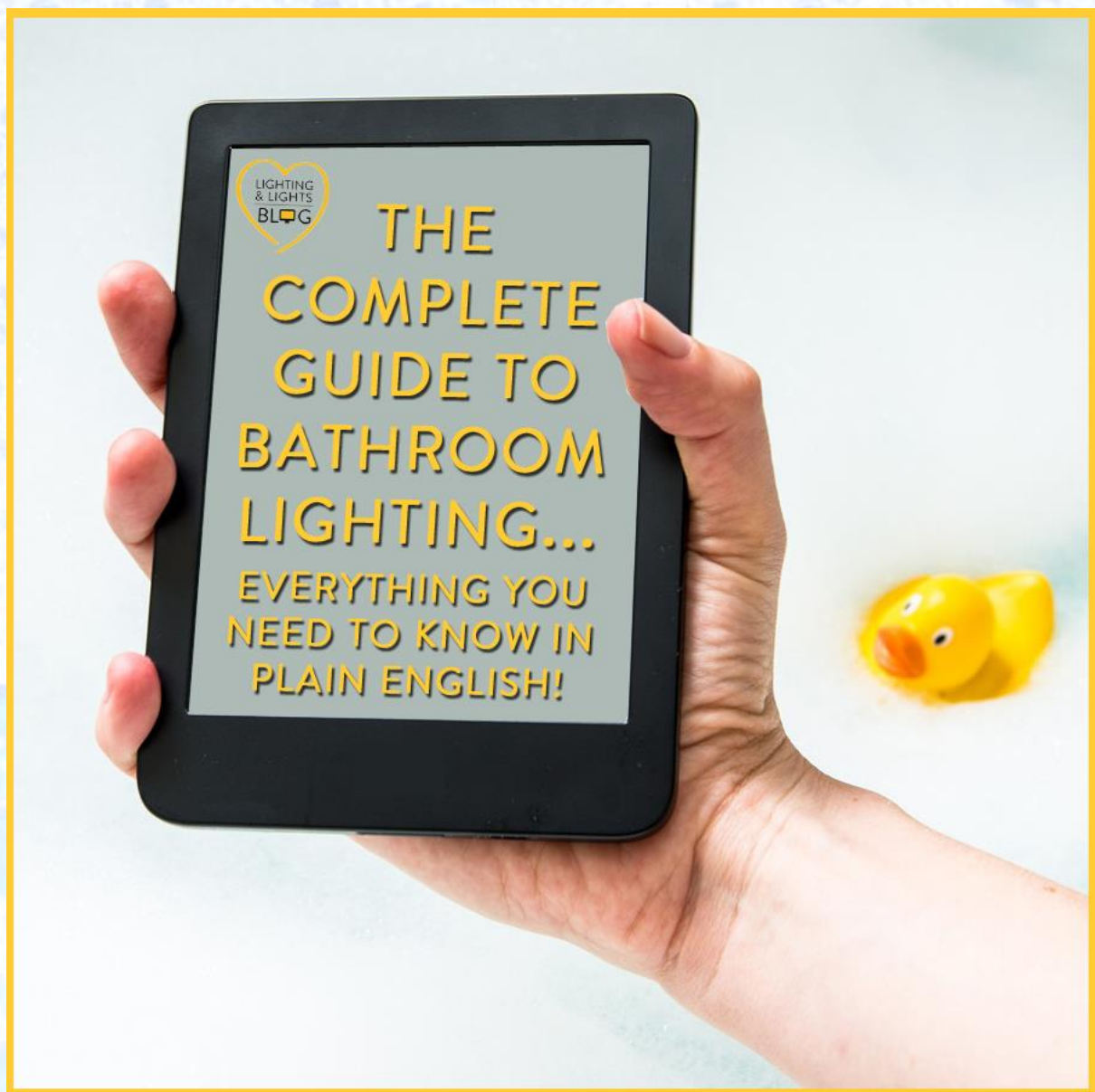


The Complete Guide to Bathroom Lighting

Everything you need to know about
[bathroom lights](#).



Bathrooms are considered an inconvenient room to change. It's therefore vital that when you're changing your bathroom, you ensure that you have considered all necessary elements. Along with your furniture, fixtures, tiles and taps, your [bathroom lighting](#) is a key consideration as changes at a later date can be costly and require time consuming redecoration.

In this article, we will cover all elements that you should consider when choosing bathroom lights. Whether it's for a complete refurbishment or replacing an old fashioned, or broken light, you'll feel well equipped to confidently make your lighting decision.

