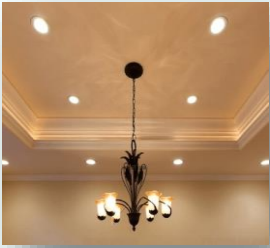# LIGHTING GUIDE

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AMBIENT LIGHTING

Ambient lights are mostly embedded in the ceiling and tend to illuminate the entire bathroom. You can install targeted switches or keep them generalized as per your preference.

Ambient lights are mostly used when there is an insufficiency of natural lights in the bathroom. You can opt for these innovative solutions, spreading them around the perimeter of the floorplan.

We do, however, recommend that you combine the use of ambient lights with task lighting to properly brighten up the entire space as and when required.

ACCENT LIGHTING

As the name suggests, accent lighting is used to target an area and illuminate it. If you install art deco or a focal point in your bathroom, then you can opt for accent lights.

These are beautiful sources for dim lighting when you want to avoid bright lights while relaxing in a bath. They can also be great additions to keep the bathroom illuminated throughout the night and prevent accidents.

TASK LIGHTING

Task lighting is an innovative form of lighting that targets specific tasks in the bathroom.

For instance, integrated LED mirrors or medicine cabinets are very helpful when applying your makeup or getting ready for the day. Similarly, lights placed near the shower or the bathroom sink, flush-mount, or bathtub illuminates the specific locations when in use.

Also, lighting, be it lamp shades, ceiling lights, wall lights, pendant lights, what have you, near the bathroom mirror is essential. Most tasks such as shaving, grooming, hair straightening, curling, and whatnot are all done near the mirror.

One thing you need to bear in mind with task lighting is to analyze its placement.

UNDERSTANDING COLOR TEMPERATURES

Color temperature indicates the hue of a particular type of light. The lower the color temperature, the more yellow or red the light appears. The higher the color temperature, the bluer the light appears.

In simple terms, it is a method used to describe the color characteristics of light sources, from coolness to warmth.

The color temperature spectrums are assigned numbers that are measured in Kelvin (K). The same value is used to describe the color released from lighting fixtures in commercial and residential areas.
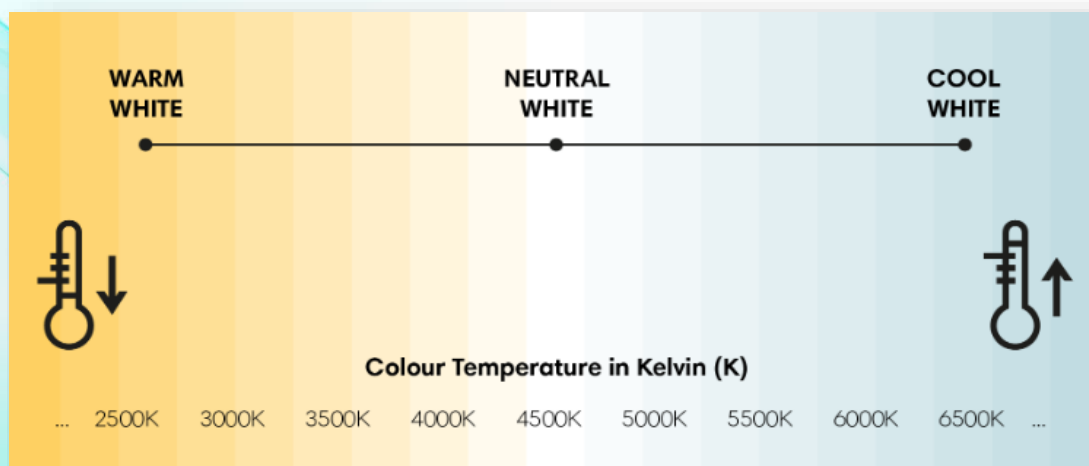

- **2000-3000K.** A soft white color, often more yellow in appearance. It is ideal for dining rooms, outdoor spaces, and living rooms.

- **3100-4500K.** A bright white light with a yellowish glow. Such light is ideal for workspaces, kitchens, offices, or other places requiring task lighting.

- **4600-6500K.** A natural white to cool-white/blue light perfect for illuminating environments requiring bright light.

