

VELUX®

Inspiring Home Series:

Your Kitchen Reimagined



Designing Your Dream Kitchen

It's time for a kitchen upgrade.
Yes, we said it!

It's time for a kitchen upgrade. Yes, we said it! Your kitchen is one of the most important rooms in your house. And, by now, it's probably seen more than its fair share of family meals, meetings, and messes. So, why not give it the design boosts it deserves?

Taking your first step towards making changes in your kitchen begins with the exciting exploration of different design avenues and choices. There are a lot of options that can completely transform your kitchen, giving it the yummy upgrades you've always wanted.

Now, if you're ready to bring a new look and feel to your kitchen, we'll let you in on a little secret: Look up and say "hello" to your fifth wall!

See your kitchen in a whole new natural light!!





Open your space in a way light bulbs and paint never could.

Now We're Cooking with Daylight

Let's talk about everyone's favorite room!

Some of our best memories come from time spent in the kitchen: learning all of Grandma's old recipes, making a mess with the kids while doing rainy day crafts, and gathering for holidays to celebrate with friends and family, just to name a few. Suffice to say, the kitchen is one of the most important rooms in your house, so it deserves the very best, from appliances to lighting. (Yes, lighting!)

When we start looking at upgrades that need to be made in the kitchen, we tend to look around - around at all the outdated appliances, the countertops that don't match, the cabinets and counter space that there could be more of. But rarely do we ever look up.

When we're not intentionally looking around for what needs to be done, our eyes naturally gravitate upward. For this reason, roof windows can help create a more open feel throughout your kitchen. In fact, with deliberate planning, you can open your space in a way light bulbs and paint never could.

On a typical day, you wake up in the morning, head to the kitchen to make a pot of coffee, and what's the first thing you do? Flip the light switch and bam! Instant illumination. It's something we tend to take for granted, yet lighting is an essential part of our lives.

Now, let's play pretend for a moment. Imagine waking up to natural light, shining in from outside. The sun bathes

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Natural lighting can be ideal for both your health and your energy bill.

Now We're Cooking with Daylight

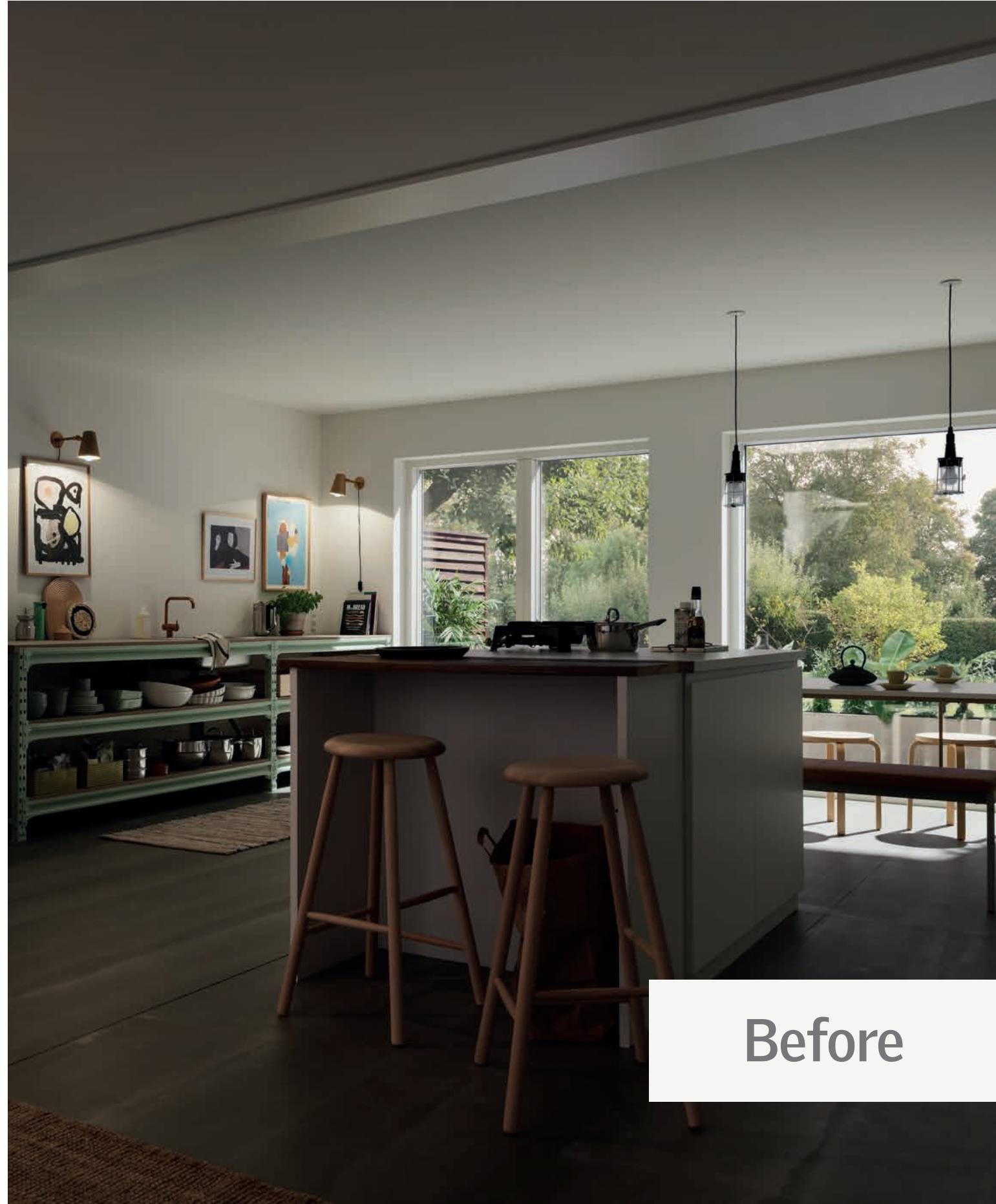
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your kitchen in soft daylight as you brew coffee and prepare a morning meal with ease. You read the paper and get your day off to an energizing start without once touching a light switch. That's because, when designed to fit your lifestyle, natural lighting sources can be ideal for both your health and your energy bill.

