



2026

FIXR

INTERIOR DESIGN & COLOR

Trends Report

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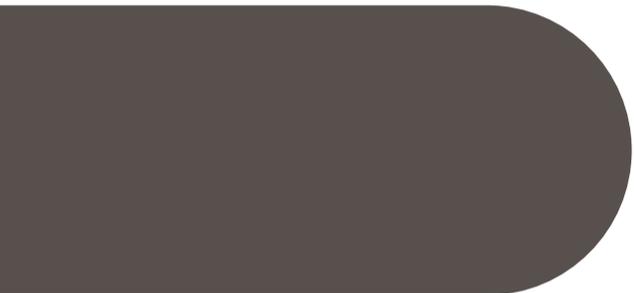


Introduction

The only thing constant is change, and that has never been more accurate than with the emerging interior design and color trends we're seeing for 2026. For years now, existing homeowners and new buyers alike have had a preference for cool, almost impersonal tones, but there has been a recent shift that's going to change interior design in 2026.

We surveyed 86 interior design professionals to get their take on emerging trends that actually have staying power in the industry. Across the board, experts agree that style preferences are moving toward embracing warmth, wellness, and personalization.

Key Findings



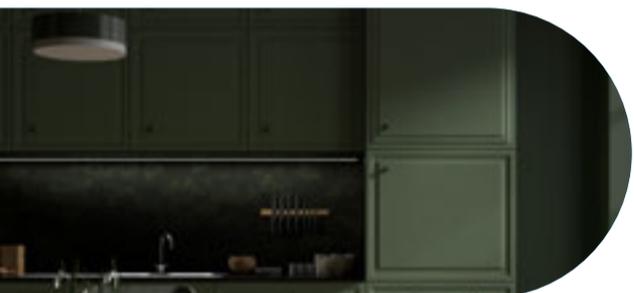
38%

of experts say **Benjamin Moore's Silhouette** is the most enduring 2026 Color of the Year.



56%

agree that **wellness design** is a top interior design trend.



66%

of experts say that **restorative greens** are expected to be the most popular interior color palette in 2026.



71%

of experts believe **stark minimalism** is the top trend predicted to phase out in 2026.



93%

of experts agree that **Millennial gray** is on the way out.



Interior Design Trends

"The defining look of 2026 is "Warm Modernism"—a textured, curved, nature-anchored, and deeply personal space that feels less like a showpiece and more like a cozy, intelligent refuge."

Anna Gibson, [AKG Design Studio](#)



Wellness and Personalized Spaces Take Center Stage

Of the interior design experts we surveyed, **56%** agree that homeowners are focusing the most on designs that embrace **wellness** and a sense of nature.

“Organic and biophilic design will continue to counteract our ever-growing digital world along with a profound interest in wellness design,” said Anita Lang, Founder of [IMI Design Studio](#).

According to **48%** of our experts, **personalizing spaces** is a big trend, too, with elements like curated art and unique décor pieces that stand out in an increasingly homogenized world.

According to Lang, *“I am seeing a surge in requests for the design to be very personalized and restorative. 2026 interiors are thoughtful, personalized, and approached with a “conscious consumer” mindset - meaning choosing elements that avoid trends and will instead be cherished for a long, long time.”*



Homeowners making major changes to their interiors are even embracing the more natural feel in architectural design. Instead of sharp corners and right angles, *“soft curves will remain a trend in furnishings as well as arched architectural details,”* said Leslie Anderson, the Owner of [Leslie Anderson Interiors](#). This preference for **softer, curved architectural details** aligns with the views of **42%** of experts we surveyed, who voted them as a top trend.

In addition to the move to warm, earthy colors, homeowners are also changing how they use color in their interior spaces. **Color drenching**, which involves using a single color across all surfaces of a room, has been rising in popularity over the past few years. This year, **41%** of experts named it a top trend, noting that platforms like Pinterest and TikTok are helping push it firmly into the mainstream.

34% of our experts have also noted a **modern heritage** as one of the top trends in interior design, which is a blending of traditional, historic elements with more modern aesthetics.

“What we’re seeing in the 2026 shift toward authenticity and ‘Modern Heritage’ is essentially a collective exhaustion with both the AI-perfection of Pinterest and the rapid cycling of TikTok trends,” said Catherine Shuman from [The Intentional Design Studio](#). *“People are craving spaces that feel attainable, livable, and genuinely theirs - not algorithmically optimized for engagement.”*

To that same end, people are moving back in time to **built-in elements** and other **retro designs**, according to **20%** and **16%** of experts, respectively, possibly in an attempt to move away from “AI-everything” and return to a simpler, more comfortable era.

