transform your home with color and paint
make painting easier
with Benjamin Moore® paint

For over 125 years Benjamin Moore has been helping people create beautiful homes. We’re committed to creating the best-performing and most environmentally friendly products on the market.
This painting guide is for those who are new to painting or just want a little refresher.

From **selecting colors** to **prepping walls** to **applying paint**, you’ll find all the information you need to get started.

We break down painting into **an easy step-by-step process** that helps you achieve beautiful, long-lasting results every time.

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Top left to right: walls—wythe blue HC-143, ceiling—battenberg AF-70, trim—storm cloud gray 2140-40, wall—masada AF-220
Bottom left to right: walls—french press AF-170, ceiling—revere pewter HC-172, trim—refined AF-75; wall—montpelier AF-555, ceiling—dunmore cream HC-29, trim—ballet white OC-9
find your perfect color

Color is one of the most dynamic ways to decorate your home.

It sets the tone and feel of a room and also ties together your furniture, wall hangings and accessories.

Gettting Started

- Create a list of the key elements that will remain in the room—sofa, rug, flooring.
- Determine your budget. Consider which changes will have the most impact for the money, such as paint, slipcovers and fresh accessories.
- Think about the room’s purpose and how you’d like to feel in it. For example, do you see your family room as a quiet haven from the world, or as the lively entertainment center of your home?
- Determine your own personal color preferences. Which colors do you naturally gravitate toward—warms, cools or neutrals?
- Collect color and fabric swatches and images from magazines and websites. Gather ideas from your favorite vacation spots, flowers, trees—anything that inspires you.

Create Your Palette

- Once you’ve gathered your ideas, take a look at your collection and see which design elements stand out. Are there specific colors, styles or other elements that attract you?
- Group colors to see which ones most appeal to you.
- View all samples together in the room where they’ll be used. You will then see how your choices look with existing elements and in actual lighting conditions.
- Consider the size and scale of your room and its furnishings. Keep in mind the concept of harmony and balance while editing your choices.
Consider Lighting

Have you ever seen a paint chip or color that you absolutely loved in a store but found it looked completely different when you took it home?

It’s always best to view color swatches in the actual space and lighting conditions in which they’ll be used.

TIP

Surrounding colors impact how any one color is perceived. An ivory wall can appear pink when paired with a vibrant red carpet.

Consider Lighting

Considered the ideal light source, direct sunlight provides the truest rendition of color.

The intense golden rays and distinct shadows of a sunny, late afternoon have a profound effect on color.

Under the cool cast of fluorescent lights, blues and greens are enhanced, while reds and yellows are muted.

Color Flow

While moving through your home, consider the colors that can be seen from the openings in each room. Whether you have an open floor plan or your space is clearly defined, select colors that flow from one area to the next to create a thoroughly pleasing effect.

wall colors from front to back: steep cliff gray 2122-20, chestertown buff HC-9, firenze AF-225
try-on color

Benjamin Moore® Color Samples offer the ability to experience colors in the actual places that will be painted. The opportunity to view prospective colors on different walls and under various lighting conditions creates a true representation of the color. Living with your Color Samples during both days and evenings instills greater confidence in your final selection.

Color Samples are available in pints, 2-oz. jars and 18” x 18” Big Chips.

digital tools

Color Gallery is an online color selection tool like no other. It not only gives you access to Benjamin Moore’s complete catalog of more than 3,400 beautiful paint colors, but also creates the perfect color combinations for the colors that you choose. Color Gallery makes it easy—even fun—to find the colors that you’re looking for, or to simply explore colors and find fresh inspiration.
Another online color tool is our Personal Color Viewer (PCV). PCV enables you to upload your own photos or use images from our room library to explore limitless color options.

You can only get true Benjamin Moore® colors when you use Benjamin Moore paint.

The reason lies in our manufacturing process. Our paints are created using proprietary colorants and resins and formulated with patented waterborne technologies. This highly controlled system ensures the quality of Benjamin Moore paints and the purity of our colors.

When another store offers to match a Benjamin Moore color, their scanner simply provides a “best guess” color match using inferior paint, generic colorants and a different tinting system. While it may look close at first, the final result will not be the color you spent hours or possibly days deciding upon.

