



Inspiring Home Series:

Reimagine Your Kitchen
with Skylights

Designing Your Dream Kitchen

Your kitchen is one of the most important rooms in your home. And we're sure it's seen its fair share of family meals, meetings, and messes. So, why not give it the design boost it deserves?

Taking your first steps towards making changes in your kitchen is exciting, and it begins with exploring your different design choices. There are a lot of options that can completely transform your kitchen: add a fresh coat of paint to new cabinets and mix with abundant natural light and fresh air through skylights, and you're really cooking now!

Skylights are the secret ingredient for a new look and feel to your kitchen. They heighten your overall design and allow you to see your kitchen in a whole new natural light!



A bright, modern kitchen with a high ceiling featuring two large skylights. The walls are a mix of white and rustic stone. On the left, there are white upper cabinets with dark knobs. A white countertop runs along the left side, with a sink and a vase of yellow flowers. In the center, a wooden door with a glass insert looks out onto a brick building. To the right, a white countertop holds a gas stove with a black kettle, a white sink, and a potted plant. A modern, tiered pendant light hangs over the right side of the counter. The overall atmosphere is bright and airy, thanks to the natural light from the skylights and the door.

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

Cooking with Daylight

Some of our best memories come from time spent in the kitchen: learning Grandma's old recipes, making a mess with the kids, gathering to celebrate with friends and family. It's all what makes the kitchen one of the most important rooms in the house — and what makes it deserve the very best, from appliances to lighting.

When we start looking at upgrades that need to be made in the kitchen, we tend to look around at the outdated appliances, mismatched cabinets, and counter space that never seems enough. But rarely do we look up for potential design solutions.

When we're not intentionally looking around for what needs to be done, our eyes naturally gravitate up. Knowing this, 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 for instant illumination. It's something we tend to take for granted, yet lighting is an essential part of our lives.

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

Now, let's play pretend for a moment. Imagine waking up to natural light, shining in from outside. The sun bathes your kitchen in soft daylight as you brew coffee and prepare a morning meal with ease. You read the news and get your day off to an energizing start without once touching a light switch. 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 a VELUX SUN TUNNEL® Skylight, 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!

Before



After



Three Reasons to Love Skylights in Your Kitchen

1 Save Space

When you incorporate skylights into your kitchen, you get twice the natural light provided by vertical windows while making room for more cabinet storage or countertop space. Or opt for a SUN TUNNEL® Skylight to save even more space and focus the daylight where you need it most, like over a kitchen island or your stove.

2 Ventilation

Kitchen activities tend to generate smells, humidity, and fine airborne particles. The best way to clear your kitchen of all of these is with efficient ventilation, which venting skylights can easily provide. Our selection of solar-powered, electric, and manual venting skylights are perfect for airing out your kitchen while moving fresh air in as often as you need.

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 causes less eye strain. In other words: skylights can help ensure the only straining in your kitchen is done with a sieve!



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 al fresco 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 Solar Powered 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 enrich your health and well-being, and bring a whole lot of positivity.

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



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. Often 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 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.

Before



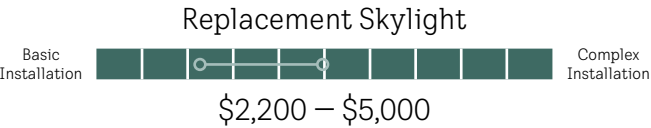
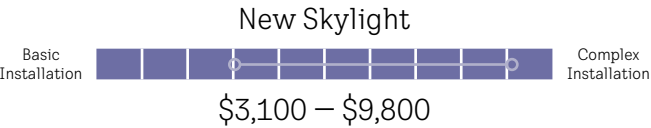
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Skylights for Your Kitchen

The VELUX Solar Powered Fresh Air Skylight

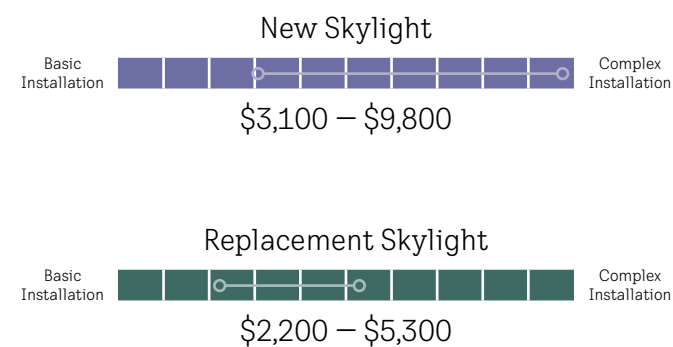
When you pair natural light with fresh air, you open your kitchen to a world of crisper, clean air and brighter days.