A FOCUS ON LED LIGHTING

LED Strips are a broad category that includes all different types of LED strip lights. Depending on how you plan to use the LED strips, you may need one type over the other.
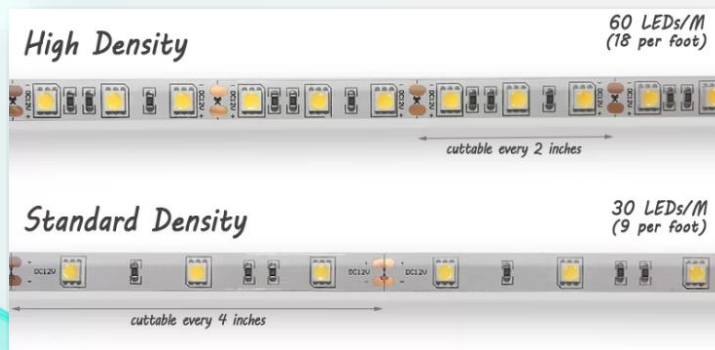
Standard Density LED light strips often create undesirable, uneven lighting in the environment in which they are utilized. When utilized within a mirror, these often impact reflection quality, can be unwantedly visible through the glass, and have an average lifespan of around 30,000 hours.

High Density LED light strips have the power to produce a seamless source of light with no spots. These are great for high-profile lighting projects and especially excel when the lights are around reflective surfaces like granite or glass in a bathroom settings. Average lifespan: 50,000 hours. We are proud to utilize high density LED light strips across our product offerings.
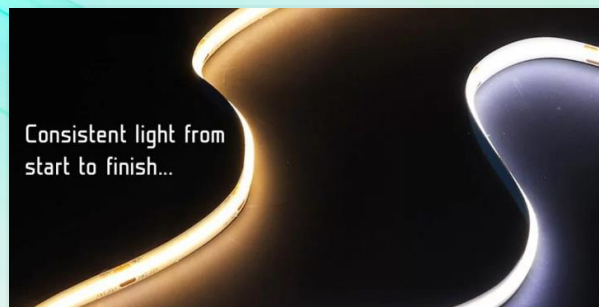
LIGHT SOURCING: DIRECT VS INDIRECT

Direct lighting is used to illuminate a specific area, while indirect lighting casts its rays downward to light a larger area. Instead of illuminating a specific spot, the light from such a source spreads. As a result, the room is illuminated uniformly and comfortably.

SIDE LIGHTING (INDIRECT)

Indirect side lighting on two sides of a mirror may cause undesirable, dark shadows across the center portion of the face depending on the size of the mirror and angling of the lighting.

# OVER THE MIRROR LIGHTING (INDIRECT)

Over the mirror lighting casts unwanted brightness onto your forehead, shadows across the face, particularly under your eyes, enhancing wrinkles and pronouncing imperfections, throwing harsh shade onto your body. It also can give off a cold tinge which is at odds with the softish, warm glow you want when looking at your reflection.

DIRECT LIGHTING

A straight item is illuminated by direct light. To highlight specific details you want to see clearly such as details on the face, direct lighting is typically employed. For example, you would utilize a perimeter lit mirror to illuminate all sides of your face evenly.

CRI (COLOR RENDERING INDEX)
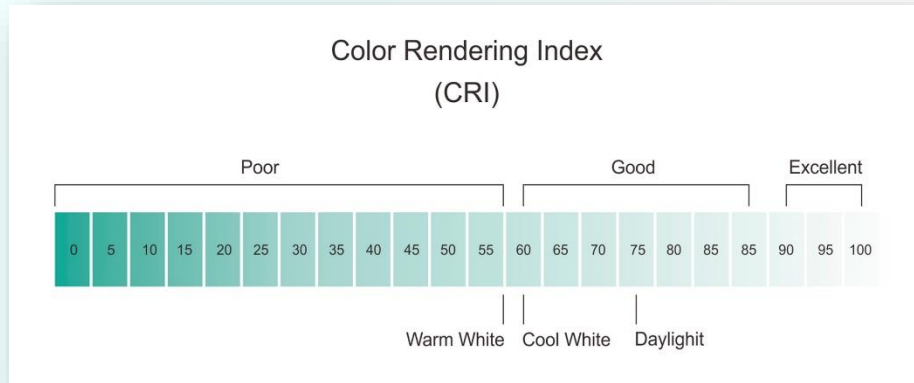
The color rendering index (CRI) is measured as a number between 0 and 100. At zero (0), all colors look the same. A CRI of 100 shows the true colors of the object. For example, incandescent and halogen light sources have a CRI of 100.

Typically, light sources with a CRI of 80 to 90 are regarded as good and those with a CRI of 90+ are excellent. The general rule is: The higher the CRI, the better the color rendering capacity.

CRI is an independent of color temperature. These are two different things. For example, a 6000K (daylight color temperature) fluorescent light source could have a CRI of 75, but another 6000K fluorescent light source can have a CRI of 90.

This chart is a good depiction of differing CRIs, with each apple having the same warm color temperature (2700K):