Color Capture® app for iPhone® and Android™ OS phones lets you capture color inspiration wherever you are. Simply take a picture with your phone, tap the “match” key, and the closest Benjamin Moore® color will appear.

authentic color
Benjamin Moore offers the most extensive selection of paint colors. It’s one of the reasons our paint is recommended by more professional interior designers than any other brand.

In the real world, most of us are not working with an “expert” to help us pick colors. That’s why we’ve created a variety of simple tools to help you explore, experiment and select colors for your home with confidence.

**Affinity® Colors** A sophisticated palette of 144 hues with global influences, the Affinity® Colors palette is designer-inspired and endorsed. Each rich, beautiful color seamlessly harmonizes with all other colors in the palette.

**Color Preview®** A great complement to our Classic Colors palette, the Color Preview palette consists of 1,240 bold, saturated hues to create striking combinations that both excite and inspire.

**Classic Colors** A palette of 1,680 inspired hues, Classic Colors are as elegant and timeless as they are forward-looking. Their versatility and beauty make them perfect for any space.

**Historical Colors** This palette of 174 time-honored colors is our most popular. Inspired by the colors found in 18th- and 19th-century U.S. architecture, these classic, inviting hues continue to serve us well today.
Perfect Pairings is an innovative, easy-to-use tool for selecting perfect interior or exterior color combinations. Each strip contains three rich, versatile colors—a base or wall color and two complementary colors for trim and accents.

Color Stories® A new, exclusive collection of full-spectrum colors comprised of 240 complex interior hues with unmatchable depth, luminosity and elegance. Inspired by nature, the senses, moments in time, found objects and pure imagination, each color tells its enticing tale.

Off-White Colors
Sophisticated and endlessly versatile, the 140 subtle tones in our Off-White Colors palette can create tranquil spaces, as well as beautifully complement other colors.

Candice Olson Designer Picks
This collection of nature-inspired colors reflects the timeless and unique signature style of TV design star Candice Olson.

Benjamin Moore® Favorites consists of tried and true colors that have adorned the walls of beautifully designed homes for years. Classic and ageless, this collection takes the guesswork out of choosing your perfect color.

Pottery Barn Colors
Relaxed style meets the beauty of color as Pottery Barn chooses their favorite Benjamin Moore colors.

Color Trends
An annual collection of inspirational colors that discerning color enthusiasts look forward to.

Brian Gluckstein Designer Picks
comprises 198 gorgeous paint colors inspired by Gluckstein’s textile and furniture lines. This sophisticated palette adds a touch of understated elegance to any décor.
The surprising versatility of red makes it unique. The color of energy and passion, red can surprise with deep, earthy tones that confer a profound, meditative feel.
our favorite

oranges

bronze tone 2166-30
soft pumpkin 2166-40
montana agate 056
persian melon 117
etruscan AF-355

soft pumpkin 2166-40
golden honey 297
blue lapis 2067-40

Cheerful, energetic, and uplifting, orange conveys movement, creates a sense of order, and brings spaces to life.

Color representations may differ slightly from actual paint colors due to monitor calibration.
Our favorite yellows

Cheerful and uplifting, yellows work well with any size room or lighting condition.

Hay Stack 317
Hawthorne Yellow HC-4
Straw 2154-50
Vellum 207
Honeymoon AF-345
our favorite greens

Pale shades of green feel surprisingly neutral, while deeper hues cast an earthy, elegant glow. Greens are perfect for introducing a touch of spring or conveying an overall feeling of harmony and environmental sensitivity.

Color representations may differ slightly from actual paint colors due to monitor calibration.
Light blues confer tranquility and serenity, while deeper tones are regal and uplifting colors that can take away your “blues.”
From serious, smoky wine to youthful fuchsia, the many shades of purple are surprisingly versatile and diverse.
Reassuring and restful, neutral shades derive from nature, and set the stage for rooms that are harmonious and uncomplicated.
Depending on the shade, gray can be cool and calming or, with a little bit of silver, energetic.
Elegant, airy white brightens and inspires. With our vast, nuanced selection, you’ll find the perfect one effortlessly.