By incorporating innovative roof windows into rooms that get used the most, (like your kitchen), you're able to use daylight to its fullest potential, reduce your dependence on electric lighting sources, and lower your home's energy bill. And during the day, the natural light will ease the strain on your eyes to help you see clearly while completing tasks like cooking or cleaning. When you incorporate top lighting into your kitchen with roof windows, you're also able to free up cabinet space where you'd normally put vertical windows. And if you opt for a VELUX Sun Tunnel, you can focus the daylight coming in right where you'll need it most, like over a kitchen island or your cooker.

Choosing the right type of light for your home is an important task and not always an easy one. For your kitchen, natural light sources that provide brighter light and cause less eye strain are your best options. And your best option for bringing in natural light? Why, roof windows, of course!





Before



After

3

REASONS To Love Your Roof Window In Your Kitchen

1

Save Space

You could always use more room in your kitchen. When you incorporate top lighting into your kitchen with roof windows, you free up cabinet space where you'd normally put vertical windows.

2

Ventilation

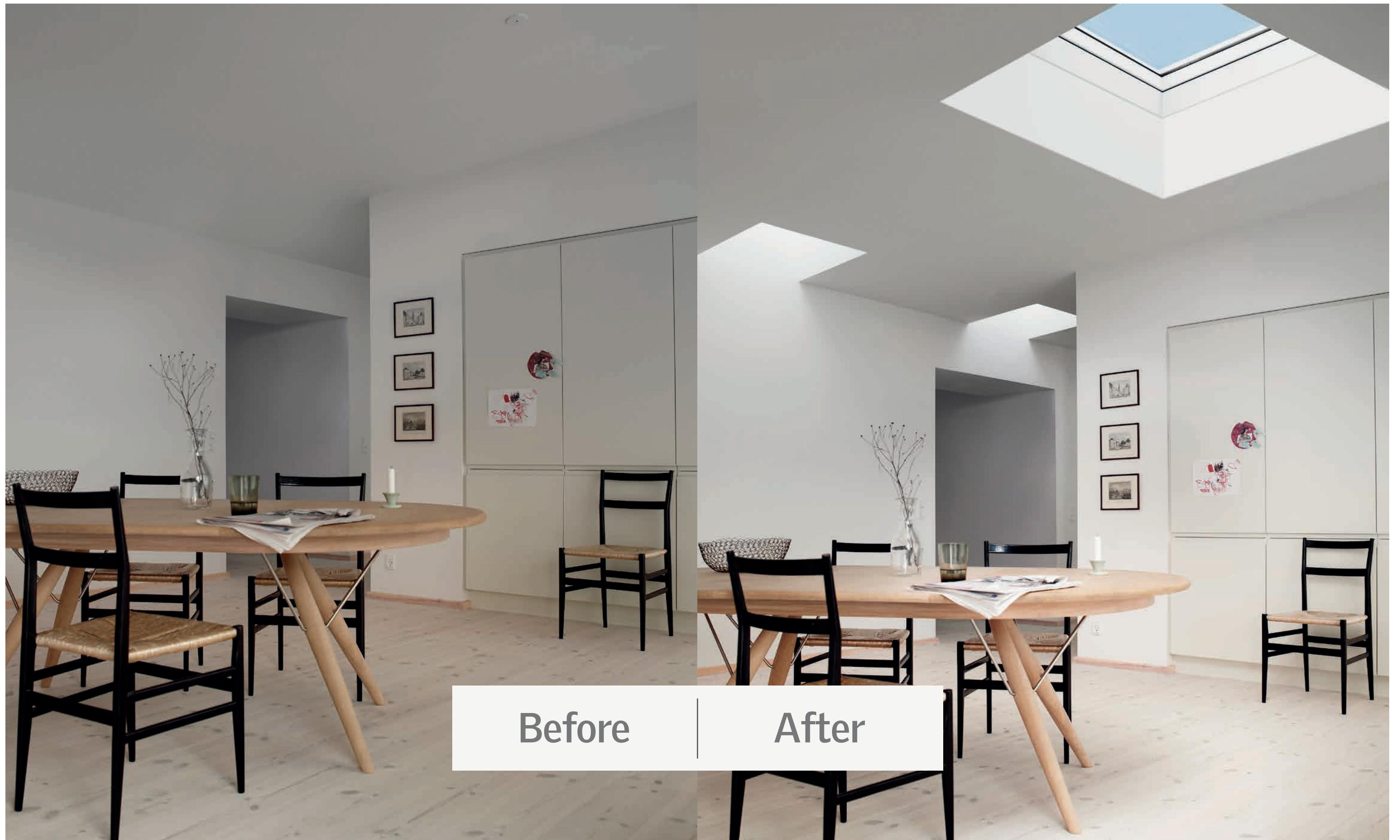
Kitchen activities tend to generate smells, humidity, and fine particles. The best way to clear your kitchen of these is with efficient ventilation, which a roof window can readily provide. VELUX's selection of manual and electric-powered roof windows are perfect for airing out your kitchen while moving fresh air in.