Wellness and Personalized Spaces

Take Center Stage

Image by Brad Ramsey Interiors
Photo Credit Caroline Sharpnack



56% say

Wellness design

Image by DiMare Design



48% say

Art curation & personalized spaces

Image by Studio Rodrigo Buelvas



42% say

Architectural details

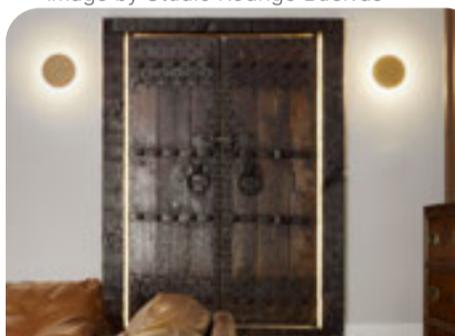
Image by Studio Rodrigo Buelvas



41% say

Color drenching

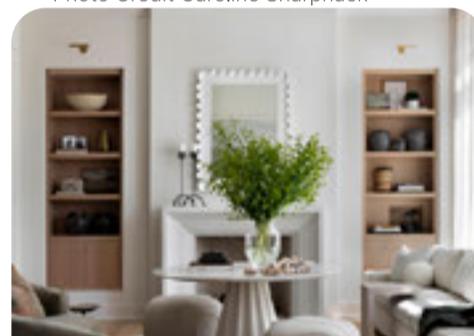
Image by Studio Rodrigo Buelvas



34% say

Modern heritage

Image by Brad Ramsey Interiors
Photo Credit Caroline Sharpnack



20% say

Built-in elements

Image by Kandrac&Kole Interior Design



16% say

Retro revival



10% say

Modular & hybrid lighting



10% say

Double color drenching



7% say

Fat furniture



5% say

Digital art displays



5% say

Curtain-wrapped rooms



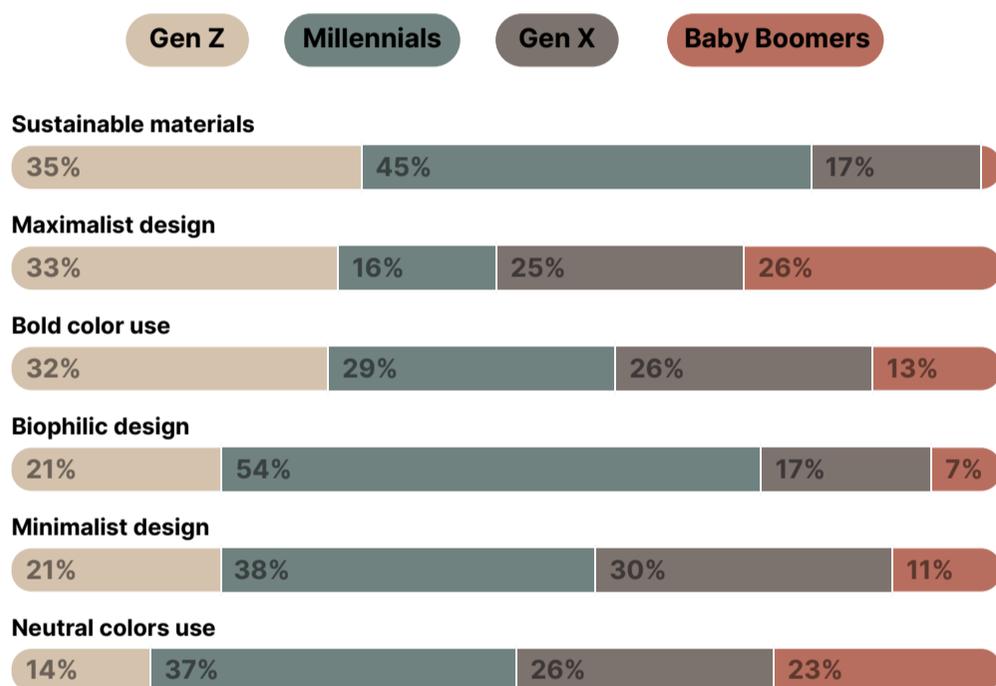
The Generational Divide

Who Drives the Trends?

“Grandmacore and thrifting is an example of a generation raised on cold minimalism now desiring a time that is more poetry than perfection. The next generation is thirsty for patina, their own roots, and in connecting to previous generations with heirlooms.”

Mahwish Syed, Mahwish Syed Designs

We asked experts about which generation leads the following trends in interior design, and we’re seeing that cyclical pattern that has always dominated style; younger generations are now aligning more with much older generations in their preferences.



Sustainable Materials and Biophilic Design

Millennials and Gen Zers

Millennials lead the charge when it comes to using sustainable materials, according to 45%, and biophilic design, according to 54% of experts. This generation prioritizes mental wellness, environmental ethics, and a tangible connection to nature within their living spaces to counteract the stress of the digital world. Gen Z follows, with 35% and 21% of experts agreeing, respectively.

Maximalist Design

Gen Zers and Baby Boomers

33% of experts say that Gen Z is the primary driver of maximalist design, with 26% believing that Baby Boomers are the primary drivers of this trend. These two distant generations embracing the same trend just supports the idea that everything in design is cyclical. Factors like social media and the desire to create emotional connections with the past have accelerated and influenced this process.

Bold Color Use

Gen Zers and Millennials

Gen Z (according to 32% of experts) and Millennials (according to 29% of experts) lead the charge in using bold colors. The younger generations prefer bright and vibrant hues as a fearless, high-impact aesthetic choice that reflects their optimistic, energetic, and visually driven digital culture.

Minimalist Design and Neutral Colors Trends

Millennials and Gen X

Millennials are most often associated with minimalist design (according to 38% of experts) and neutral colors (according to 37% of experts), and Gen Xers follow close behind (according to 30% and 26% experts, respectively) in their preferences. While trends are moving toward warmer, more lived-in aesthetics, these generations still embrace functional, uncluttered spaces and palettes that are unlikely to go out of style.



