

Designing Your Dream Kitchen

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

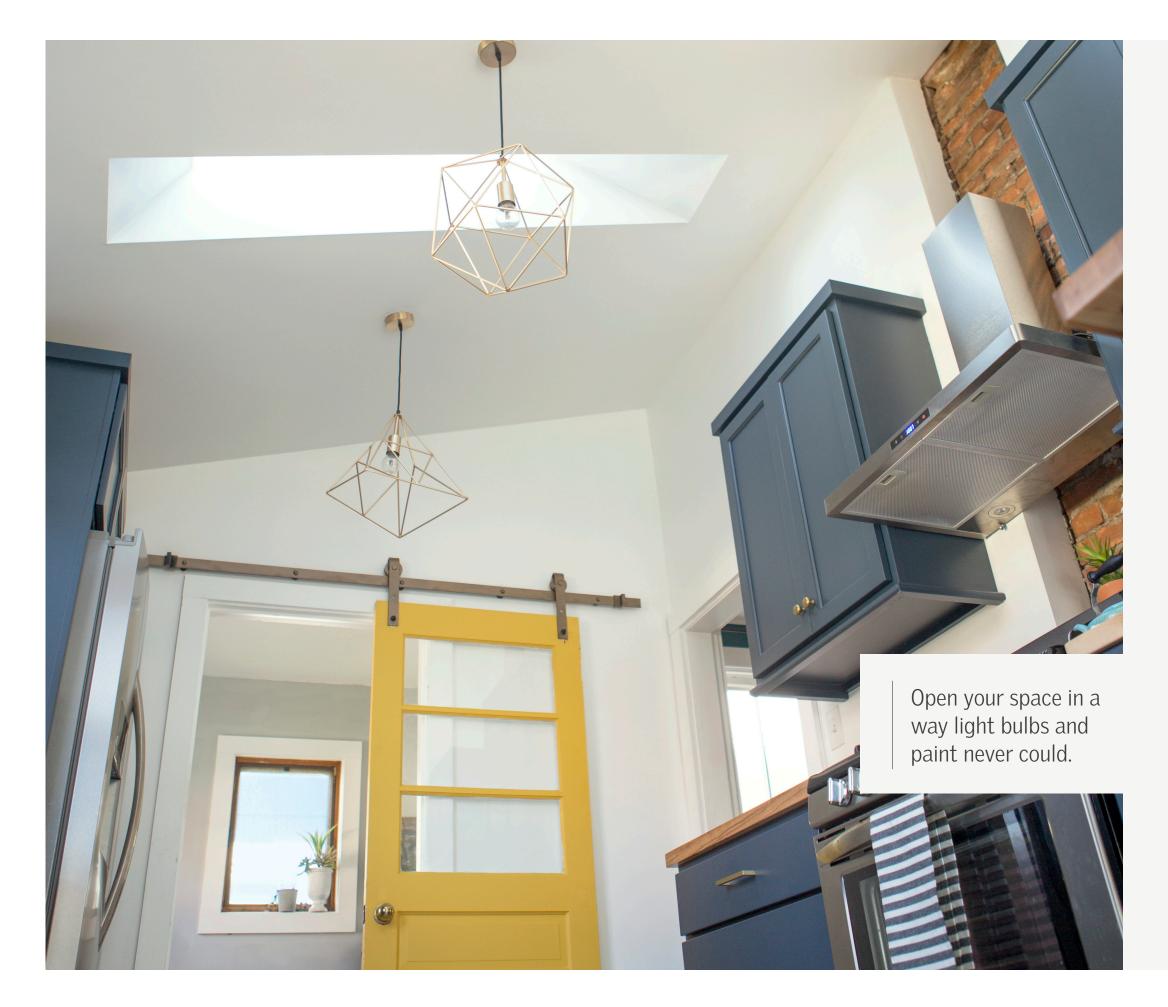
Your kitchen is one of the most important rooms in your house. And, by now, it's probably seen more than its fair share of family meals, meetings, and messes. So, why not give it the design boosts it deserves?