Bathroom Lighting Explored

Safety First:

- [Are bathroom lights different to normal lights?](#)
- [What does IP rating mean?](#)
- [What are bathroom zones when it comes to lighting?](#)
- [What are UK bathroom lighting regulations?](#)
- [Can you get double insulated bathroom lights?](#)

Types of Bathroom Lights:

- [Flush Bathroom Ceiling Lights](#)
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- [Bathroom Ceiling Pendants](#)
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- [Bathroom Mirror Lights](#)
- [Recessed Bathroom Spot Lights](#)
- [Surface Mounted Bathroom Spot Lights](#)
- [Energy Saving Bathroom Lights with Integral LEDs](#)

Other Considerations for Bathroom Lighting:

- [What size light do I need in my bathroom?](#)
- [How much light do I need in my bathroom?](#)

Bathroom Light Safety

Bathroom lighting does differ from lights that we use in every other room in the home. The reason for this is that the electrical components need to be protected from splashes and steam.

If water was to get into a light fitting, there is a very high chance that it could electrocute you. If a light gets wet that falls below IP44, handle with utmost care - we also recommend that it should be disposed of.

What does IP rating mean?

IP rating is a system which allows us to easily identify the level of protection the electrical components within our lighting has against solid particles and water.

Summarised with 2 figures, the first relates to dust or solid particles and dust. The second figure relates to the water and steam protection.

The below chart summarises the IP ratings; anything in blue would be useful in bathroom zones 1, 2 and 3 in a bathroom.

Therefore, bathroom lights should be a minimum of IP44 rated to be used safely in bathrooms, en-suites and cloakrooms.

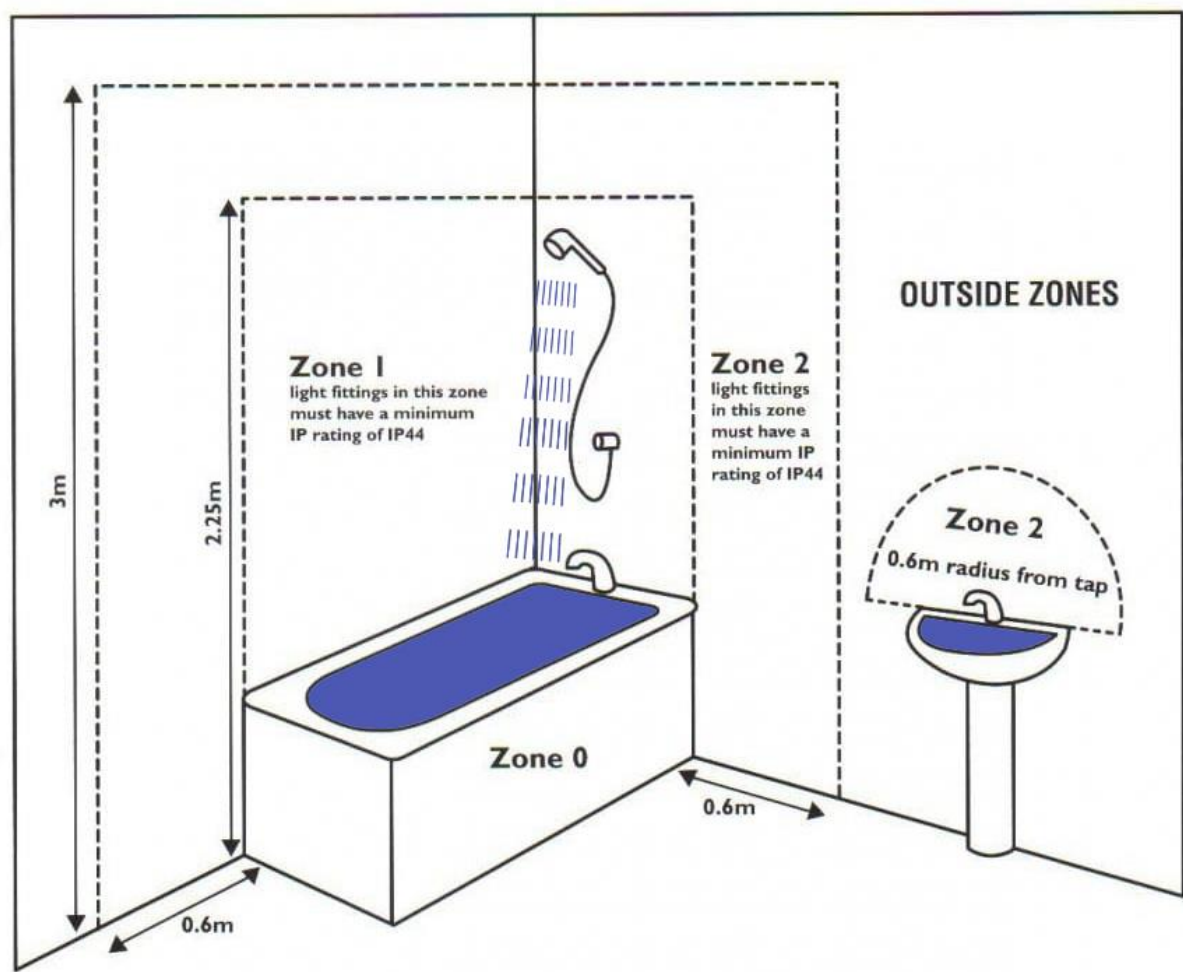
SOLID PROTECTION RATING		LIQUID PROTECTION RATING	
0	No Protection	0	No Protection
1	Protected against items larger than 50mm	1	Protection against vertical dripping water
2	Protected against items larger than 12.5mm	2	Protection against dripping water up to an angle of 15°
3	Protected against items larger than 2.5mm	3	Protection against dripping water up to an angle of 60° from vertical
4	Protected against items larger than 1mm	4	Protection against splashing water from all directions
5	Protected against items most residential dust	5	Protection against water projection from a 6.3mm nozzle from any direction
6	Protected against commercial dust	6	Protection against water projection from a 12.5mm nozzle from any direction
		7	Protection against water immersion up to 1 metre
		8	Suitable for continuous water immersion beyond 1 metre