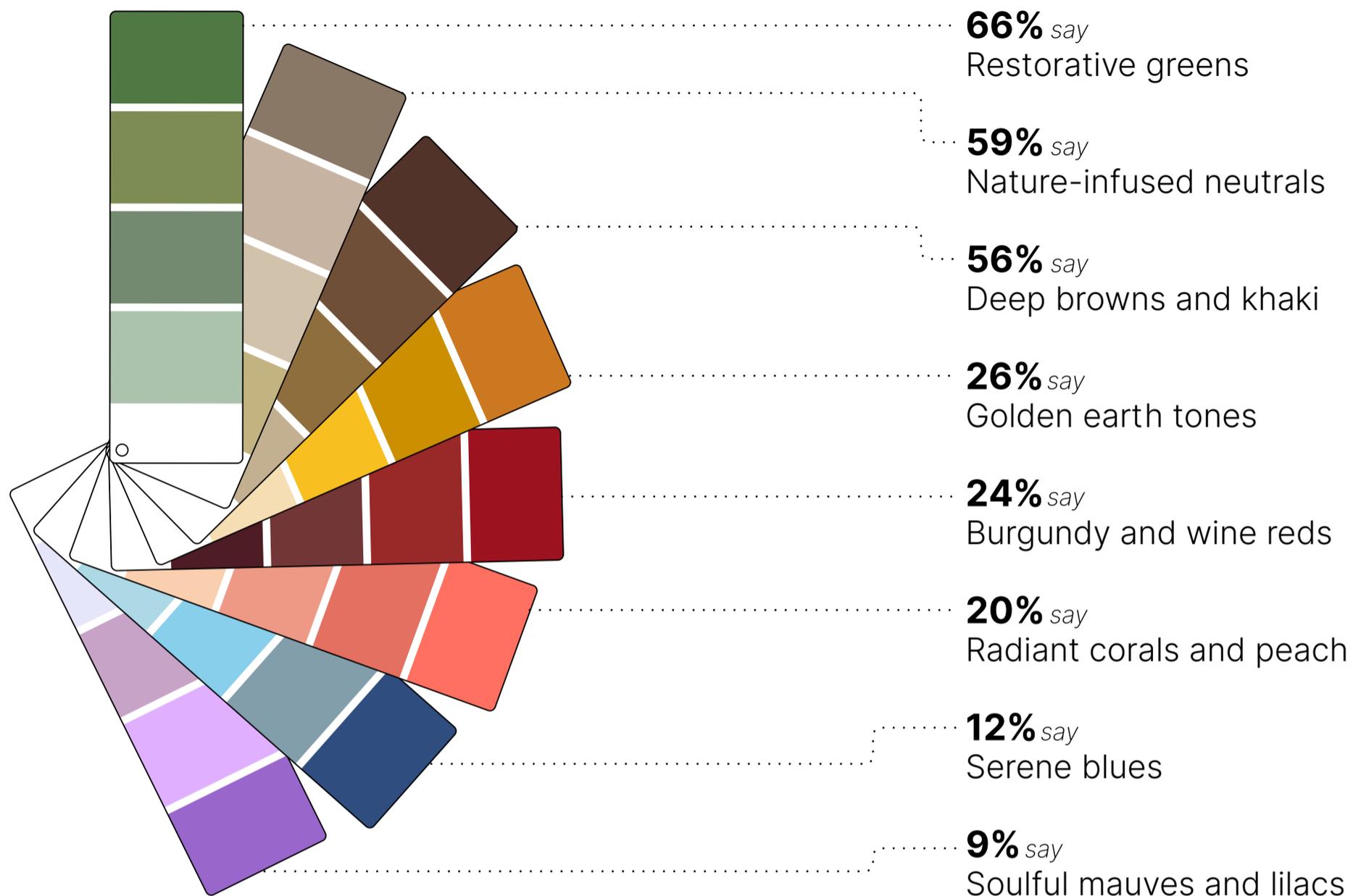
Color Trends

"Color is increasingly shaping how we feel in our homes and everyday environments. In 2026, we'll see an inclination towards warm, earthy tones—reflecting our collective need for spaces that offer comfort, calm, and a deep sense of belonging."

Gloribell Lebron, [G. Lebron Interiors](#)

Restorative Greens

Define Interior Color Trends



If you're looking for the most trendy color palettes for your interior spaces in 2026, you can't go wrong with **deep, natural greens**. **66%** of our experts agree that these will dominate in the coming year.

59% and **56%** of our experts, respectively, also agree that **nature-inspired neutrals** and **deep browns and khakis** will be common place in 2026, especially if you're looking for a darker color. "Rich, earthy browns have replaced black in popularity because they provide comfort, depth and a sense of quiet luxury," said Anich.

Tamra Pfeifer from [Set the Stage Interiors](#) agrees: "We'll also see darker, moodier shades stepping into the spotlight—deep greens and rich burgundy reds that add depth and create that 'warm hug' atmosphere we're all craving in the year ahead."

Amy Keeley and Kristen Brown from [Salt + Pine](#) note that these trends have more to do with feeling and emotion than anything else: "Here at Salt + Pine we see color trends in 2026 embracing earth-anchored neutrals, rich browns, soft ochres, muted greens, and moody organic tones—a palette that feels calming, connected to nature, and intentionally elevated, creating spaces that are both grounding and quietly luxurious."

For years now, neutral hues like the classic Millennial grays have dominated color preferences, but we're now seeing a shift back to color.

"Interiors seem to be embracing color again, whether it's subtle or bold, saturation and inclusion of color is the new direction," said Marina Umali from [Marina V Design Studio](#). "2026 will be about embracing richer color palettes and I'm excited to see where it takes us."



2026 Color of the Year

The Staying Power of Silhouette

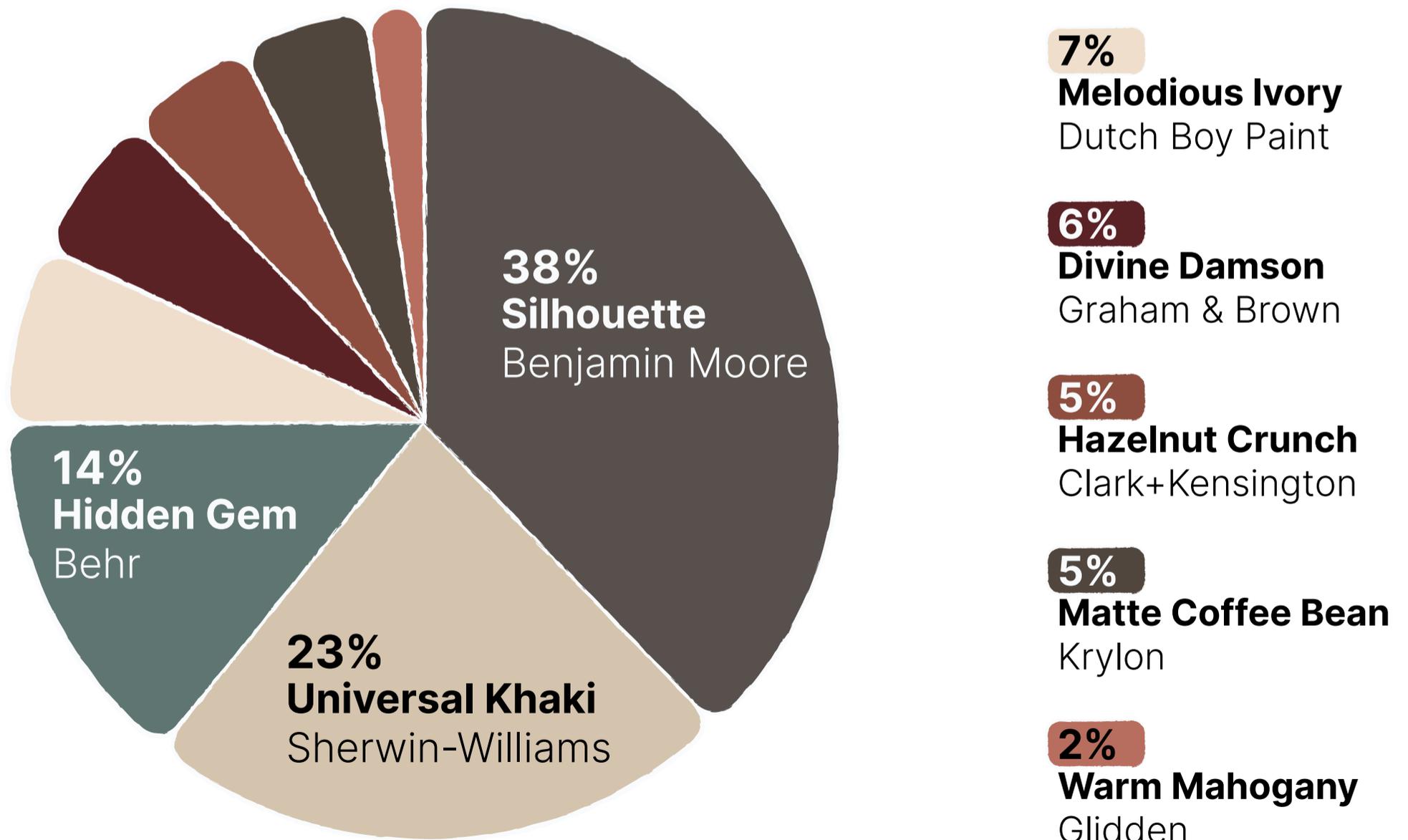
If a general color direction isn't enough to get your creative juices flowing, you can always rely on specific colors chosen by the main paint companies.