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!!





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When we start looking at upgrades that need to be made in the kitchen, we tend to look around - around at all the outdated appliances, the countertops that don't match, the cabinets and counter space that there could definitely be more of.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, skylights can help create a more open feel throughout your kitchen. In fact, with deliberate skylight 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

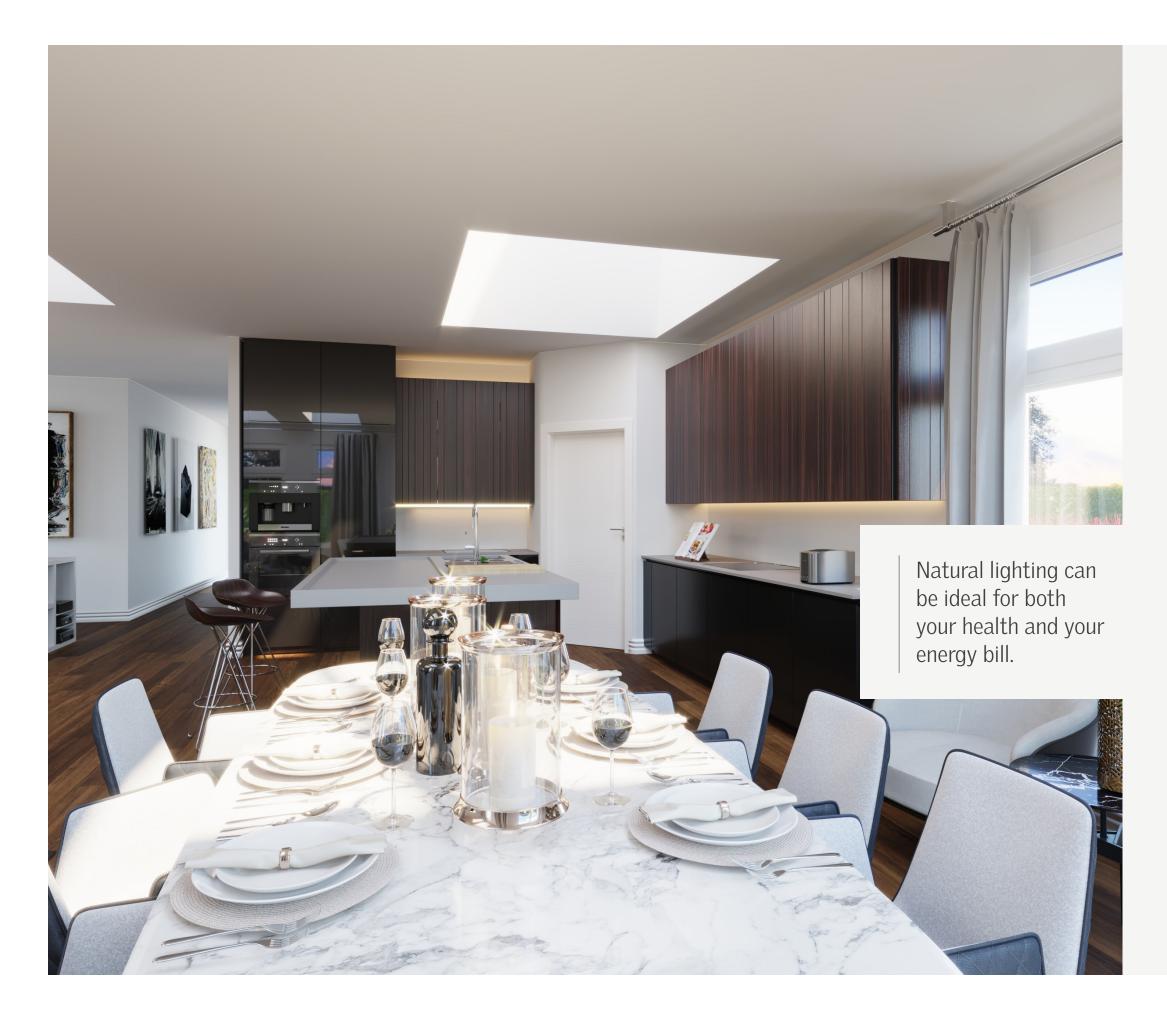
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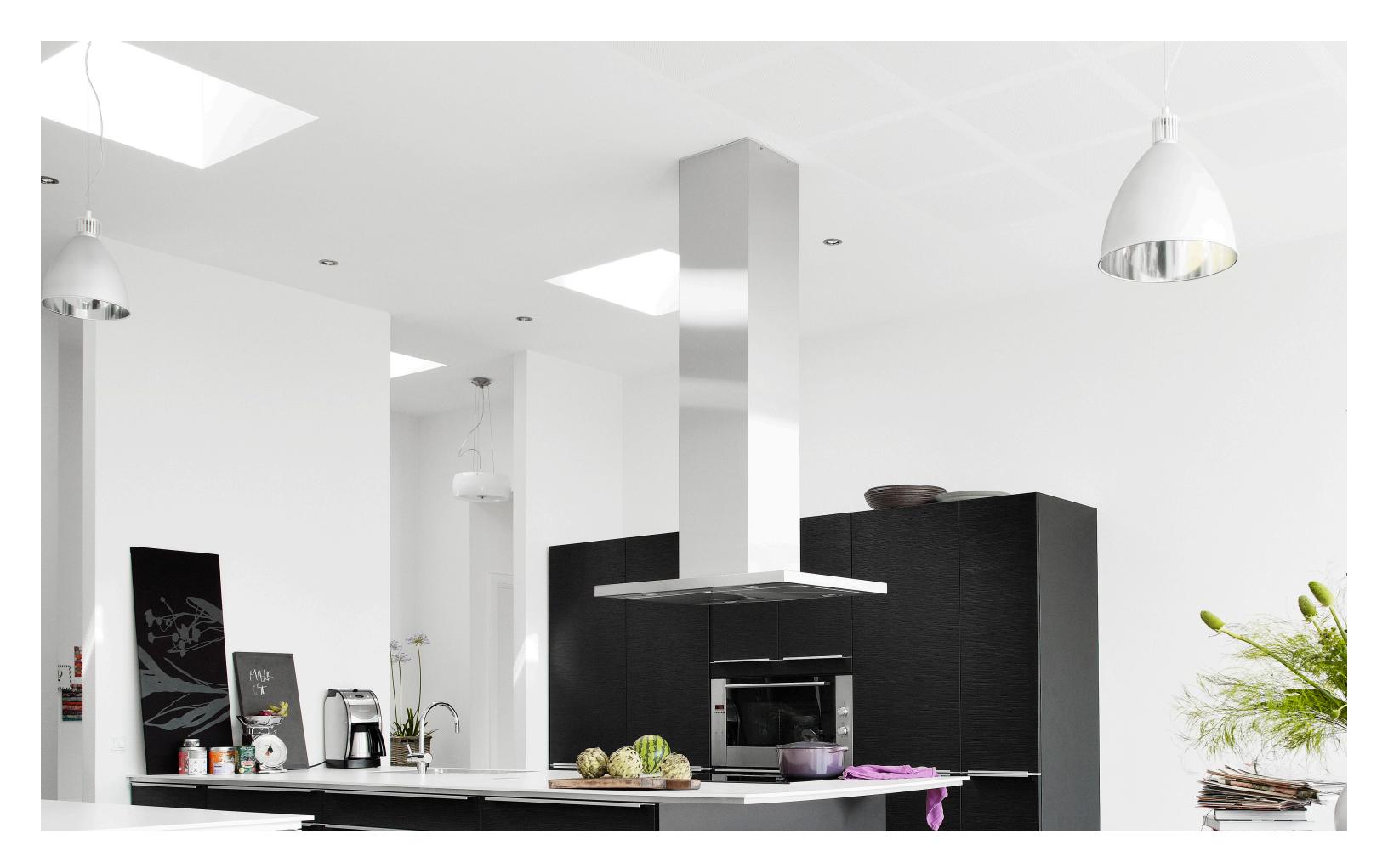
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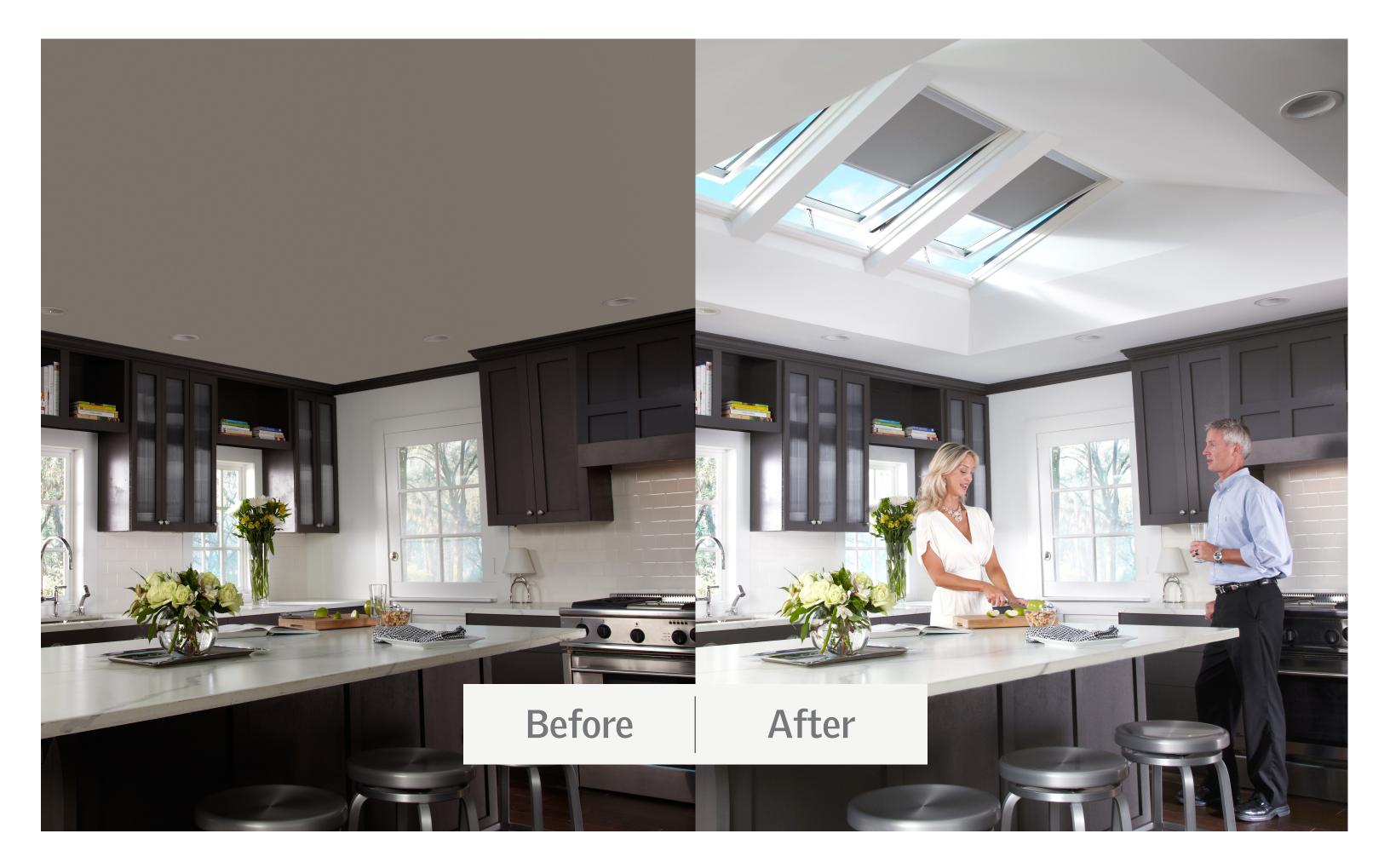
your kitchen in soft daylight as you brew coffee and prepare a morning meal with ease. You read the paper and get your day off to an energizing start without once touching a light switch. That's because, when designed to fit your lifestyle, natural lighting sources can be ideal for both your health and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