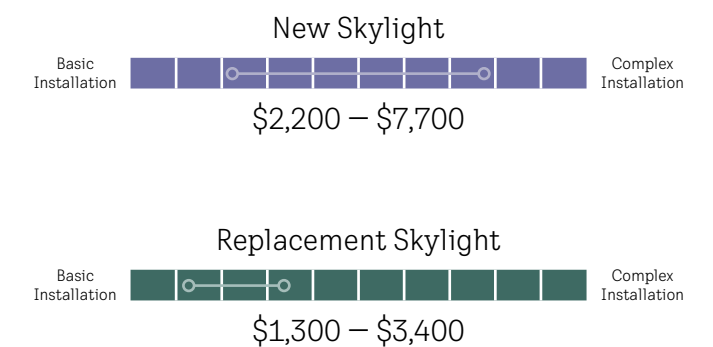
The VELUX Electric Fresh Air Skylight

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 improves indoor air quality.



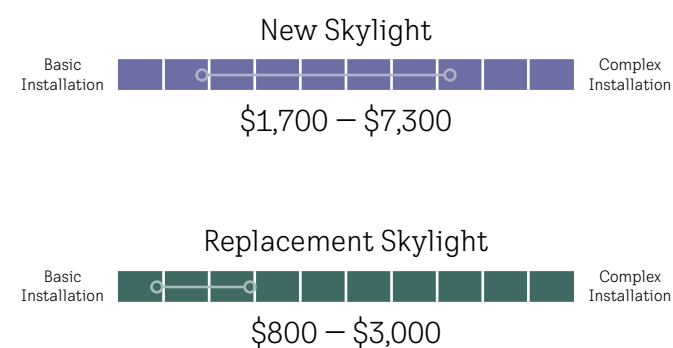
The VELUX Manual Fresh Air Skylight

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.



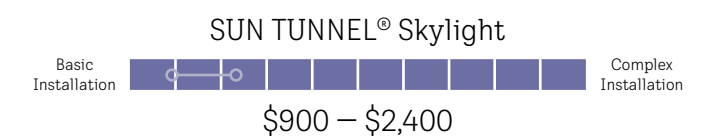
The VELUX Fixed Skylight

With versatile sizing and a clean exterior profile, this skylight provides abundant natural light to your kitchen without obstructing the roofline.



The VELUX SUN TUNNEL® Skylight

Even the smallest spaces deserve to be awash in natural light. If your kitchen cannot accommodate a traditional skylight, choose a SUN TUNNEL® Skylight to brighten your space with clean light.



Complete light control.

Solar Skylight Shade Pairing

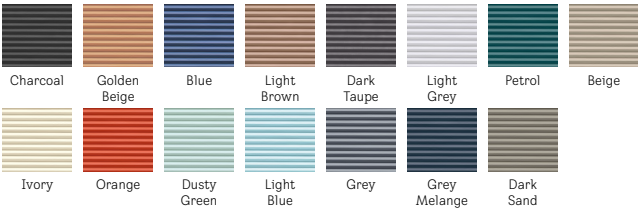
Skylight shades offer light control and enhance your decor, all while improving energy efficiency! VELUX Fresh Air Skylights can easily be paired with our pre-installed **Pre-Installed Room Darkening, Double-Pleated Shades in White.**

- Blackout cloth
- Honeycomb structure
- Neat pleats

In-Stock Shade¹ Free factory installation
Room Darkening, Double-Pleated



Special Order² Ships separately from skylight
Room Darkening, Double-Pleated



Light Filtering, Single-Pleated



¹ **In-Stock:** Available for factory installation, 3-5 business days. Custom sizes must be placed as special order. ² **Special Order:** Not available for factory installation. Shades ship separately from your skylight, 4-6 weeks.



Talk Skylights with a Trusted Advisor

The design experts to help you reimagine your space.

VELUX Trusted Advisors are waiting to help you create the room of your dreams with skylights – from the first steps of your skylight journey to final installation. Simply schedule an appointment to meet with your own personal consultant who can answer your questions and talk you through the entire process.

Whether you have questions about how a skylight works, where they should go in your home, or even installer recommendations, the VELUX Trusted Advisors are here to help.

SUITABILITY: Determining the suitability and compliance with local or other applicable building codes or standards, of all building components, including the use of any VELUX products, and the design and installation of any flashing, is the responsibility of the buyer, user, architect, contractor, installer, and/or other construction professional. VELUX will not be liable for any problem or damage relating to inappropriate or faulty building design or construction, maintenance, installation, or selection of products. Skylights, Roof Windows and SUN TUNNEL® are only one element of a structure; VELUX does not warrant that third party certification of a building or project to any specific standard will be achieved through the use of any VELUX product.

Head Office

2740 Sherwood Heights Dr.
Oakville, Ontario
L6J 7V5

Western Office

#2130 - 550 Sherling Place
Port Coquitlam, BC
V3B 0J6

Phone: 1-800-888-3589

Web: velux.ca

Email: velux-cdn@velux.com