Silhouette by Benjamin Moore is one of the most popular interior colors of 2026, and it matches the leading color trend of dark and earthy. Not only is it popular, but **38%** of our experts agree that it's here to stay because it aligns with the move toward warmth.

If Silhouette is too dark for your liking, consider **Universal Khaki from Sherwin-Williams**, which **23%** of experts agree is going to be trending for years to come. And if you want something natural but not-so-earthy, **14%** of our experts agree that **Hidden Gem from Behr** is a top green hue.

These specific colors are popular right now, but they also align with the latest paint color trends and are likely to remain mainstream, and experts agree that this big-picture thinking is crucial for design.

"For me, forecasting color trends for 2026 goes beyond pinpointing a single hue," said Rose Dostal, the Owner of [RMD Designs LLC](#). *"It's about understanding how complementary and contrasting colors and their nuanced tints interact to shape a mood."*





Trends Phasing Out

“The mood trend seems to be happily moving totally away from the grey palette and all white which feels a bit cold and dreary. These trends have run their course over the past 10 years. People want softer, warmer color palettes that allow them to relax in their own warm, comfortable style.”

Alene Workman, [Alene Workman Interior Design](#)

The End of the “Impersonal Era”

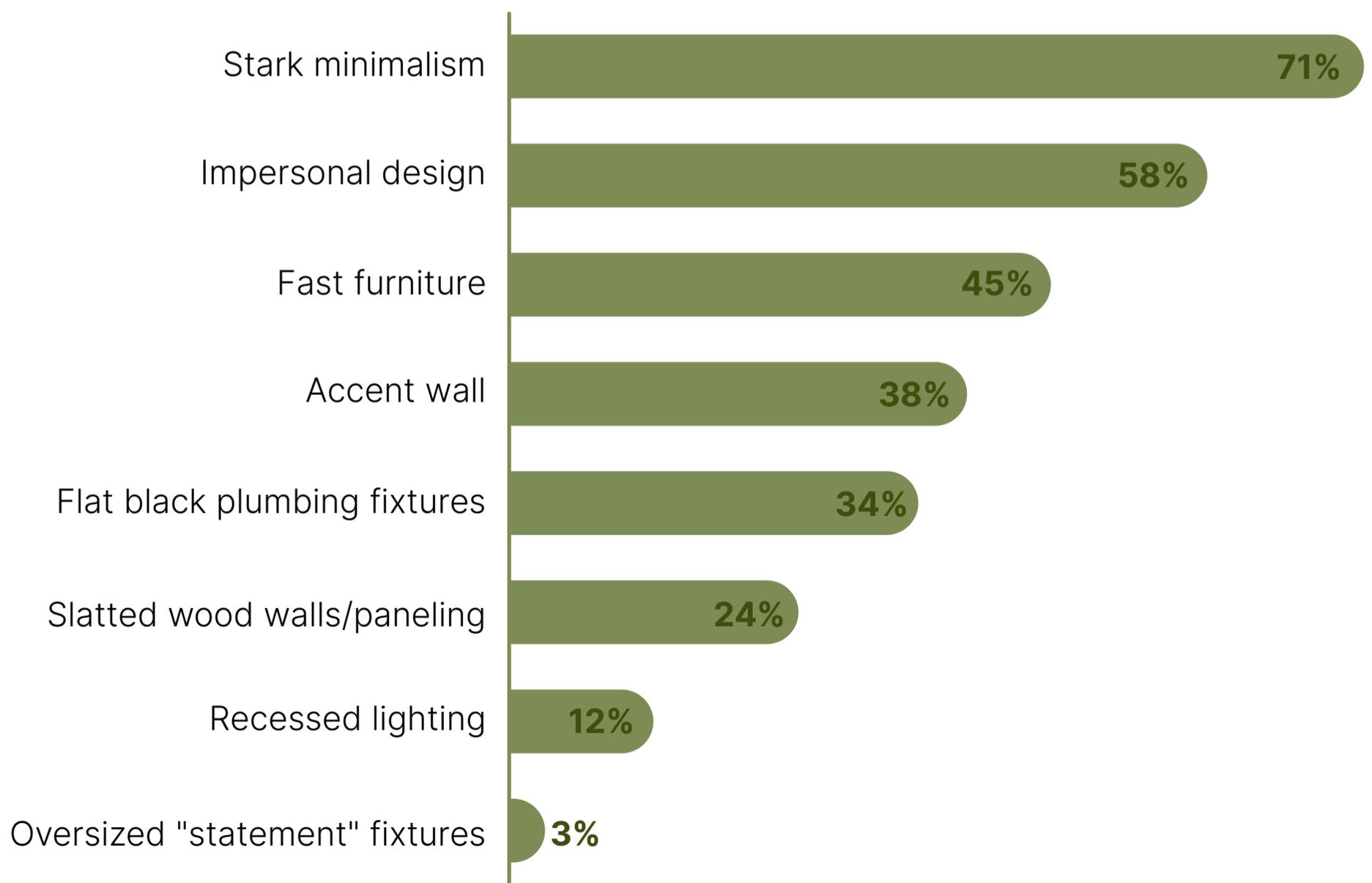
71% and **58%** of our experts, respectively, agree that **stark minimalism** and **impersonal design** are trends of the past.