By incorporating innovative skylights 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 skylights, you're also able to free up cabinet space where you'd normally put vertical windows. And if you opt for Sun Tunnel® Skylights, you can focus the daylight coming in right where you'll need it most, like over a kitchen island or your stove.

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, skylights, of course!







3

REASONS

To Love Skylights In Your Kitchen

1 Save Space

You could always use more room in your kitchen. When you incorporate top lighting into your kitchen with skylights, you free up cabinet space where you'd normally put vertical windows. And if you opt for Sun Tunnel® Skylights, you can focus the daylight where you'll need it most, like over a kitchen island or your stove.

2 Ventilation

Kitchen activities tend to generate smells, humidity, and fine particles. The best way to clear your kitchen of all of these is with efficient ventilation, which venting skylights can readily provide. VELUX's selection of manual and electric venting skylights are perfect for airing out your kitchen while moving fresh air in however often you need.

3Better 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







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 odors are free to build up, causing a host of disagreeable results, from mold 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.

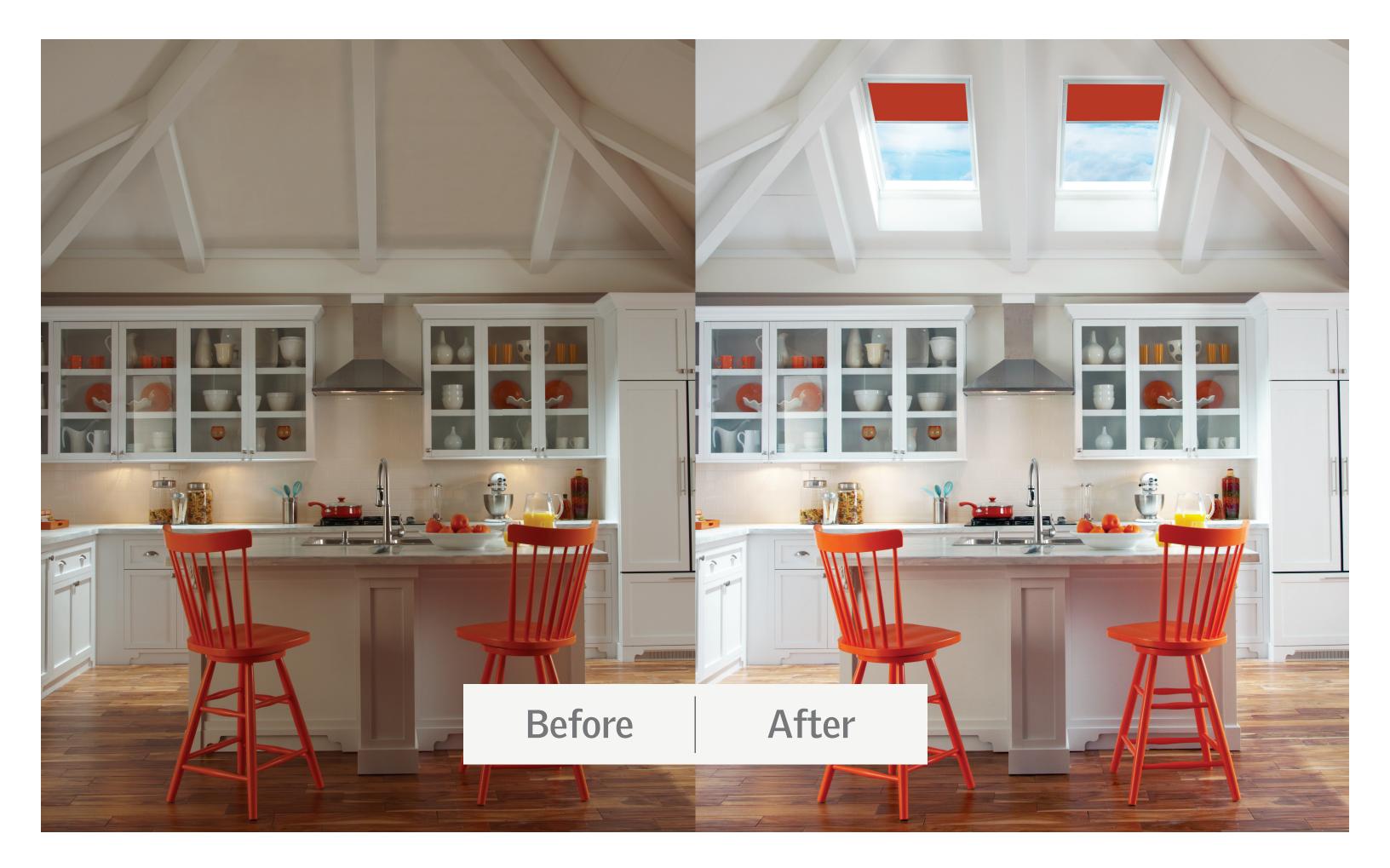
So, what's the best way to get fresh air flowing consistently through your kitchen?