Choose a look that’s all your own with ease. Simply match one or two of our preselected colors with the large featured color and bring your vision to life.
color

- powder sand OC-113
- cotton balls OC-122
- simply white OC-117
- minced onion OC-128
- cotton balls OC-122
- white INT RM
- easter lily OC-126
- bavarian cream OC-123
- november rain OC-50
- china white INT RM
- milky way OC-110
- alpine white OC-124
- gray sky 2131-70
- bauarian cream OC-123
- simply white OC-117
- pacific snow INT RM
- man on the moon OC-106
- minced onion OC-128
- atrium white INT RM
- cameo white INT RM
- simply white OC-117
- china white INT RM
- palest pistachio 2122-60
- white INT RM
- palest pistachio 2122-60
- decorators white INT RM
- silver cloud 2129-70
- mannequin cream OC-92
- pale oak OC-20
- decorators white INT RM
- gray cloud 2126-60
- cotton balls OC-122
- Simply white OC-117
- decorators white INT RM
- silver cloud 2129-70
- bauarian cream OC-123
- november rain OC-50
- decorators white INT RM
- foggy morning 2106-70
- simply white OC-117
- china white INT RM
- decorators white INT RM
- vintage taupe 2110-70
- simply white OC-117
- china white INT RM
- decorators white INT RM
- a la mode 2109-70
- simply white OC-117
- china white INT RM
- decorators white INT RM
- gray cloud 2126-60

Room images are courtesy of Pottery Barn. Color representations may differ slightly from actual paint colors due to monitor calibration.
gentle whites

walls: simply white OC-117 • accents: camouflage 2143-40, vintage wine 2116-20

color

simply white OC-117
shaker beige HC-45
galapagos green 475
mayflower red HC-49
oklahoma wheat 2160-50

walls: pink damask OC-72 • accents: camouflage 2143-40, vintage wine 2116-20

camouflage 2143-40
vintage wine 2116-20
pink damask OC-72
fusion AF-675
serendipity AF-205
color

Room images are courtesy of Pottery Barn. Color representations may differ slightly from actual paint colors due to monitor calibration.

wall: pale oak OC-20 • accents: stampede 979, greenbrier beige HC-79

wall: gray cloud 2126-60 • accents: whale gray 2134-40, antique rose 2173-40

pale oak OC-20

stampede 979

greenbrier beige HC-79

frostine AF-5

agave AF-420

whale gray 2134-40

antique rose 2173-40

gray cloud 2126-60

philadelphia cream HC-30

tranquil blue 2051-50
fresh pales

Bright ideas inspired by nature’s own beauty.

Feel the restorative power of these colors to refresh and invigorate your spirit.

Choose a look that’s all your own with ease. Simply match one or two of our preselected colors with the large featured color and bring your vision to life.
color

creamy beige 2016-60
spring dust 2150-40
straw 2154-50
golden honey 297
jasper yellow 2024-50
yellow lotus 2021-50
hay stack 317

fernwood green 2145-40
pale avocado 2146-40
pale sea mist 2147-50
hancock green HC-117
guilford green HC-116
georgian green HC-115

antique jade 465
sherwood green HC-118
tea light 471
quiet moments 1563

blue stream 1668
harbor haze 2136-60
tranquility AF-490
serenata AF-535
gossamer blue 2123-40
crystal blue 2051-70
gossamer blue 2123-40

misty memories 2118-60
violet mist 1437
iced mauve 2115-50
blue heather 1620
blue heather 1620

violet mist 1437
harbor haze 2136-60
tranquility AF-490
serenata AF-535
gossamer blue 2123-40
crystal blue 2051-70
gossamer blue 2123-40

misty memories 2118-60
violet mist 1437
iced mauve 2115-50
blue heather 1620
blue heather 1620

batik AF-610
winter gray 2117-60
hannock green HC-117
serenata AF-535
gossamer blue 2123-40
crystal blue 2051-70
crystal blue 2051-70

Room images are courtesy of Pottery Barn. Color representations may differ slightly from actual paint colors due to monitor calibration.
fresh pales

walls: golden honey 297 • accents: decatur buff HC-38, mascarpone AF-20

golden honey 297

decatur buff HC-38

mascarpone AF-20

sage mountain 1488

spa AF-435

ground green HC-115

boardwalk 1102

seashell OC-120

walls: georgian green HC-115 • accents: sage mountain 1488, spa AF-435
walls: blue heather 1620 • accents: swiss coffee OC-45, mink 2112-10

cloudy sky 2122-30
manchester tan HC-81

swiss coffee OC-45
mink 2112-10

blue heather 1620

Room images are courtesy of Pottery Barn. Color representations may differ slightly from actual paint colors due to monitor calibration.
timeless neutrals

Enduring colors that will be as perfect tomorrow as they are today

Trends may come and go, but style and sophistication last forever.

