



Using LED Downlights in a Kitchen for Effective Lighting

[LED kitchen downlights](#) will not only save you an astonishing amount of money over their lifespan, but will provide functional and decorative lighting that will last for years. Compared to the energy required to run halogen lamps, currently used in many kitchens, LED kitchen downlights are much more efficient.

Many households now consider LED downlighters in their kitchen lighting plans because they lie flush with the ceiling, thus giving an illusion of more height to make the area appear more spacious. Another reason why people choose these lights is with no cables or wires dangling down to attract dust and grease, they are more hygienic and easier to clean.



Having LED lighting also permits better positioning for illuminated areas as the array of lights can be worked out to best suit your requirements both from a practical and an aesthetic point of view.

You may not realise that a kitchen can heat up so much because of the lighting installed. Toasters, kettles and cookers are expected to give off heat as part of their function to provide hot meals and drinks. However, a kitchen with halogen or incandescent light bulbs will heat up even more as the energy they use is converted to heat, more so than light, making them very expensive for the wrong purpose. 90% of their energy is lost through heat production.

LED kitchen downlights give off little or no heat as the design of the finned construction takes away any heat build-up. The energy is concentrated on light production. The most popular products for the domestic market are the [Ariel](#) or [Neptune](#) LED downlights which offer a 50 watt halogen equivalent light output making them an ideal alternative installation in place of 12 volt or 240 volt halogen downlights. Check our page on [50 watt halogen equivalent](#) LED downlights to see comparisons.

Making the change from a central ceiling light to a series LED kitchen downlights will require some thought and planning. Many people are unsure how many they might need but at Ace Lamps, we can advise if they send us the details of the room size. One of the points to consider when installing LED downlights in the kitchen is shadowing so you need to consider where your work areas will be to prevent this issue.

Single, double and triple lamp housings are available that can be used in combination for the best effect and maximum illumination. Clear glass lamps will provide the most brilliant light and frosted front lamps will shed a slightly less brilliant light because of their opacity. If you are combining different units, make sure you choose models with complementary finishes and compatible designs.



There are [dimmable](#) options available if you require such an effect in your LED kitchen downlights. Having a dimming system means you can have subdued lighting left on when the kitchen is not being used, an ideal solution for night-time explorers that will provide safe illumination, which doesn't cost a fortune. Currently we have twelve dimmable models ranging from 1 watt output to 36 watt output, so you can be sure we can meet your lighting needs.

Not sure how many lights you need?

Email the details of your room and we will advise

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