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 skylights in your kitchen design. Energy-efficient skylights, like VELUX's Solar Powered, Electric, and Manual "Fresh Air" Skylights, open up 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 skylights and vertical windows at the same time. As warm, moist air rises, it escapes through the skylights while your vertical windows draw in cool, clean air.

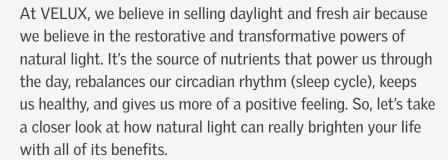
The best way to ensure continuous air quality in your kitchen is to exhaust stale indoor air and replace it with fresh outside air. And with skylights, you can easily use fresh air and sunlight to create a happy, healthy environment where you'll love to cook.





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

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.



Higher Productivity

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.



More Sound Sleep

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.



Vision

Our eyes are put under a constant strain from computer screens, phones, and even harsh artificial light. Natural light aids in our ability to clearly see without added strain, as well as helping eye development in children and young adults.

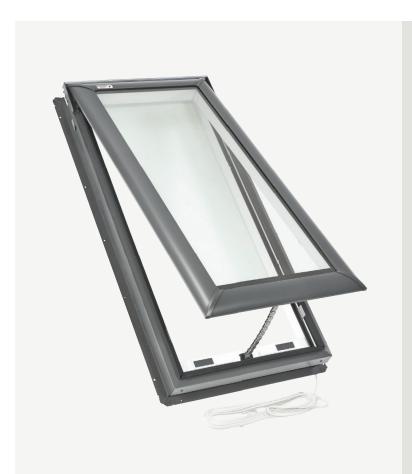
Skylights for Your Kitchen

The VELUX Solar Powered "Fresh Air" Skylight

When you pair natural light with fresh air, you open your kitchen to a world of crisper, clean air and brighter days.







The VELUX Electric "Fresh Air" Skylight

Let abundant natural light flow through your kitchen while blocking heat. The venting feature of this electric skylight reduces the need for air conditioning and improved indoor air quality.





The VELUX Manual "Fresh Air" Skylight

The manual-venting feature of this skylight brings all the light into your space, while letting go of stale air. An operator hook makes it easy to open and close the skylight to improve your kitchen's air quality.





