

The shininess of a paint film is referred to as its sheen. It is a measure of how much light is reflected from the surface - the shinier the surface, the higher the % reflectance.

There are no particular standards in the UK paint industry for how to name sheen levels nor what % reflectance a particular name might refer to – each manufacturer has different names and reflectance levels for their paints.

Benjamin Moore® paints offer 7 sheen levels for interior paints and 4 sheen levels for exterior paints.

Interior Paints

Sheen Level	Typical % reflectance	Products available in this sheen
Flat	0-3% sheen at 85°	Regal Select®, Ultra Spec 500, Ceiling Paint
Matte	3-10% sheen at 85°	Aura®, Regal Select®, Advance, Ultra Spec Scuff-X®
Eggshell	12-20% sheen at 85°	Aura®, Aura® Bath and Spa, Chalkboard Paint, Regal Select®, Ultra Spec 500®, Ultra Spec Scuff-X®
Pearl	15-25% sheen at 60°	Regal Select®
Satin	25-35% sheen at 60°	Aura®, Advance WB Alkyd, Ultra Spec Scuff-X®
Semi-Gloss	35-60% sheen at 60°	Aura®, Ultra Spec 500®, Ultra Spec Scuff-X®
High Gloss	>85% sheen at 60°	Advance WB Alkyd

Exterior Paints

Sheen Level	Typical % reflectance	Products available in this sheen
Flat	0-2% sheen at 85°	Aura® Exterior, Regal Select® Exterior
Low Lustre	12-20% sheen at 85°	Aura® Exterior, Regal Select® Exterior
Satin	25-35% sheen at 60°	Aura® Exterior, Aura® Grand Entrance
High Gloss	>85% sheen at 60°	Advance WB Alkyd, Aura® Grand Entrance