Choose a look that’s all your own with ease.
Simply match one or two of our preselected colors with the large featured color and bring your vision to life.
Room images are courtesy of Pottery Barn. Color representations may differ slightly from actual paint colors due to monitor calibration.
timeless neutrals

- **wall**: granite AF-660
- **accents**: calm OC-22, fiji AF-525

- **cement gray**: 2112-60
- **pale sea mist**: 2147-50

- **wall**: sandy hook gray HC-108
- **accents**: elmira white HC-84, suntan yellow 2155-50

- **sandy hook gray**: HC-108
- **elmira white**: HC-84
- **suntan yellow**: 2155-50
- **van courtland blue**: HC-145
- **woodlawn blue**: HC-147
color

grant beige HC-83
	sulfur yellow 2151-40
	thicket AF-405

shadow gray 2125-40

black pepper 2130-40

revere pewter HC-172

french press AF-170

grasshopper AF-415

gardenia AF-10

yukon sky 1439

Room images are courtesy of Pottery Barn. Color representations may differ slightly from actual paint colors due to monitor calibration.
dramatic deeps

Be bold, not bashful, with colors that take center stage. Choose one to play a leading role, then support it with a cast of rich tones for dramatic effect.

Choose a look that’s all your own with ease. Simply match one or two of our preselected colors with the large featured color and bring your vision to life.

normandy 2129-40
stonington gray HC-170
chessie red 2085-20

pottery red 2085-20
chantily lace OC-65
flint AF-560
Room images are courtesy of Pottery Barn. Color representations may differ slightly from actual paint colors due to monitor calibration.
dramatic deeps

walls: raisin torte 2083-10 • accents: sebring white OC-137, wish AF-680

wall: scenic drive 697 • accents: frappe AF-85, castleton mist HC-1

scenic drive 697
frappe AF-85
char brown 2137-20
cotswold AF-150

sebring white OC-137
wish AF-680
pensive AF-140
silhouette AF-655
raisin torte 2083-10
walls: split pea 2146-30 • accents: splendor AF-385, great barrington green HC-122

wild flower 2090-40
soleil AF-330

dellwood sand 1019
yellow squash 2161-50
cloud white OC-130
wall: timothy straw 2149-40; accent wall: rosemary sprig 2144-30; accents: dark purple 2073-10, citrine AF-370
interior paints
Benjamin Moore has been developing environmentally friendly paints for generations.

Today, thanks to our advanced waterborne technologies, we offer a growing family of Green Promise® products that meet or exceed the most stringent environmental standards for residential and commercial paints. Unlike competing “green” paints that add VOCs during the tinting process, Green Promise products remain low or zero-VOC after tinting in any color.
choose the right finish

Sheen levels impact both the aesthetic and functional aspects of a room.

They affect the amount of light reflected from the painted surface, hiding or highlighting imperfections and influencing color perception.

- **Flat** is the least reflective finish and provides excellent depth of color. It’s a great choice for hiding minor surface imperfections on walls and generally preferred for ceilings.

- **Matte** is more reflective than flat and is also great for minimizing minor surface imperfections while providing a durable finish.

- **Eggshell** imparts a softly polished glow and provides an easy-to-clean surface. It’s perfect for busy areas such as kitchens, dining rooms and family rooms.

- **Satin** or **pearl** is a medium finish ideal for high-traffic areas like hallways when the full sheen of a semi-gloss is not desired.

- **Semi-gloss** creates a smooth, highly reflective finish that is durable and withstands repeated cleaning. It is also used to highlight interior trim, doors and window frames.

walls: smoke 2122-40, ceiling: kendall charcoal HC-166, trim: genesis white 2134-70
These featured products offer paint and primer together

**Walls**

**Aura® Waterborne Interior Paint & Primer** is your best choice when you prefer the ultimate in performance and color vitality.

- Color Lock® Technology for truer, richer colors
- Extreme hide—never more than two coats
- Self-leveling finish for unsurpassed surface smoothness

**Natura® Waterborne Interior Paint & Primer** is your best choice when you prefer a safer, environmentally friendly product that is both beautiful and durable.