3

Better Lighting

Natural light has a positive effect on both our health and productivity. Artificial light is usually tinted blue or yellow while natural light provides a clean, white light that casts fewer shadows. For this reason, natural light causes less eye strain something you don't – want to deal with in your kitchen!





Before

After



Why Ventilation Matters to Your Kitchen

Enjoy your kitchen in a light, breezy new way!

Throughout human history, at least some part of cooking has involved the outdoors. From the invention of the grill during the Iron Age to community outdoor kitchens in Rome, history is full of examples of the necessity to cook outside. Although technology has advanced enough to bring the kitchen inside the house, cooking with fresh air, like when grilling or barbecuing, remains a fun activity with a touch of luxury.

If there's one thing we've learned from years of outdoor kitchens, indoor kitchens, and everything in-between, it's that fresh air is essential to an enjoyable and healthy cooking environment. Without it, humidity and odours are free to build up, causing a host of disagreeable results, from mould and mildew to dank, unpleasant air.

Fresh air, on the other hand, comes with a wide range of benefits. Fresh air makes us feel happier, helps strengthen the immune system, and is even good for the digestive system. Environments with fewer pollutants are also helpful in improving blood pressure and heart rate. And the extra oxygen that comes with fresh air results in higher brain functioning, enhanced concentration skills, and more energy, all qualities that are beneficial in the kitchen. So, what's the best way to get fresh air flowing consistently through your kitchen?

It's possible to improve the fresh air flow in your home by opening windows on opposite sides of the room to create a cross-breeze. But the best way to maximize that flow is by including roof windows in your kitchen design. Energy efficient roof windows, like VELUX's Solar-Powered-, Electric-, and Manually-operated roof windows, open to bring in fresh air that can help you control heating, cooling, and lighting costs.

When you install skylights, you can also utilize the stack effect with your traditional windows to create an excellent source of passive ventilation. The stack effect occurs when you open your roof windows and vertical windows at the same time. As warm, moist air rises, it escapes through the roof windows while your vertical windows draw in cool, clean air.

The best way to ensure continuous air quality in your kitchen is to exhaust stale indoor air and replace it with fresh outside air. And with roof windows, you can easily use fresh air and sunlight to create a happy, healthy environment where you'll love to cook.





