

Thinking about painting your interior? Read this first.

Fresh paint is the fastest way to change how a home feels — but a paint job is really a prep job with color on top. This guide covers what a professional interior project actually involves, the decisions that matter, and the questions worth asking — whoever you end up hiring.

What are you really painting?

Walls only

The classic refresh. New color on the walls, with ceilings and trim left as they are — fastest, and it changes the room more than people expect.

Walls + ceilings

Ceilings yellow and dull over the years. Painting them with the walls makes the whole room read as brand new instead of mostly new.

The full room

Walls, ceilings, trim, and doors — one project, one color story, nothing left looking tired next to the fresh paint. How we usually recommend doing it.

What the process actually looks like

- 1 Consultation & color.** We walk the rooms together, talk through sheen and color, and plan the order of work. Large samples beat small swatches — always.
- 2 Protection first.** Floors, furniture, and fixtures are covered or moved before a single can opens. Hardware you might reuse gets labeled with our sticky-note system so it all goes back where it belongs.
- 3 Prep.** Nail holes and dings filled, seams repaired, everything sanded smooth, and primer where the surface needs it. This step decides how the finish looks — and how long it lasts.
- 4 Two coats, sprayed or rolled** with premium Sherwin-Williams interior lines — Cashmere, Duration Home, Emerald, or Symmetry — matched to the room's use.
- 5 Walkthrough together.** We check every wall in daylight and evening light with you before we call it done.

How long? A single room is often a day or two; a main level runs several days. Modern paints are low-odor — most families live in the house normally while we work room by room.

Things to consider before you decide

- **Sheen is a practical choice, not just a look.** Flat hides wall flaws but scuffs; eggshell and satin clean up in kitchens, baths, and kids' rooms. Your painter should be steering this conversation.
- **Color changes with the light.** The same gray reads blue at noon and warm at dusk. Live with a big sample on the wall for a full day before committing a whole house.
- **Ceilings are the forgotten surface.** If your walls are getting color, look up — a dingy ceiling will make fresh walls look unfinished.
- **Trim tells the truth.** Yellowed or chipped trim next to new walls stands out immediately. If the budget forces a choice, ask your painter to show you the difference in one doorway first.
- **Order of operations.** Paint after flooring and carpentry are done, before final hardware and fixtures go on — and tell your painter about any other trades in the house so the schedule works.
- **Selling soon?** Neutral, light, and consistent through the whole house photographs best and reads as move-in ready.

Do this

- Test color as a large sample on the actual wall
- Ask which paint line will be used in each room — and why that one
- Ask what the prep includes, in detail
- Ask who will be in your home each day

Skip this

- Choosing a whole-house color from a 2-inch chip
- Assuming one coat is enough over a dark or patched wall
- Booking on the lowest number — thin prep is invisible on day one and obvious by year two
- Moving heavy furniture yourself the morning of — plan it with your painter

Five questions to ask any interior painter

- Walk me through your prep, step by step. What's included and what isn't?
- Which paint line and sheen are you using in each room, and why?
- How many coats are included — and what if the old color still shows through?
- Who does the work — your own crew, or subcontractors?
- How do you protect floors, furniture, and fixtures?

Good painters answer these without blinking. Vague answers are an answer, too.

In the southwest Twin Cities metro?

Schedule your **FREE consultation** — we'll walk your rooms with you and give you a straight plan, even if you decide to wait.

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