



Benjamin Moore Stonington Gray Color Palette

Whites and Neutrals



Decorator's White



Classic Gray



Calm



White Dove

Accent Colors



Hale Navy



Boothbay Gray



Amhurst Gray



Smoke

How to Use this Color

Stonington Gray is a medium-toned gray color that is among one of Benjamin Moore's most popular gray paint colors. It is a cool gray with slight blue undertones.

This color looks good in any room as well as on the exterior. This would be a great color for cabinetry in the kitchen or the bathroom. Because of its cool nature it is very popular in bathrooms and bedrooms for it's spa like feel.

At Lane and High

How to Choose a Paint Color

1. Choose a paint color family such as gray or white.
2. Buy samples of some of the colors. You can buy them at the paint store for a few dollars or you can go to [Samplize.com](https://www.samplize.com) and they will mail you a peel-and-stick sample of your colors.
3. Put the samples on the walls and look at them over the course of a few days in different lights.
4. Choose which color is right for you!

Paint Sheen Guide

Different paint sheens are used in different areas of your home for a reason. This guide will give you an idea of what sheen you should use for your project.

Flat - Flat paint is used for walls. Flat paint looks great and hides a lot of imperfections in drywall. It's not recommended to be used in high traffic areas because it doesn't come clean well.

Eggshell and Satin - These two paint sheens are virtually the same. These are great for walls because they clean up well but they don't hide imperfections the way flat paint does. You can also use these sheens if you are painting a piece of furniture.

Semigloss - Semigloss is generally used on walls in high-moisture areas such as kitchens and bathrooms. This protects walls from moisture. This is also the best product to use on trim.

Gloss - This sheen is rarely used except for trim, doors, and other architectural features (such as board and batten or shiplap). It's rarely used because it leaves your project with a very shiny look.

Painting Supplies

Painting a room is a great project even for the beginner DIY'er. It provides a huge impact for a little amount of time and money. Here are the supplies you need to paint a room yourself.

Paintbrush

Roller and roller cover

Paint Tray

Can Opener

Drop Cloth

Painters Tape

Note: If you want a good finish on your walls it's important to use high quality products. If you use a cheap brush or roller cover they will shed on your walls.

If you use cheap painters tape the paint will bleed underneath. If properly cleaned you can reuse these products over and over again.