

From flooring to window treatments, the experts are here to help you keep the heat in



Feature Nicole Howarth

The Carpet
Foundation's
Rupert Anton
talks carpet types
What's the
best type
of carpet?

Just as heavy curtains keep a room toasty, so does carpet. It's worth investing in good-quality underlay as well. 15% of all household heat disappears through uninsulated floors, but not with carpet and underlay. Remember, the higher the tog rating of the carpet, the more insulating it is. Generally, polypropylene carpets are lower in weight, so heat loss is more significantly reduced with a wool-rich carpet, particularly one with a thick pile. As for underlay, foam or fibrous are the best option as the underlay needs to contain as much air as possible.







Nicola Croughan, Interior Specialist at Blinds Direct talks blinds Which type of window treatment

would you recommend?

Thermal lining will always make your window dressings more energy efficient. For a traditional look, consider curtains with a thermal interlining. Go for full-length curtains to protect the full window and its surroundings from drafts. You could also layer with voiles for more versatility during warmer seasons. Thermal lined Roman blinds are another good alternative, offering a more luxurious and textured look whilst providing the benefits of thermal lining. Remember, when the heating is switched on, you should always make sure they're not covering any radiators, as they will absorb heat.





Matthew Brook, National Sales Manager for Moduleo UK and Eire advises on luxury vinyl flooring

What are the different types of vinyl flooring?

Luxury vinyl tiles (LVT) is the most popular option surpassing sheet vinyl and linoleum. The benefits of LVT are endless, from the quality and flexibility of products, to an authenticity that rivals stone and real wood. We're seeing homeowners increasingly turning to LVT, as it offers the realistic knots and grains of oaks without the associated price tag. Once installed, which is also