What are bathroom zones when it comes to lighting?

Bathroom zones are a way of segmenting the likelihood that water could enter the electrics of a light.

Bathroom zone 0 would be an area where special submersible lights were used. For these lights, we'd recommend speaking to a specialist electrician, or a swimming pool light supplier.

The rest of the bathroom falls under IP44.



Bathroom zones one and two are areas where splashes are likely to occur.

Some lighting retailers will advise that the outside zone (also known as zone 3) could have a non-IP rated light. We always advise a minimum of IP44 in these areas too; if you have tried bathing children or pets, it will be obvious why!

What are UK bathroom lighting regulations?

The UK has stringent legislation regulations with regard to lighting which Lighting and Lights understands and adheres to. The legislation can differ from other parts of the world, so you may not be able to have a similar light to one you saw in your swanky hotel bathroom abroad.

Where we can differ:

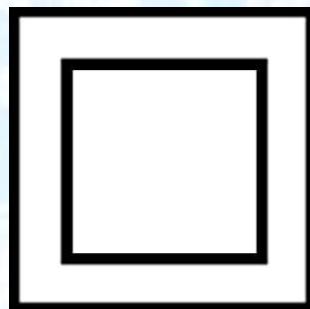
- IP ratings; some countries do not have these level indicators, only a guide as to situations each light could be used in
- Power supplies can vary. The UK standard voltage is 230V, whereas in the USA it is 110V.
- Lampholders will vary, so buying replacement bulbs for a light purchased outside the UK would be problematic.
- UK lighting needs to conform to CE requirements. All of the lights from Lighting and Lights will be CE certified and marked for your peace of mind.



Can you get double insulated bathroom lights?

You can get lights that are [double insulated and IP rated](#) for safe use in bathrooms.

Double insulated lights are designed with an extra insulation for safe use in homes without an earth cable. We have a useful blog on describing what these lights are - and to help you identify whether you need one. Read more about double insulated lighting.



Bathroom Light Types

Flush Bathroom Ceiling Lights

[Bathroom Flush Fittings](#) are designed for bathrooms with standard or low ceiling heights.

They are generally quite simple in design and shape, perfect for not snagging on the inevitable towels being swung around.



Bathroom Chandeliers

[Bathroom Chandeliers](#) are ideal to add a luxurious element to a bathroom. Over recent years, we have seen bathrooms shift from being purely functional, to being spaces where we choose to relax and have some quality time. These can vary from being flush for short ceilings, to long hanging lights which are perfect for bathrooms with high ceilings and everything in between. There's a handy chart to show the ideal drop for your height of ceiling.



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APPROXIMATE GUIDE TO CEILING LIGHT HEIGHT/DROP FOR YOUR CEILING HEIGHT

N.B. Please note that if your ceiling is lower than 3 meters (9 feet, 11 inches), then it would drop into zone 1, therefore IP44 would be the minimum rating required for your lights.