You can still embrace minimalism, though, and remain trendy. *“Interiors in 2026 embrace soulful minimalism, favor restraint, soft geometry, and handcrafted elements that bring quiet character to every room,”* said Artem Kropovinsky from [Arsight Studio](#).

45% of professionals surveyed note that mass-produced, **fast furniture** is out, too. It’s simply too impersonal to keep up with the demand for custom interiors.

If you want the best chance at remaining modern, experts also suggest avoiding the following trends:

- **38% say:** Accent walls
- **34% say:** Flat black plumbing fixtures
- **24% say:** Slatted wood walls or paneling
- **12% say:** Recessed lighting
- **3% say:** Oversized “statement” fixtures



Interiors Move Beyond Millennial Gray

One of the most agreed-upon trends on its way out in 2026 is **Millennial gray** on the interior, with a staggering **93%** of experts saying it's out of style.

- **23% say:** Bold primary colors
- **20% say:** Chalky pastels
- **13% say:** Dark browns

70% of professionals also recommend staying away from **cool whites** on the interior, and **48%** note that **bright colors** are out, too. Just to be safe, you may want to consider avoiding the following colors, too, as experts flag them for downward trends:

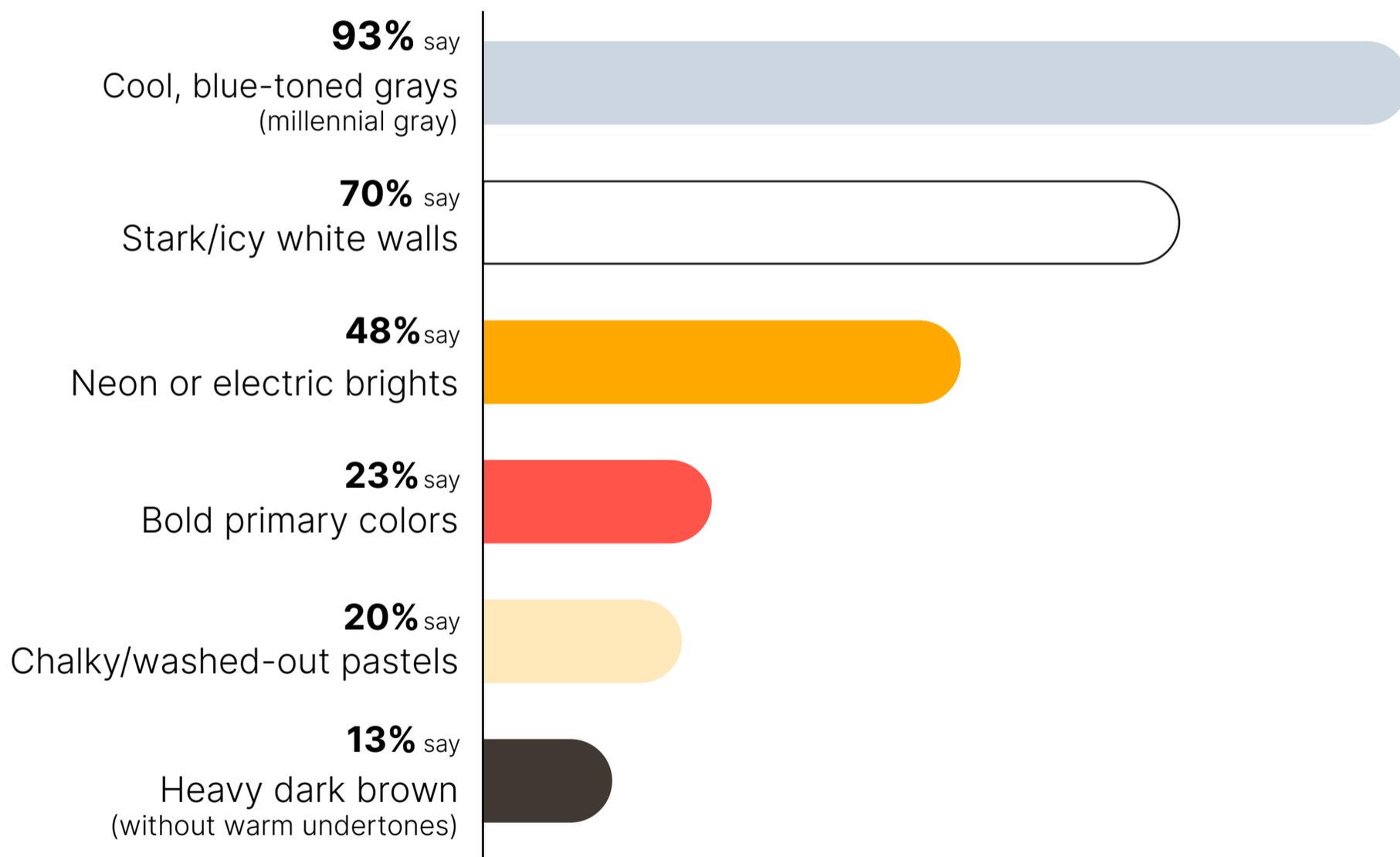




Image by Chicagoland Home Staging

Real Estate Trends: Colors for Selling in 2026

“When selling it’s best to go with a neutral palette. Buyers do love new properties that are finished in a trendy way. The goal with selling is presenting a home that does not add dollar signs to the amount a buyer would need to spend before moving in.”

