There is not one activity we engage throughout our entire lives that design doesn’t influence (Riley, 1999 p 19). The choice of color is not an exception to this fact and it is not limited to paint color choice. Daylighting indicates a similar response and must be included in these studies (Kopacz, 2003 p 95). The affects on aesthetics are the most evident; however, color also influences the mind, body and spirit. Over 60% of a first impression is based on color (Kopacz, 2003 p 91). A new object is often judged solely on its color. With color having so much emphasis on our perception of objects, it has not been thoroughly researched until recent decades. The body’s response to metaphysical forces was studied many years ago, even by the ancient Greeks. Many of their baths and other areas of repose were designed in conjunction with the pattern of the sun. Helios, their god of the sun, is described as: powerful, fiery, bright, tireless. These adjectives display the vast importance they placed upon him. Sunlight is the giver of time (Hyman, 1990 p 7). Without an idea of where the sun is or light levels, a person’s circadian rhythm is disturbed. Some may consider only 22 hours a complete day, while others can function for 35 hours before believing a 24 hour period has passed. Modern life has been too preoccupied with cost and time efficiency (Greene, 1994 p 1). With this distraction, affects of color and light are overlooked. Of the five senses vision is the most stimulating. It will be the first quality noticed in an object and make a lasting impression whether the viewer knows this subconsciously, consciously or unconsciously (Kopacz, 2003 p 92-96). In the field of health care color, as well as décor in general, is beginning to be studied. Its effects on recovery times and manner have been documented. Those spaces with vivid colors and differentiation of decoration in each area have had positive impacts on users (Canter, 1979 p 138). Designing for the elderly has become an area of interest. Studies have shown that contrast is key to the success of a color scheme the users can effectively see (Moore, 2008 p 27). Differentiation between warm tones is easier for the aging eye. Cooler colors have a tendency to read gray. The more a place feels like a home, the more comfortable a person will be, therefore minimizing anxiety (Greene, 1994 p 4). If the patient/user of the environment can be calmed by the use of the color, this effect will be transferred to the staff, and vice versa. A composed staff will work more efficiently and be better suited to aid. The importance color plays in healing environments is astronomical. Used correctly, it has the possibility of bringing a sense of ease to the users and reduces stress levels.