Ceiling Height	Approximate Drop in Inches	Approximate Drop in CM	Type of Ceiling Light
7 Feet (2.15 metres)	< 6"	< 15cm	Flush
7.5 Feet (2.3 metres)	6"	15 - 30cm	Flush
8 Feet (2.45 metres)	12"	25 - 35cm	Flush / Semi-Flush
8.5 Feet (2.6 metres)	18"	35 - 55cm	Semi-Flush /Shortened Ceiling Pendant
9 Feet (2.75 metres)	24"	55 - 85cm	Ceiling Pendant / Chandelier
10 Feet (3 metres)	36"	85 - 105cm	Ceiling Pendant / Chandelier
11 Feet (3.35 metres)	48"	105 - 130cm	Ceiling Pendant / Chandelier
12 Feet (3.65 metres)	60"	130 - 165cm	Average Ceiling Pendant / Longer than Average Drop Ceiling Pendant / Chandelier
13 Feet (4 metres)	72"	165 - 195cm	Longer than Average Drop Ceiling Pendant / Chandelier
14 Feet (4.25 metres)	84"	195 - 225cm	Longer than Average Drop Ceiling Pendant / Chandelier
15 Feet or more (4.5 + metres)	96"	225cm or more (depending on look required)	Longer than Average Drop Ceiling Pendant / Chandelier

Bathroom Ceiling Pendants

A modern concept in lighting for bathrooms, is the [bathroom ceiling pendant](#).

Ceiling pendants are a firm favourite in lighting our homes, so it was only a matter of time before we adopted this look in our bathrooms.

A variety of styles are available to suit traditional or modern bathrooms and they bring a focal point to bathrooms with higher ceilings. They also add character, working well hung in rows over a countertop or shelves, or as an alternative to a wall light, either side of a mirror.



Bathroom Wall Lights

[Wall lights in bathrooms](#) (sometimes referred to as bathroom [wall sconces](#)) are a clear win but must be considered before you start placing your tiles!

Wall lights placed either side of a mirror work really well, as they help to illuminate the mirror without causing any glare.

They are also perfect for helping to choose the perfect light levels when they are individually switched. Normally, the switch used on switched bathroom wall lights is a pull cord. You can choose to use them alone (perfect for a softer light to have a relaxing soak in the bath!), with the ceiling light to maximise light output (perfect for make-up application, or shaving), or just the ceiling light (ideal for a quick shower before bed).

TIP - If you can, place your mirror opposite or near to the window as this will help to spread the natural light around the room when it's daylight.



Bathroom Mirror Lights

Everyone needs a bathroom mirror, so what better way to add a bit of light to your bathroom than having a [bathroom mirror light](#)?

The one below also has the added benefit of a Bluetooth speaker, so you can soothe away the stresses of the day...



You can choose a sleek look, similar to a picture light, or you can choose one with a little more sparkle!



Recessed Bathroom Spot Lights

Recessed bathroom spotlights are great for a sleek, modern look. They are mounted into the ceiling and provide a wide spread of light into a room. Sometimes referred to as can lighting, or downlights, they are easy to team with other types of light. There are some considerations you'll need to know before you opt for this style of lighting for your bathroom.

Recessed downlights consist of three parts:

- The Frame; the main frame secured between the joists
- The Housing; a cylindrical housing, in a 'can' shape, which houses the bulb and electrics, hiding them from view in the ceiling
- The Trim; the visible part of the fixture, generally a round trim which surrounds the bulb or LED lit surface.

You will need to contact an electrician to fit the spotlights and ensure that you have the correct type of fitting.

- Insulation Compatible (IC): ensures that it's safe for the housing to be in contact with insulation - this is important, as if you don't use this when insulation is present, it is a potential fire risk. They are ideal for use in ceilings that lead to an unfinished loft space.
- Non IC: these will need a protective cover that prevents the insulation layer from getting closer than 7.5cm to the housing. These are ideal for use in a ceiling where there are finished floors above the ceiling they're being fitted in.

- Airtight (AT): are ideal for use on a top floor, or ceiling that is directly beneath the roof. These keep warm air emitted from the bulb from flowing through the fitting and direct out of the roof.

In addition, you'll still need to ensure that they have the correct IP44 rating, or above.



Another consideration is how many recessed spotlights you will need in your bathroom.

As a general rule of thumb, you will need to measure the height of your ceiling, and your spot lights should be positioned at half this measurement apart. For example, if your ceiling is 7 feet high, then your recessed spotlights should be spaced approximately 3 and a half feet apart.

TIP - try and avoid having a spotlight directly over a mirror. Shining down directly on top of your head can create shadows!

Surface Mounted Bathroom Spot Lights

If you like the idea of recessed spotlights in your bathroom, but don't want to carve holes in your ceiling, you could consider surface mounted spot lights.