The VELUX Fixed Skylight

With versatile sizing and a clean exterior profile, this skylight provides abundant natural light to your kitchen without obstructing the roofline. Add a pre-installed solar-powered blind, and this skylight also becomes eligible for a federal solar tax credit.

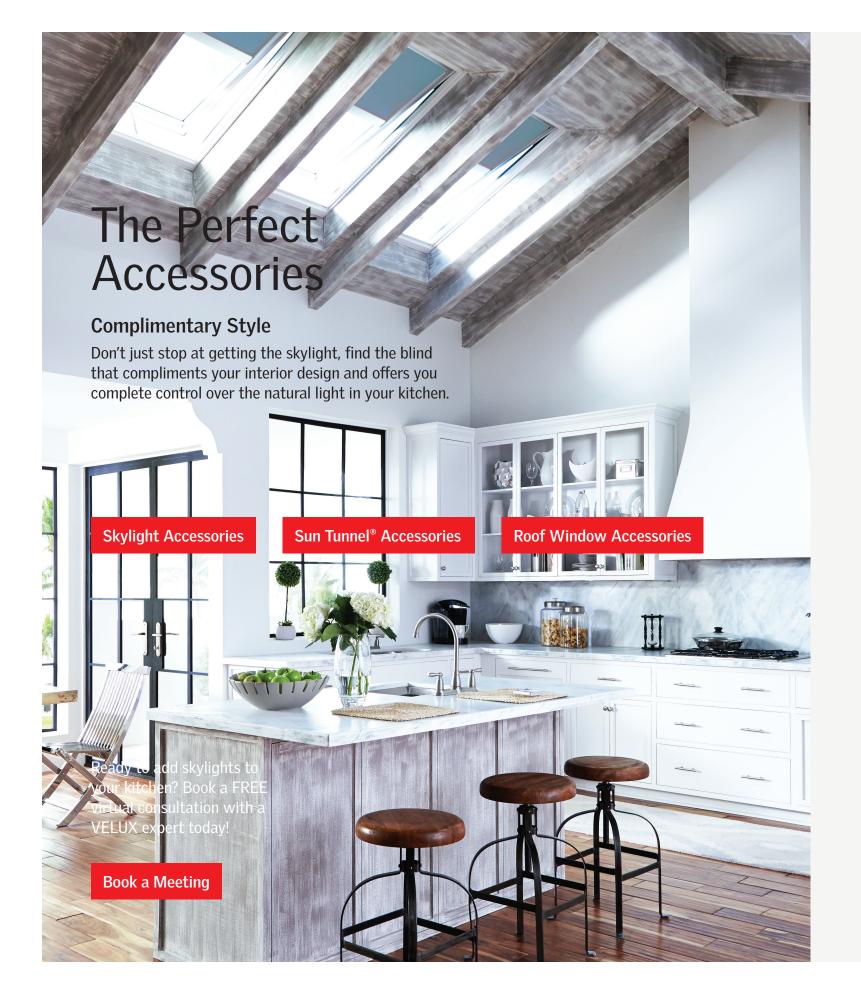




The VELUX Sun Tunnel® Skylight

Even the smallest spaces deserve to be awash in natural light. If your kitrchen cannot accommodate a traditional skylight, choose a Sun Tunnel® Skylight to light your space with clean light.





Room Darkening, Double-Pleated Blinds

Designed with a unique honeycomb structure, this pleated blind blocks even the brightest light.

Solar-powered or manual.



Light Filtering, Single-Pleated Blinds

Softly diffuse the natural light from your skylight with this single-pleated blind.

Solar-powered or manual.



Blackout Blinds

Ideal for movie rooms and bedrooms, blackout blinds are made with a flat material designed to block all incoming light.

Solar-powered or manual.



Venetian Blinds

For style and comfort, the venetian blind is your best option for light control.

Manual (Blind Slates Measure 1.375")