- Zero VOCs
- Available in thousands of colors
- Lowest total emissions of any Benjamin Moore product
- Dries quickly, apply second coat in 1–2 hours
- Green without compromise®

**Regal® Select Waterborne Interior Paint & Primer** is your best choice when you prefer trusted quality enhanced with cutting-edge technology in a wide variety of finishes.

- High hiding with great coverage
- Outstanding durability and washability in any finish
- Mildew and fade resistant

**MATTE | EGGSHELL | SATIN | SEMI-GLOSS**

**FLAT | EGGSHELL | SEMI-GLOSS**

**FLAT | MATTE | EGGSHELL | PEARL | SEMI-GLOSS**
Attach an extension pole to your roller when painting interior walls. It allows you to paint from ceiling to floor without using a ladder.

**TIP**

**ben® Waterborne Interior Paint & Primer** is your best choice when you have little or no painting experience and prefer an introduction to the world of premium paints.

**green promise®**

**FLAT | EGGSHELL | SEMI-GLOSS**

- Easy application with great touch-ups
- Low VOCs, low odor
- Durable and washable
doors, trim & cabinets

Once you have chosen the paint for your walls, make sure you choose a contrasting sheen for your doors and trim.

Generally a satin or semi-gloss finish will highlight architectural details and provide a washable surface.

ADVANCE® Waterborne Interior Alkyd is your best choice when you prefer a durable, furniture-like finish for your trim, walls and cabinets that is water-based.

SATIN | SEMI-GLOSS | HIGH GLOSS

- Offers the application performance of traditional oil paint
- Cleans up with soap and water
- Low-VOC formula

TIP

While white is by far the most popular trim color, it’s not a design must. Try darker colors for doors or trim to add new variety to a familiar space.
How long will it take?
It should take approximately ½ hour to paint a 10’ x 10’ ceiling with one coat of Waterborne Ceiling Paint.

Waterborne Ceiling Paint is your best choice when you prefer a totally flat ceiling finish to enhance your luxurious wall color.

- Goes on easily with minimal spatter
- Ultra flat finish reduces glare
- Unlimited color selection

Aura® Bath & Spa Waterborne Interior Paint is your best choice when you prefer a luxurious matte finish color that will stand up to humidity.

- Our matte finish repels moisture and maintains color integrity
- Unlimited color selection

walls: kendall charcoal HC-166, trim: white dove OC-17
body: dry sage 2142-40, accents: coastal fog 976, trim: white dove OC-17
exterior paints & stains
body, trim, doors, shutters & window frames

Aura® Waterborne Exterior Paint is your best choice when you prefer the finest exterior paint available that provides exceptional fade-resistance, moisture protection and durability.

- Proprietary Color Lock® technology for superior fade resistance
- Easy application for a smooth finish
- Outstanding durability
- Mold and mildew resistant

Regal® Select Waterborne Exterior Paint is your best choice when you prefer high-build exterior protection for added durability and the performance you can expect from trusted Regal® products.

- High-build formula for superior coverage and durability
- Excellent flow and leveling
- Mildew and fade resistant

ben® Waterborne Exterior Latex Paint is your best choice when you prefer a reliable and eco-friendly Benjamin Moore exterior paint that’s available at a great value.

- Easy application with dependable performance
- Good coverage and durability
- Mildew-resistant and fade resistant

Paint exterior doors early in the day to allow ample drying time. Then you can close them in the evening without sticking.
wood decks, siding, trim & fences

ARBORCOAT® Waterborne Exterior Stain is an extensive line of exterior stains formulated to protect and beautify your wood siding, decking, fence and outdoor furniture.

TRANSLUCENT | TRANSPARENT
SEMI TRANSPARENT | SEMI SOLID | SOLID

- Formulated with next-generation waterborne technology
- Unique two-coat system for decks
- Superior UV protection
- Resists stains, scuffs and mildew

How long will it take?
Once your deck is properly prepared, ARBORCOAT allows you to stain on Saturday and enjoy your deck on Sunday.
preparation
how much paint do I need?

When working with Benjamin Moore® paints, the rule of thumb is: **one gallon of paint covers 400-450 square feet with one coat.**

As a guide, to calculate the square footage of a room, tally the lengths of all the walls and multiply by the height. This gives you the total square footage of the space. Then subtract 15 SF for each window and 20 SF for each door.