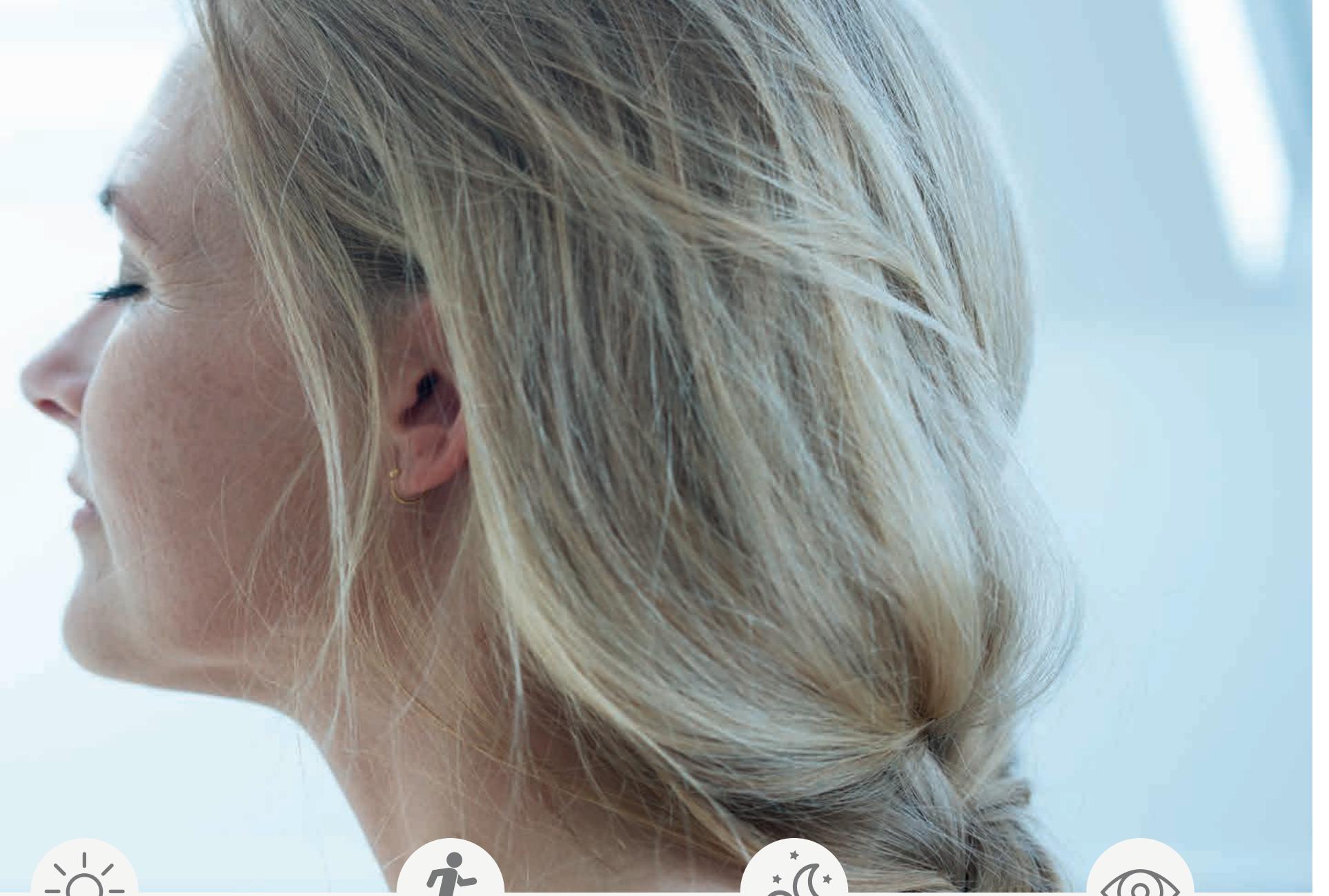
Before



After

Your Life Brightened with Natural Light

Natural light can enrichen your health and well-being, and bring a whole lot of positivity.



Vitamin D Storage

At VELUX, we believe in daylight and fresh air because we believe in the restorative and transformative powers of natural light. It's the source of nutrients that power us through the day, rebalances our circadian rhythm (sleep cycle), keeps us healthy, and gives us more of a positive feeling. So, let's take a closer look at how natural light can really brighten your life with all its benefits.



Higher Productivity

We need Vitamin D for our bones to stay strong, and to help prevent certain cancers, heart disease, depression, and weight gain. Oftentimes though, we can't relax in natural light to get enough Vitamin D our body needs. So, when you can't go out, bring light in.



More Sound Sleep

Feel like you're dragging in the morning, or you can't seem to get those last bits of chores around the house done? This is your body letting you know it needs more natural light. Studies have shown that the more we work in natural light, the higher energy levels we have compared to artificial light.



Vision

Nothing feels as good as waking up from a restful night's sleep. You feel as if you're instantly ready to tackle the day without coffee or a yawn in sight. Natural light can help you get there! Sunlight is an environmental indicator that helps set the phases of our body's natural circadian rhythm.