



Introduction

Under cabinet lighting plays a key role in both the appearance and usability of a kitchen.

Done properly, it provides effective task lighting for worktops while also adding a clean, high-end finish to the space. Poorly selected or installed lighting can result in uneven light, visible fittings, or a cluttered finish.

This guide explains the main options available and what to consider before installation. We approach lighting as part of the overall kitchen design and installation where possible - but it can also be upgraded or improved in existing kitchens when planned and installed correctly.

Why Under Cabinet Lighting Matters

Under cabinet lighting is not just decorative - it serves a practical purpose:

- Improves visibility on work surfaces
- Reduces shadows from ceiling lighting
- Enhances the overall finish of the kitchen
- Creates ambient lighting for evening use

Types of Under Cabinet Lighting

1. Bespoke LED Strip Lighting (Made to Measure)

This is our preferred approach where a clean, high-quality finish is required.

LED strip lighting is cut and installed to suit your exact layout, creating a continuous, even line of light without the gaps or visible joins found in off-the-shelf systems.

All installations are fitted within aluminium profiles for a cleaner finish, improved durability, and better heat management.



Advantages:

- Fully tailored to your kitchen layout
- Clean, high-end finish using aluminium profiles
- “Dotless” finish - creating a smooth, uninterrupted line of light
- Discreet drivers and connections
- Ideal for longer runs and uninterrupted runs

Considerations:

- Requires more planning than off-the-shelf systems
- Cable routes and driver locations need to be considered early

2. LED Spot Lights (Round, Square, or Triangular)

Individual fittings installed under cabinets.

They are often chosen for their visual style or to highlight specific areas, rather than providing continuous task lighting.



Advantages:

- Creates defined pools of light to highlight specific areas
- Adds visual interest and feature lighting to the space
- Can be installed within cupboards - particularly effective with glass-fronted units
- Well suited to smaller areas or where space is limited

Considerations:

- Creates light and dark spots rather than even coverage
- More visible fittings underneath cabinets
- Can feel dated compared to continuous strip lighting

This approach works best where lighting is intended to complement the design, rather than provide a continuous working light.

3. Pre-Manufactured LED Strip Systems

These are off-the-shelf lighting kits with fixed lengths and connectors.



Advantages:

- Quicker to install
- Consistent, off-the-shelf product
- Suitable for simpler layouts

Considerations:

- Limited flexibility in length and layout
- May result in visible joints or uneven spacing
- Can look less refined in high-end kitchens

Light Output and Performance

Choosing the right light output is just as important as the fitting itself.

Key considerations:

- **Brightness (Lumens):**
Needs to be sufficient for task lighting, not just appearance
- **Colour Temperature:**
 - Warm white (approx. 2700–3000K): softer, more ambient
 - Neutral white (approx. 4000K): cleaner, more practical for kitchens
- **Light Distribution:**
Continuous strip lighting provides the most even and consistent coverage

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- **Glare Control:**
Correct positioning and profiles help avoid visible glare

Installation Considerations

A well-planned installation is just as important as the lighting itself. Whether part of a new kitchen or added to an existing one, positioning, cable routing, and control methods all need to be considered before work begins.

Where required, we can also coordinate with kitchen installers or other trades to ensure the lighting integrates cleanly into the finished space.

- Positioning should be agreed before installation begins
- Cable routes and drivers need to be planned during first fix
- Switches or controls (including dimming) should be considered early
- Integration with cabinet design is key for a clean finish

For retrofit installations, we take a considered approach to positioning, cable routing, and control options to achieve the best possible finish within the constraints of the existing kitchen layout.

Summary

The right under cabinet lighting makes a significant difference to how your kitchen looks and functions day to day.

Taking the time to choose the correct type, layout, and output ensures a result that is both practical and visually consistent.

In most cases, a well-designed LED strip system provides the best balance of performance and finish.

If you're planning a kitchen project or looking to upgrade your existing lighting, feel free to **get in touch**.