**Example:** Here is the paint calculation for a 12’ X 10’ room with 8’ ceilings, one door and two windows:

- **length of walls:** 12 + 12 + 10 + 10 = 44 feet
- **height of wall:** 8 feet
- **total square footage:** 44 x 8 = 352 SF
- **subtract for door & windows:** 15 + 15 + 20 = 50 SF
- **paintable area:** 352 SF – 50 SF = 302 SF

**total paint required when applying two coats:** 2 gallons

<table>
<thead>
<tr>
<th>room specs</th>
<th>paint area</th>
<th>product</th>
<th>paint need</th>
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<tbody>
<tr>
<td>small room 8’x10’</td>
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<tr>
<td>8’ ceiling walls</td>
<td>288 sf</td>
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<tr>
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<td>Waterborne Ceiling Paint</td>
<td>1 gallon</td>
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<td>medium room 20’x15’</td>
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<td></td>
<td></td>
</tr>
<tr>
<td>8’ ceiling walls</td>
<td>560 sf</td>
<td>Aura, Natura, Regal Select, ben</td>
<td>2 gallons</td>
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<tr>
<td>trim Average</td>
<td></td>
<td>Advance</td>
<td>2 quarts</td>
</tr>
<tr>
<td>ceiling 300 sf</td>
<td></td>
<td>Waterborne Ceiling Paint</td>
<td>1 gallon</td>
</tr>
<tr>
<td>large room 25’x15’</td>
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<td></td>
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<tr>
<td>8’ ceiling walls</td>
<td>640 sf</td>
<td>Aura, Natura, Regal Select, ben</td>
<td>4 gallons</td>
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<tr>
<td>trim Average</td>
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<td>Advance</td>
<td>1 gallon</td>
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<tr>
<td>ceiling 375 sf</td>
<td></td>
<td>Waterborne Ceiling Paint</td>
<td>1 gallon</td>
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This chart can help you estimate your paint needs for upcoming projects.

All values are for 2 coats of paint.

Please note: These calculations give a rough estimate. Precise needs will vary according to many factors, including application method and surface texture.

You can also utilize the convenient paint calculator in the “Learn How” section at benjaminmoore.com

**TIP**

It’s better to overestimate the amount of paint you need instead of trying to purchase the exact amount. Then you are sure to have enough to finish your job on time and have extra left over for touch-ups.
interior & exterior surfaces

Wash
Because surface dirt can cause poor adhesion, use a light detergent to wash all surfaces, including doors and windows. Take care not to leave any residue from the detergent. For best results, walls should be completely dry before painting.

Scrape
If the paint has peeled and bubbled, it will need to be removed with a wire brush or scraper and the area lightly sanded. Ensure the surface is clean and dry before painting.

Protect
Cover up flooring, decking, paving and furniture with canvas drop sheets.

Tape
Use painter’s tape to protect trim edges, permanent wall fixtures or ceiling and wall meeting points. Make sure the surface is clean and dry before applying the tape. Wait at least 24 hours before applying tape to fresh latex paint. Doing so prevents paint from coming off when tape is removed.

TIP Wait until the paint is dry before removing the tape, usually one to two hours. For additional information, follow the tape manufacturer’s recommendations.
priming

Priming is an important first step to take before applying your paint.

Primers help hide surface imperfections and create a smooth, uniform surface to accept the topcoat.

Surfaces that are unpainted or previously painted but are stained or damaged should be primed with one of Benjamin Moore’s premium primers.

Your Benjamin Moore retailer can help you choose the right primer for your project.

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**TIP**

If you are repainting a surface that is clean and in good condition, a prep coat may not be needed. If you are not sure, ask the experts at your local Benjamin Moore retailer.
application
Paint brushes, rollers and other supplies

These supplies will provide the basics for most do-it-yourself paint jobs:

- 2-quart paint tray
- plastic paint tray liner
- paint can opener
- paint stirring sticks
- 9” roller frame
- 9” x 3/8” shed-resistant roller cover
- 2” nylon-poly angle sash brush

**equipment**

**additional equipment**

<table>
<thead>
<tr>
<th>Item</th>
<th>Description</th>
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</thead>
<tbody>
<tr>
<td>extension pole</td>
<td>use with roller frame to reduce the need for a ladder</td>
</tr>
<tr>
<td>drop cloths</td>
<td>protect the floor and other surfaces when you paint</td>
</tr>
<tr>
<td>painter’s tape</td>
<td>protect edges from unwanted paint</td>
</tr>
</tbody>
</table>