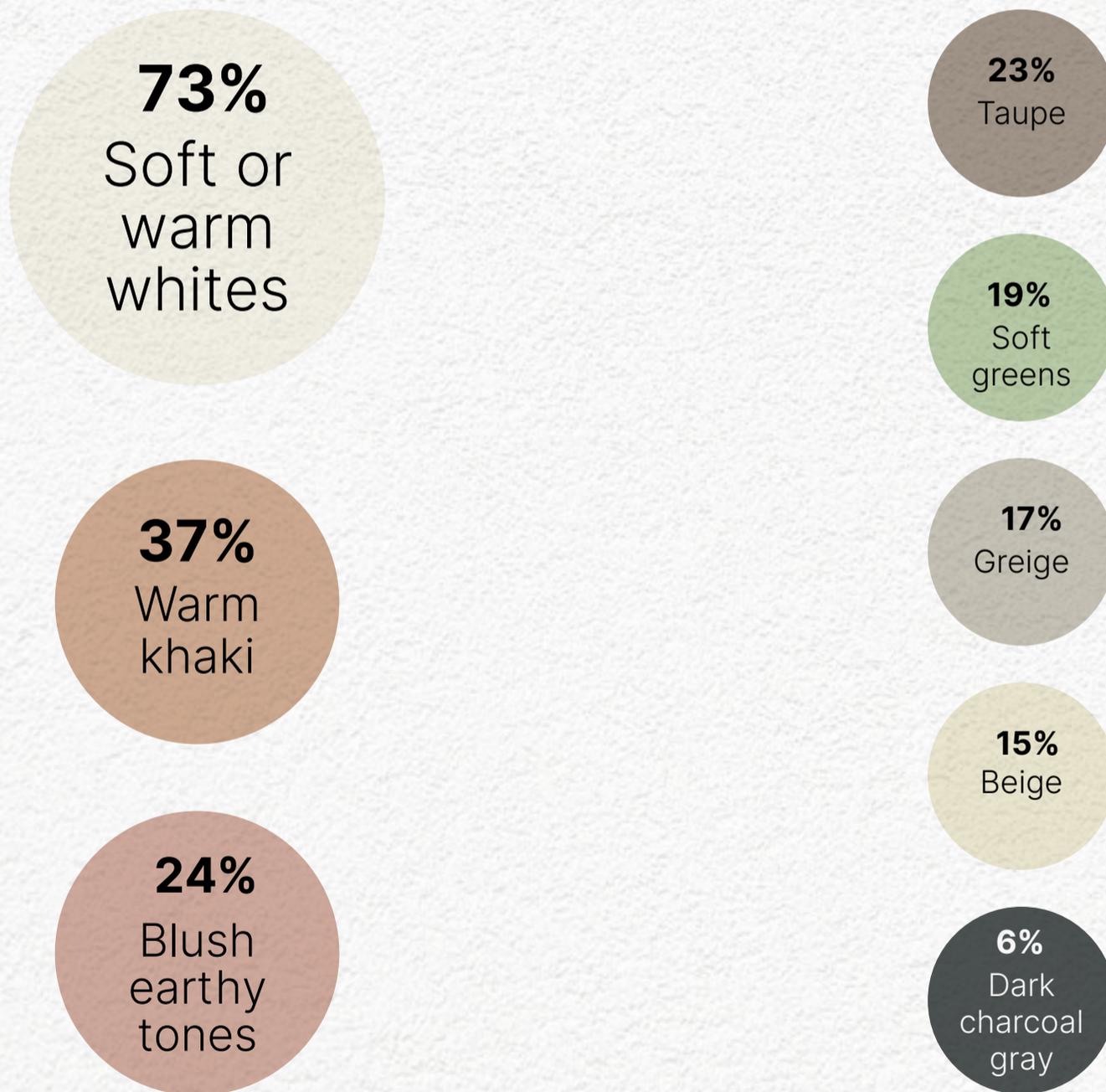
Michelle Accetta, [Michelle Accetta Home](#)

Soft, Warm Whites

Are the Top Choice for *Living Spaces*

While color is popular across the board, some white hues are still the most sought-after in living areas. Try to stay away from cool whites, as a massive **73%** of our experts agree that **soft or warm whites** with red or yellowish undertones are the best choice if you are selling your home.

If you fancy a bit of color, **37%** of experts agree that **warm khaki** is a great option, and **24%** note that **blush earthy tones** are a safe bet.

