

BRITISH STANDARD

BY PLAIN ENGLISH

HOW TO PLAN KITCHEN LIGHTING

Guide No. 6



Lighting is a crucial element of a successful kitchen and can ruin the effect if poorly planned. For this reason we recommend planning the lighting alongside the rest of the kitchen and incorporating a balance of pendant lights, wall lights and under counter lights dependent on the size and nature of the space.

Adrian Bergman, Senior Designer



Spotlights

Spot lights are an effective means to create a well-lit space, but you do need to be careful not to overdo it, as too many can feel clinical in a domestic setting. A good tip is to use a timeless fitting that can be plastered into the ceiling, these are discreet and functional. An alternative is to use a spotlight bar, you may use these for aesthetic reasons or simply to increase light distribution to an existing space. Adrian Bergman explains, 'In my own kitchen I used spotlight bars, it's quite a long narrow space and we wanted to avoid a 'runway' of spotlights. These together with under cupboard, pendant and wall lights create a flexible lighting scheme.'

Mood Lighting

The key to achieving effective mood lighting is incorporating a good variety of controllable lighting sources, to allow the space to be adjusted to suit the mood and time of day. To avoid cold unpleasant lighting we recommend warm LED bulbs. Where possible, make these dimmable to allow you to create different zones. This will enable you to dim the kitchen and bring up the dining area and visa versa where appropriate – dictating the ambiance of the space. You can provide further options with low level secondary lighting – we like to use free standing lamps on worktops and wall lights with adjustable angles for dynamism.

Task Lighting

Lighting needs to be carefully positioned and of good quality for practical purposes –for example, lighting positioned behind you will just cast shadows on your work surfaces, so don't underestimate the importance of considered task lighting. Strong but discreet under counter lights or low level wall lights are crucial for daily tasks, a dimly lit kitchen is simply not practical. Remember to include the extractor – if you have one –in your lighting plan as it's an important light source to incorporate into your thinking.





Feature Lighting

Once you have considered the more practical lighting elements you can add feature lighting. A common choice is pendant lights hung over a kitchen island, this works well to zone the space and also provides the opportunity to add a pop of colour or new texture to the scheme – industrial styles are particularly popular at the moment. Try to keep the number of lights in proportion to the scale of the island. Standard lamps are great for adding warmth to a dark corner, place one next to an armchair for a relaxed reading nook.

Natural Light

Before you begin to plan your lighting scheme it's important to consider how much natural light a space receives, it will influence your decisions on how best to light the space. Make the most of all available natural light by leaving window areas clear of wall cupboards. A window is the natural place for the sink for this reason.



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