

The POWER of Paint

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Photos: Submitted

Transforming a kitchen doesn't always require a complete renovation. The right colours, a fresh coat of paint and a few thoughtful details can completely change the way a space looks and feels. That was exactly the approach behind this beautiful kitchen transformation by Refreshed + Refurbished.

Kailan, owner of Refreshed + Refurbished, explains that designer Caitlyn worked closely with the homeowners to select the perfect cabinet and wall colours for their space. The project began with an initial consultation, where the team offered design recommendations and expertise to help bring the clients' vision to life.

The kitchen's original maple cabinets had a brownish-orange stain that gave the room a dated appearance. Rather than replacing the custom-built cabinetry, Refreshed + Refurbished transformed it with Sherwin-Williams' Honed Soapstone, a beautiful neutral grey-green with warm undertones. The sophisticated colour instantly gave the large kitchen and island a fresh, updated feel while maintaining a warm and inviting atmosphere.

Choosing the right cabinet colour was particularly important because the homeowners were keeping their existing countertops, backsplash and flooring. Honed Soapstone was carefully selected to complement all of these existing features, allowing the new colour to work seamlessly with the elements already in the kitchen.



The walls were also given a fresh new look with Pale Oak by Benjamin Moore. This soft, warm neutral complements the grey-green cabinetry beautifully, creating a cohesive backdrop while keeping the kitchen feeling bright and spacious.

To bring additional warmth and cohesion to the space, the existing hardware was replaced with Champagne Bronze hardware. The subtle metallic finish ties together the warm undertones of the cabinet and wall colours and adds an elegant finishing touch.

Perhaps the most remarkable part of this transformation is what didn't change. The homeowners didn't replace their countertops, backsplash, flooring or cabinetry. They simply changed the cabinet and wall colours and updated the hardware, and the entire kitchen feels refreshed.

For Refreshed + Refurbished, this project is a wonderful example of the power of paint. Instead of starting from scratch, homeowners can breathe new life into a space they already love while preserving quality custom cabinetry built specifically for their home. The result is a kitchen that feels fresh, current and inviting, and, most importantly, one the homeowners can love all over again.



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