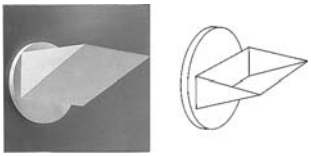
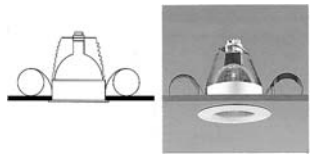


Wall washer with 100/150 W linear TH lamp – by John Cullen



LV fully recessed sealed glass down lighter for wet areas with 20–50 W dichroic lamps – by John Cullen

LV chrome picture light with 2 × 20 W capsule lamps by JCC Lighting

External die-cast aluminium spotlight with 150 TH linear lamp – by Contract Lighting

Picture light in polished chrome with 8 W, 11 W or 13 W fluorescent tubes by Light Graphix

White rise-and-fall fitting with max 100 W lamp – by First light

General illumination

Dining tables can be lit with rise-and-fall pendant lights which are best connected to a plug-in ceiling rose so that the fitting can be completely removed if the table is moved to the wall for a large party.

Where there is an adjacent garden which is fully visible from the dining area, external spotlights can illuminate it at night making it possible to light the dining table solely with candles.

Heating

In the kitchen, high ambient temperatures are gained from cooking so, except for a dining/kitchen room, heating levels need not be as high as for other living spaces.
As wall space is at a premium there is seldom room to fit a conventional radiator but there are other forms of heating which may be considered.

Underfloor heating

Underfloor heating is one of the more convenient ways of heating kitchens as it leaves the walls entirely free for cabinets and appliances. The disadvantage is its slow response time to heat up and cool down.
There are various types: hot water pipes, warm air ducts and electric cables.

The most recent advance has been electric mats embedded with such small diameter heating cables that the overall thickness is no more than 3 mm. These can be laid within the thickness of the bedding mortar under stone or ceramic tiles. This is therefore particularly suitable for installing in existing buildings as it barely raises the finished floor level.
Typical rating is 125 watts/m^2 with sizes up to 15 m^2.

For small kitchens, there are also mats with low voltage flexible heating elements encapsulated in a 2 mm thick polyester sheet which provide safe and cheap background heating.
Typical panel is 600 $\times$ 500 mm with ratings of:
24 watts @ 24 volts and 33 watts @ 28 volts.