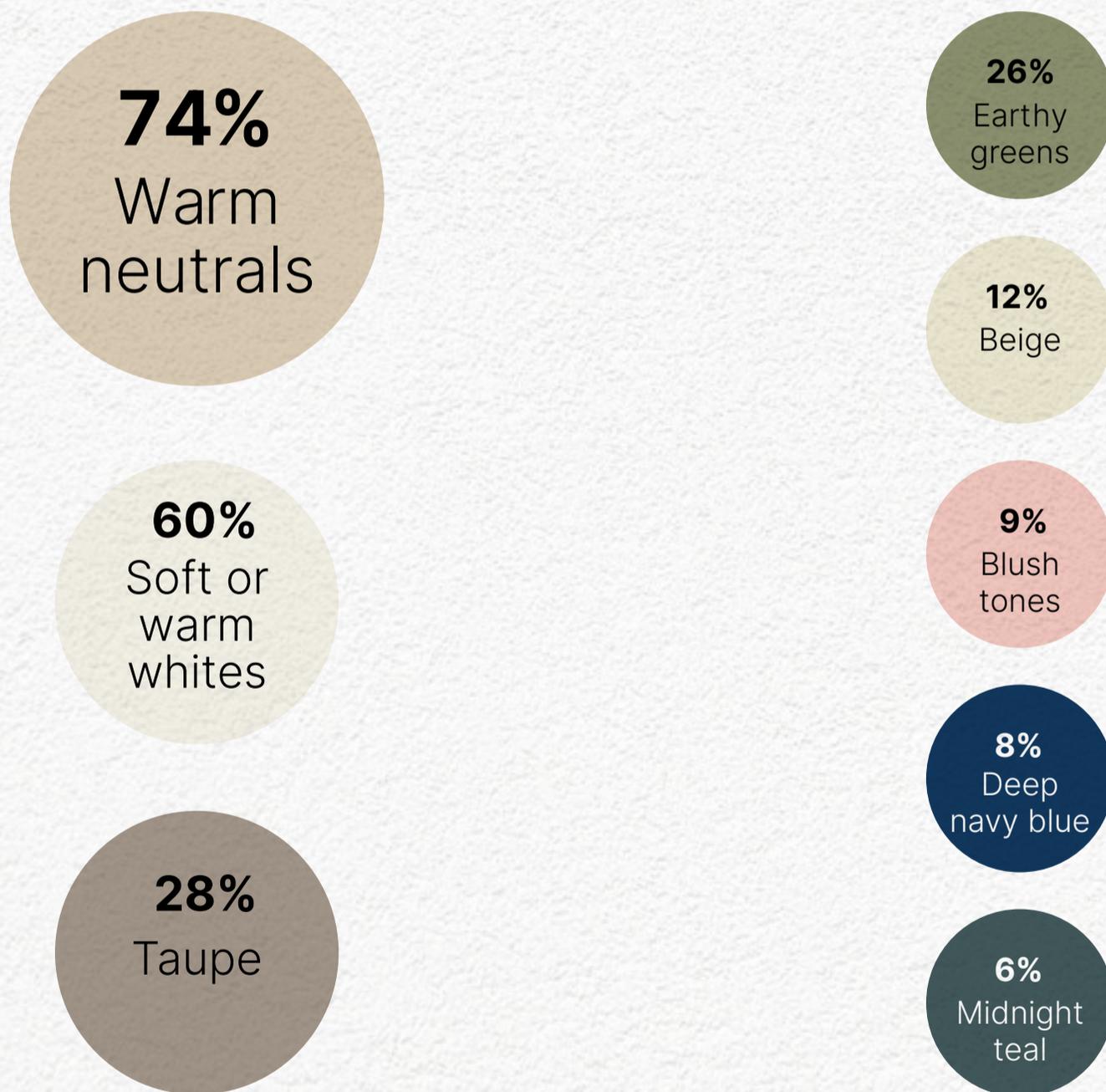




Warm, Neutral Hues

Are the Best Choice for *Bedrooms*

Neutral colors also prevail in bedroom design, with **74%** of experts noting that **warm neutrals** and earth tones are the most desirable and restorative. **Soft and warm whites** are also a solid option, with **60%** of experts behind this trend, and **28%** agree that **taupe** is a good color if you want a darker or moodier appearance that's still trendy.



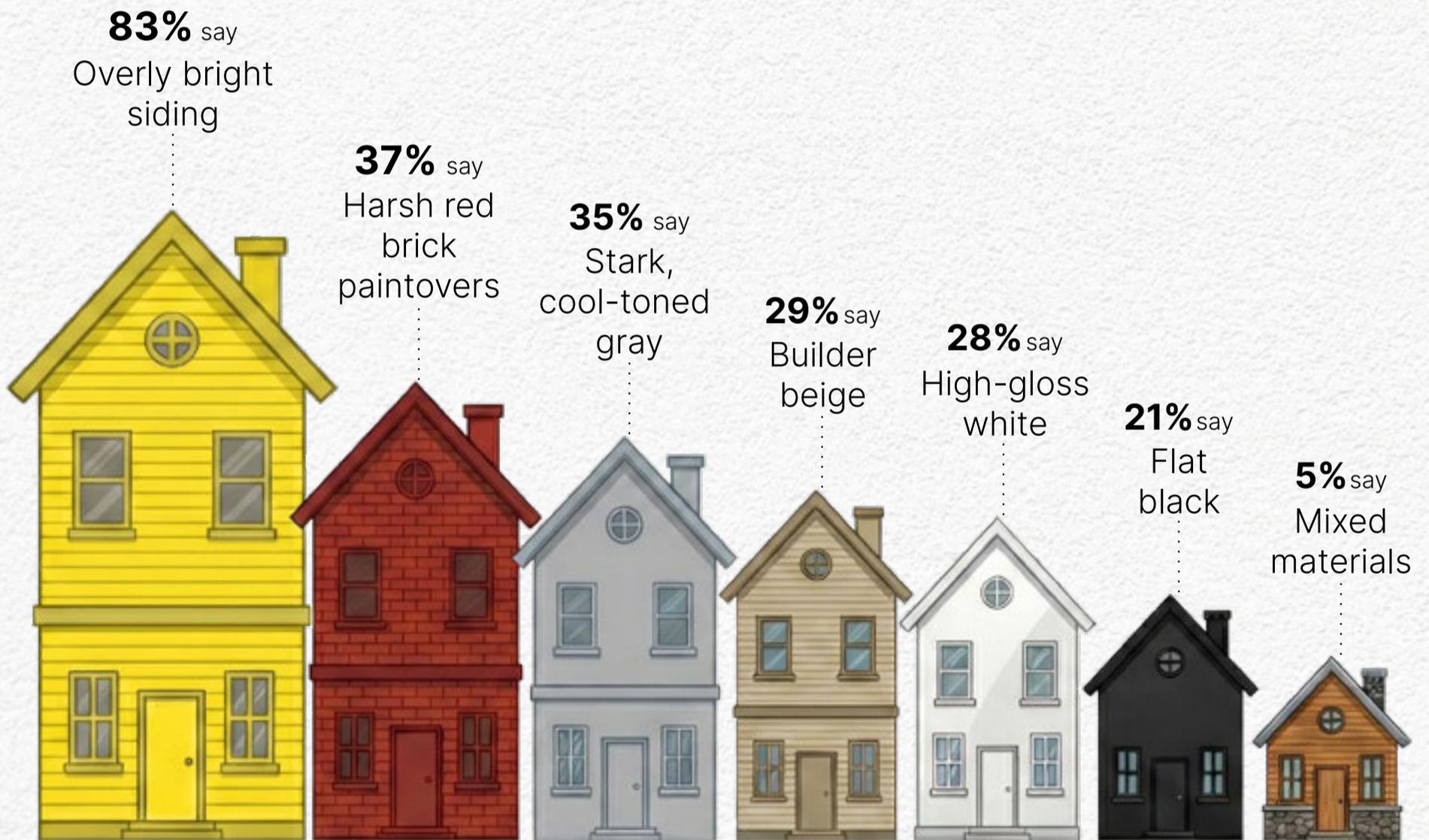


Bright Siding

Is the Most Off-Putting for Homebuyers

83% of our experts say that you should steer clear of **overly bright siding**, as most buyers find it unappealing. **37%** and **35%** of our surveyed interior design professionals, respectively, also recommend staying away from **harsh reds** and **cool gray tones**.

