



Ideas On Bathroom Lighting Techniques

Bathrooms can refer to any of the rooms you have in your home with running water that are used for functions other than laundry or food preparation. [Bathroom lighting](#) techniques probably will focus on ensuring the space is maximised, or at least the appearance of space.

A bathroom might contain a bath and basin in a very small space. Others might also incorporate a toilet, bidet and shower enclosure too. Where houses have separate toilets, often referred to in polite company as a bathroom when a guest wishes to avail of the facilities, it too can benefit from the same bathroom lighting techniques you would employ in the room with larger pieces of sanitary ware. Moisture and condensation are associated with these areas



so it makes sense to purchase light fittings that are easily cleaned as well as providing appropriate illumination. As lights are run on electricity you need to be aware of the regulations regarding Zone 1, Zone 2 and Zone 3 for safety purposes in the UK.

A downstairs cloakroom, a bathroom by any other name, probably has a toilet and a vanity basin. If the cloakroom is only a small space, the light fittings need to be in proportion to the size. You can still apply bathroom lighting techniques that will maximise the appearance of the available space. A flush mounted bathroom ceiling light will make the room look larger as it won't draw the eye to the fitting. Of course, by UK law, you will have a window in a toilet room, but at night you will still need illumination so it is worth making sure you choose a design that fits the décor.

Quite often a downstairs cloakroom or toilet differs from a main bathroom and is more likely to have attractive knick-knacks on display. You might wish to highlight these objects with a wall mounted bathroom light that can provide functional illumination as well as accentuating the decorative features included in the space. In small spaces such as these, bathroom lighting techniques that take advantage of bright LED light fittings makes sense. With an alternative bulb

colour to traditional white the room is washed in a gentle, ambient glow of colour, which can be more inviting and also offers opportunity to harmonise your lighting scheme with your design colour palette.

Even tricky spaces, perhaps under the stairs where you have a slanted ceiling, space can be optimised by bathroom lighting techniques where recessed lights or utilising the light thrown from illuminated mirrors serves a dual purpose. Careful positioning of a mirror can maximise natural daylight to make the room seem bigger and brighter and at night can provide the main light source for a small room. It is best to avoid free standing lamps in small spaces so investigate the range of bathroom lighting that won't protrude or cause visual clutter. These rooms tend to be quick visit locations with minimal grooming taking place so there is no need for a lighting gantry, but you could consider ideas such as shaver lights. Electric razors make shaving quick, easy, and mess-free, so as long as the mirror can be seen, the smallest room in the house could be claimed by the male residents.



Bathroom lighting techniques will depend on the function of the room and the feeling you are trying to create, so discuss ideas and possibilities for a clear idea of how you envisage the room being used, who will use it, what purpose they will use it for and accommodate their needs to get the best use from it.