**additional brushes and rollers**

<table>
<thead>
<tr>
<th>Item</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>9” x 1/2” shed-resistant roller cover</td>
<td>for applying an even coat to uneven surfaces</td>
</tr>
<tr>
<td>2½” nylon-poly angle sash brush</td>
<td>for cutting-in and large sections of trim</td>
</tr>
<tr>
<td>1½” nylon-poly angle sash brush</td>
<td>for small areas and detail work</td>
</tr>
</tbody>
</table>
Using a brush

Dip the top one-third of the bristles into the paint and wipe the brush on the side of the can to remove excess. For the best results use short, up and down brush strokes when applying the paint.

Using a roller

Dip the roller into the paint and then roll it back and forth across the ridges at the top of the paint tray. This will remove excess paint and ensure the roller is coated evenly.

For best results, use each freshly coated roller to cover a 3’x3’ area. Slowly roll the paint onto the surface in a zig-zag manner, then re-roll across the area in parallel strokes to even out the application.

Use an extension pole when rolling ceilings. To avoid straining your neck and back, extend your arms in a motion that works back and forth across your body rather than in the direction you are facing.
applying the paint

The sequence in which you paint your room can help you work more efficiently.

If you are painting the entire room, start with the ceiling and then paint the walls.

**Step 1: Cutting in**

Beginning at one corner of the ceiling, use a two-inch brush to “cut in,” applying a three-inch strip of coating along the perimeter where the ceiling and the wall/molding meet.

Cut in a section at a time, alternating between cutting in and rolling the ceiling. This will help maintain a wet edge on both the section being cut in and the rolled ceiling area. It also prevents a visible line between the cut-in area and the rest of the ceiling.

**Step 2: Rolling the ceiling**

Attach the extension pole to your roller and start painting near the corner of the room. Blend the coating into the “cut in” line you just completed. Paint across the width of the ceiling, rather than the length.
Step 3: Paint the walls

Once again, use a trim brush to carefully cut in along the wall-ceiling/molding line and also the top of the baseboards. If you are not comfortable cutting in freehand, allow your ceiling to dry and cover edges with low-tack painter’s tape.

Cut in a section at a time, alternating between cutting in and rolling the walls. When you paint with a partner, one should cut in while the other follows, applying paint with a roller.

Step 4: Paint the trim

After walls have dried, paint along the baseboard and around the door and window trim, one wall at a time.

Step 5: Touch-ups

When you have finished painting, check around for small spots you may have missed. Touch up any spots with a small brush.

Tip

If you have to take a break, wrap your brushes and rollers in plastic bags to keep the paint from drying out.
cleanup

Once you’ve completed your painting project, you’ll need to clean up, store any extra paint for touch-up work and dispose of any leftover paint.

**Benjamin Moore® waterborne paints**
To clean your brushes and rollers, simply wash them in soapy water, rinse thoroughly and let dry. Store your brushes by wrapping them in heavy paper or the brush sleeve from the original packaging.

**Proper disposal of latex paints**
In most states, latex paint can be disposed with your household trash once the paint has been dried in the can. Leave the can lid open to show that the paint has hardened.

**Recycle your dry, empty containers**
through your local recycling program. Also consider donating any products you don’t use to a nearby community group or civic organization.

**TIP**
Pour leftover paint into a smaller container and seal tightly. Store upside down. This will prevent air from drying out the paint.
### My Projects at a Glance

<table>
<thead>
<tr>
<th>Room</th>
<th>Colors</th>
<th>Product</th>
<th>Sheen</th>
</tr>
</thead>
<tbody>
<tr>
<td>Walls</td>
<td>boardwalk 1102</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Accent Wall</td>
<td>etruscan AF-355</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Ceiling &amp; Trim</td>
<td>pale almond OC-2</td>
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...
Visit your local Benjamin Moore® retailer for expert advice on product, sheen and color selection. To find a Benjamin Moore retailer near you, call 1-800-6-PAINT-6 or visit benjaminmoore.com.

Please note a printed rendition of painted substrates can only approximate the actual color on the painted surface. Color accuracy is ensured only when tinted in quality Benjamin Moore® paints. Color representations may differ slightly from actual paint. Depending on the clarity and depth of color, some colors may require multiple coats. Visit our Color Studio for more exact color samples.