Interestingly, **21%** of experts note that **flat black** is on its way out and a bad choice for your siding if you are trying to sell your home. This was a color that was growing rapidly in popularity just a year or two ago, so it was one of the more short-lived trends.



Overly Thematic Decor and Millennial Gray

Turn Off Buyers

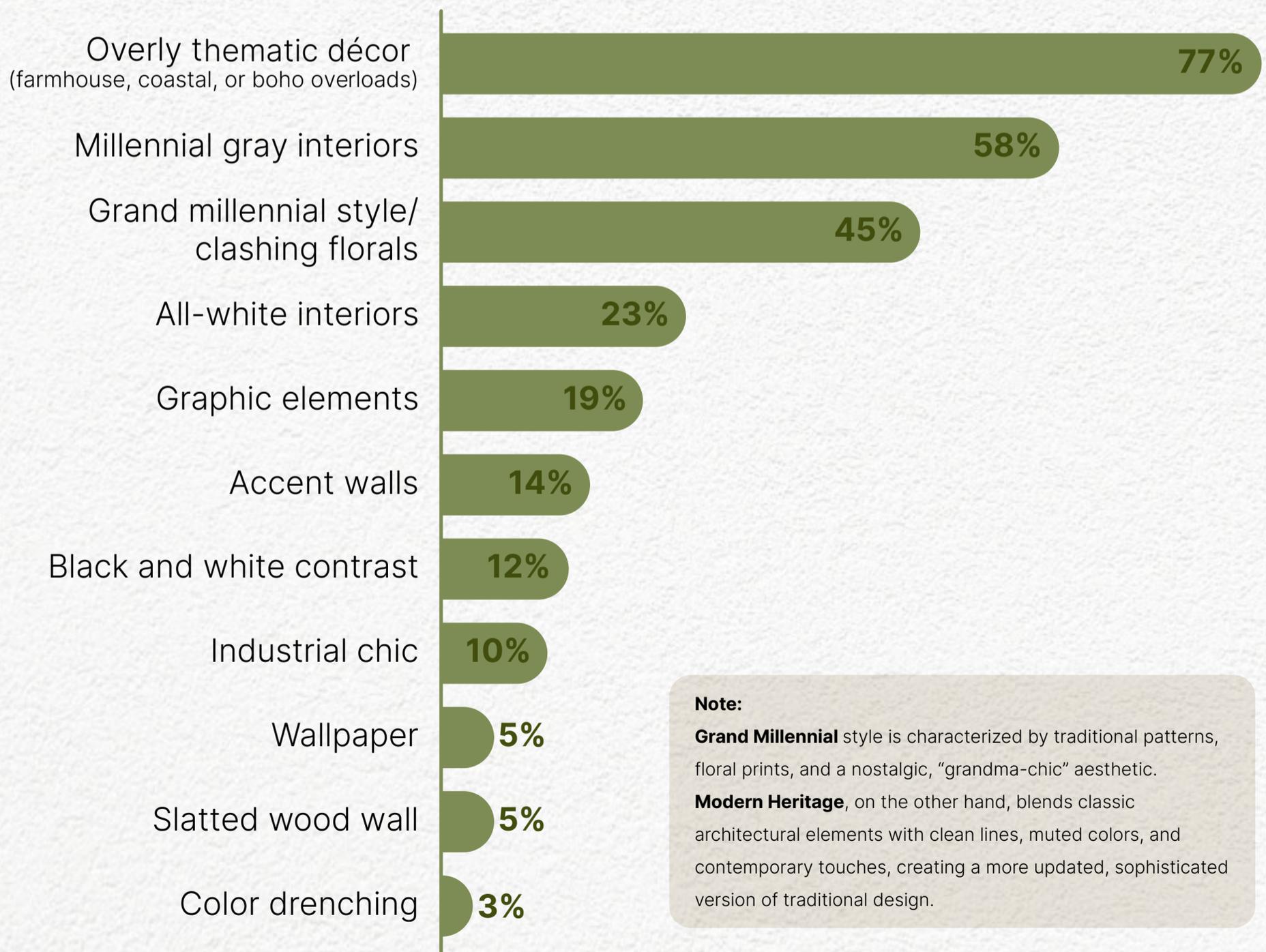
77% of experts agree that, on the interior, **overly thematic décor** is on its way out. You may love a home filled with universal farmhouse, coastal, or boho themes, but buyers don't.

58% of design professionals say **Millennial gray interiors** are also things of the past, and **45%** agree that **Grand Millennial style** is on a downslide, too, with Modern Heritage inverting the style and taking its place.

The good news, though, is that while specific trends are “out,” personalization is “in,” so you can customize to your heart's content.

“My clients aren't coming to me with trendy paint names anymore; they're asking, ‘What colors make me exhale the second I walk in the door?’” said Lauren Lerner, the Founder and Principal Designer of [Living with Lolo](#).

Armina Kasprovicz, the Owner and Principal Designer at [Armina Interiors](#), agrees: *“In 2026, interiors are moving away from the black-and-white and gray palettes—and from the old rule of white ceilings and matching trim. It's a fresh way of looking at surfaces, architectural details, and millwork as one cohesive canvas. Walls become opportunities to express personality—through bold color or unexpected color mixes.”*





Expert Contributors

Expert Contributors

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Alene Workman Interior Design

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Laura Medicus Interiors

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Lauren Ashley Experiences

Lauren Lerner

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Lesley Myrick Interior Design

Leslie Anderson

Leslie Anderson Interiors

Lori Dennis

Lori Dennis

Minol Shamreen

Studio M Designs

Mahwish Syed

Mahwish Syed Designs

Marcia Moore

Marcia Moore Design

Marina Umali

Marina V Design Studio

Marshall Erb

Marshall Erb Design Inc

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Set the Stage Interiors

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Terry Mainord Design

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Methodology

The statistics featured in this report are based on the results of a survey completed by 86 top interior design and home staging experts in November 2025. These professionals were asked a mix of multiple-choice and open-ended questions. Most multiple-choice questions allowed for more than one answer to be selected. All percentages were rounded to the nearest whole number.

Interior Design & Color Trends Report 2026