Energy Saving Bathroom Lights with Integral LEDs

LEDs are the present and future of lighting, yet there is still some nervousness surrounding them. Check out our myth buster below!

<u>Myth</u>	<u>Truth</u>
When an integral LED is finished, you'll have to throw away the light fitting.	Whilst this is true, most integral LEDs are designed to last between 15 and 25 years. How many light fittings have you got that are that old in your home now? They also have the added benefit of fading over time, so you'll get plenty of notice before you need to change fittings.
LEDs produce too much light.	Being at least 75% more efficient does not make them brighter. There's a huge option of lumens and colour temperature on offer; many are now dimmable too!
LEDs need time to warm up	They don't! They come straight on with their optimum light output and are ready for illumination.



What size light do I need in my bathroom?

Getting the right size bathroom ceiling light is something that will really pay off.

Fortunately, this is the same equation as getting the right sized light in any other room in the home.

The calculation to determine the right size of light for your room size is shown below. This can be increased or decreased within 10% depending on your personal taste.

1. Working in feet and inches; multiply the width and length of your room.
2. The result is the diameter or width that the light should be in inches.

We have also put together a handy chart to show this approximation below:

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AN APPROXIMATE GUIDE TO GETTING THE CEILING LIGHT SIZE PERFECT FOR YOUR ROOM DIMENSIONS

Length	2 metres (6 feet, 6 inches)	3 metres (10 feet)	4 metres (13 feet)	5 metres (16 feet, 6 inches)	6 metres (19 feet, 6 inches)	7 metres (23 feet)	8 metres (26 feet)	9 metres (29 feet, 6 inches)	10 metres (33 feet)
Width	2 metres (6 feet, 6 inches)	3 metres (10 feet)	4 metres (13 feet)	5 metres (16 feet, 6 inches)	6 metres (19 feet, 6 inches)	7 metres (23 feet)	8 metres (26 feet)	9 metres (29 feet, 6 inches)	10 metres (33 feet)
2 metres (6 feet, 6 inches)	33cm	42cm	50cm	58cm	66cm	75cm	83cm	92cm	100cm
3 metres (10 feet)	50cm	50cm	58cm	66cm	75cm	83cm	92cm	100cm	110cm
4 metres (13 feet)	58cm	58cm	66cm	75cm	83cm	92cm	100cm	110cm	117cm
5 metres (16 feet, 6 inches)	66cm	66cm	75cm	83cm	92cm	100cm	110cm	117cm	125cm
6 metres (19 feet, 6 inches)	66cm	75cm	83cm	92cm	100cm	110cm	117cm	125cm	132cm
7 metres (23 feet)	75cm	83cm	92cm	100cm	110cm	117cm	125cm	132cm	142cm
8 metres (26 feet)	83cm	92cm	100cm	110cm	117cm	125cm	132cm	142cm	150cm
9 metres (29 feet, 6 inches)	92cm	100cm	110cm	117cm	125cm	132cm	142cm	150cm	158cm
10 metres (33 feet)	100cm	110cm	117cm	125cm	132cm	142cm	150cm	158cm	165cm

How much light do I need in my bathroom?

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AN APPROXIMATE GUIDE TO THE NUMBER OF LUMENS NEEDED TO LIGHT YOUR ROOM SIZE



Length	2 metres (6 feet, 6 inches)	3 metres (10 feet)	4 metres (13 feet)	5 metres (16 feet, 6 inches)	6 metres (19 feet, 6 inches)	7 metres (23 feet)	8 metres (26 feet)	9 metres (29 feet, 6 inches)	10 metres (33 feet)
Width									
2 metres (6 feet, 6 inches)	1000	1500	2000	2500	3000	3500	4000	4500	5000
3 metres (10 feet)	1500	2250	3000	3750	4500	5250	6000	6750	7500
4 metres (13 feet)	2000	3000	4000	5000	6000	7000	8000	9000	10000
5 metres (16 feet, 6 inches)	2500	3750	5000	6250	7500	8750	10000	11250	12500
6 metres (19 feet, 6 inches)	3000	4500	6000	7500	9000	10500	12000	13500	15000
7 metres (23 feet)	3500	5250	7000	8750	10500	12250	14000	15750	17500
8 metres (26 feet)	4000	6000	8000	10000	12000	14000	16000	18000	20000
9 metres (29 feet, 6 inches)	4500	6750	9000	11250	13500	15750	18000	20250	22500
10 metres (33 feet)	5000	7500	10000	12500	15000	17500	20000	22500	25000

If you like to relax in the bath, you may want to consider using dimmable bathroom lights.

[View the entire range of bathroom lights here.](#)