



Visible Mending Color Theory Reference

1. Complementary Contrast (The Bold Statement)

- **The Rule:** Choose colors located directly opposite each other on the color wheel.
- **Examples:** Orange thread on Blue denim; Yellow thread on Purple fabric; Red thread on Green canvas.
- **Best Use Case:** Solid, dark backgrounds where you want the repair to stand out as a definitive focal point. Highly effective for geometric Sashiko grids.

2. Analogous Harmony (The Subtle Shift)

- **The Rule:** Choose colors that sit directly next to each other on the color wheel.
- **Examples:** Teal and Green thread on a Navy Blue shirt; Orange and Yellow thread on a Red jacket.
- **Best Use Case:** Multi-tonal repairs where you want the mending to look organic and natural rather than aggressively disruptive.

3. Monochromatic Depth (The Textural Fix)

- **The Rule:** Use the exact same base color as the garment, but choose a significantly lighter or darker shade.
- **Examples:** Light Blue thread on Navy denim; Charcoal thread on Light Gray sweatpants.
- **Best Use Case:** Heavily patterned garments (like floral prints or plaid). Monochromatic threading adds structural texture without contributing to visual clutter.

4. High-Visibility Neons (The Modern Edge)

- **The Rule:** Disregard traditional harmony and use hyper-saturated neon synthetics against raw natural fibers.
- **Examples:** Neon Pink or Acid Yellow on raw, unwashed black denim.



- **Best Use Case:** Streetwear modifications and heavy blowout repairs on rigid fabrics.

Quick Troubleshooting Checklist Before You Stitch:

- **Is the base fabric a busy print?** Pull one dominant solid color from the pattern to use as your thread. Avoid adding a completely new color.
- **Are you using multiple thread colors?** Stick to the 60-30-10 rule: 60% base garment color, 30% secondary thread color, 10% accent thread color.
- **Does the thread weight match the visual weight?** Bright colors look even bolder when used in thick, heavy threads (like Sashiko cotton). Scale back the color intensity if using very thick yarn.