spaces feel inviting and comfortable. Soft fabrics, rough surfaces, and tactile materials create a multisensory experience. Malik shares, “Textures bring depth and tactile richness. Plush velvets, raw linens, and handwoven textiles invite touch, creating a multisensory experience that elevates everyday living.” Similarly, Boparai notes, “Soft velvets, chunky knits, and handwoven fabrics introduce a tactile quality that enhances comfort.”

**THE RISE OF PLAYFUL AND UNCONVENTIONAL DÉCOR**  
Traditional décor is giving way to more expressive and whimsical elements. Wavy furniture, funky mirrors, and immersive wallpaper are becoming must-haves in dopamine décor. Malik describes, “Rigid, traditional decor is taking a backseat as homeowners lean into

playful, expressive pieces. Wavy furniture softens a space, funky mirrors add a touch of whimsy, and immersive wallpaper turns walls into statement pieces. These elements add a layer of individuality, turning homes into reflections of personality and creativity.” Boparai further explains, “The charm of dopamine décor lies in the unexpected. Wavy furniture softens the straight lines of traditional interiors, introducing fluidity and movement. Funky mirrors in playful shapes and vibrant frames double as functional art, while immersive wallpaper transforms walls into storytelling elements through dreamy landscapes, oversized botanicals, or quirky, surreal designs.”

**DESIGNING FOR EMOTION**  
Dopamine décor is not just about trendy colours or quirky furniture; it is deeply personal. Objects that carry emotional value, be it a vintage find, a piece of art collected on travels, or childhood keepsakes, add layers of meaning to a space. Boparai elaborates, “Beyond aesthetics, dopamine décor is also meant to be deeply personal. It is about surrounding yourself with things that spark

joy, nostalgia, and creativity.” Lighting plays a key role in mood enhancement, complementing colours and décor choices. Ashok Viswanathan, senior vice president, Lighting at TIS-VA by USHA International, explains, “Strategic lighting helps promote feelings of happiness, satisfaction, and motivation. Using light with colour temperature around 5000K to 6500K (cool white to daylight) simulates daylight and enhances mood, making you more alert and motivated. Crystal chandeliers can cast playful patterns across walls, while spotlights can highlight vivid artwork or accent walls, intensifying their impact. Bold pendant lights serve as both functional fixtures and artistic statements, elevating the room’s aesthetic.”

**MORE THAN A TREND**  
Dopamine décor is more than a passing design trend; it is a transformative movement in how we approach interior spaces. It acknowledges the psychological impact of our

surroundings and encourages self-expression through bold colours, patterns, and textures. Kuldip Raina, director, Shalimar Paints, encapsulates, “Dopamine décor represents a transformative shift in how we approach interior design, blending science and emotion. After years of minimalist, neutral trends, people are increasingly seeking spaces that reflect their individuality and spark joy. This movement recognises the profound impact our environment has on our mental health. colours, textures, patterns, and

prints are no longer just aesthetic choices; they are emotional triggers that influence how we feel.” At its core, dopamine décor is about filling our homes with joy, vibrancy, and individuality. Whether through a splash of sunshine yellow, a funky mirror, or plush velvet cushions, every element contributes to a space that radiates happiness and creativity. So, go ahead, embrace the colours, play with patterns, and layer textures to design a home that feels as good as it looks.



# Monsoon musings

The rainy days are here, and they provide us a perfect gateway to redo interiors

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Transforming your home during the monsoon season requires a thoughtful approach to both style and practicality. One may start by selecting furniture made from waterproof and durable materials to withstand humidity. With the rains come a kind of solace and comfort from the scorching summer. It is also the most ideal time to redo your home to be in sync with Monsoon moods. Rajesh Bhandari, director, A-Class Marble, says, “Monsoon has a way of transforming everything it touches (and doesn’t too), especially our interiors. The season’s dampness, muted light, and reflective stillness are reshaping how we think about materials, colours, and textures at home. At the heart of this seasonal shift is an enduring favourite: marble. As the rains bring a damp hush to the outdoors, marble offers a sense of quiet permanence indoors. Naturally cool to the touch and unaffected by humidity, it holds its form and beauty even as the weather shifts around it.” Designers are leaning into finishes that feel grounded, such as matte, leathered, or gently honed surfaces, which



reduce glare and offer an organic tactility. These textures not only elevate the sensory experience of a space but also make everyday upkeep easier in a humid climate. Monsoon aesthetics are embracing a moodier palette, and marble offers a wide spectrum—from soft greys and cloudy whites to deep browns and forest greens—that echo the season’s introspective tone. Used thoughtfully, it becomes more than just a surface; it becomes part of the narrative of a home during monsoon, cool, calm, and quietly expressive. There is also a growing movement toward blending indoor and outdoor zones: open courtyards, stone-clad nooks, and transitional areas where marble stands up to the elements while

retaining its elegance. In many ways, the monsoon invites us to design not only for functionality, but also for emotional resonance. In marble, we find a material that speaks to both—a grounded presence in a season that asks us to slow down and reconnect. Anika Mittal Dhawan, founder, Mold Design Studio, says, “Monsoons are more than a seasonal shift, they engage the senses with their earthy scent, gentle light, and cool air. It’s only fitting that our living spaces adapt to reflect this calming change. To start, refresh your home’s

Infusing interiors with rich, cheerful hues like rust orange, golden mustard, or warm sienna can instantly energise the room. A brightly upholstered chair or a bold wall panel in these tones can spark visual interest

palette. Drape your spaces in airy materials like cotton or linen. Think breezy sheers or soft cushion covers in muted greens, watery blues, and pale ochres. These colours don’t just soothe the eyes, they bring a grounded elegance to your interiors.” Natural textures go a long way in creating warmth. Swap out synthetic pieces for elements like rattan trays, bamboo baskets, or handwoven jute mats. Indoor plants, especially moisture-loving varieties like ferns, pothos, and snake plants not only add life but also thrive in the monsoon’s damp air. Don’t underestimate the power of scent, as it can quietly transform a room. A diffuser with fresh essential oils like lemongrass or eucalyptus can cut through the mustiness and offer a clean, spa-like feeling. Sometimes, tuning into the season simply means creating small pockets of joy. A monsoon-ready home is not about a major revamp but about thoughtful tweaks that echo the spirit of the rain. Kuntal Vyas Aggarwal, founder and principal designer, Resaiki, adds, “While monsoons offer welcome relief from the heat, their grey skies and damp energy can easily affect our moods. That is where design can make a difference. Small, impactful changes in your space can help counteract the seasonal gloom and lift the atmosphere.” Infusing interiors with rich, cheerful hues like rust orange, tomato red, golden mustard, or warm sienna can instantly energise the room. A brightly upholstered chair or a bold wall panel in these tones can spark visual interest and elevate the energy. Gold accents, whether in lighting, decor trims, or mirror frames, can enhance the space with a soft, luxe glow. Paired with textured elements like velvet cushions or brushed metal lamps, they bring both comfort and sophistication. Monsoons are the perfect time to reimagine corners.

