



ADVICE ARTICLE:

Warmth from the ground up

A guide to underfloor heating

Underfloor heating offers a clean, clever and space-saving way to warm a room. Whether you're building from scratch or upgrading room by room, it provides consistent comfort underfoot and frees up valuable wall space giving you greater design flexibility.

Though the concept dates back to Roman times, modern systems are smart, efficient and surprisingly straightforward to install.

Installation Considerations

When installing flooring over underfloor heating, it's essential to ensure the subfloor temperature does not exceed 27°C and is not subject to sudden or extreme fluctuations.

Keep in mind that the floor surface temperature will always be higher than the ambient room temperature, so it's important to refer to the



system's floor sensor for an accurate reading. If your heating system doesn't include a floor sensor, check with the manufacturer to see if one can be added. If you're installing underfloor heating for the first time, we strongly recommend fitting a floor probe to monitor the surface temperature accurately and ensure it stays below the recommended maximum of 27°C. Always follow the heating system manufacturer's guidelines.

We do not recommend using some floor coverings over electric coil systems unless the coils are enclosed in a suitable screed layer, as direct contact may affect both the heating performance and the integrity of the floor covering.

The Basics: Water or Electric?

There are two types of underfloor heating:

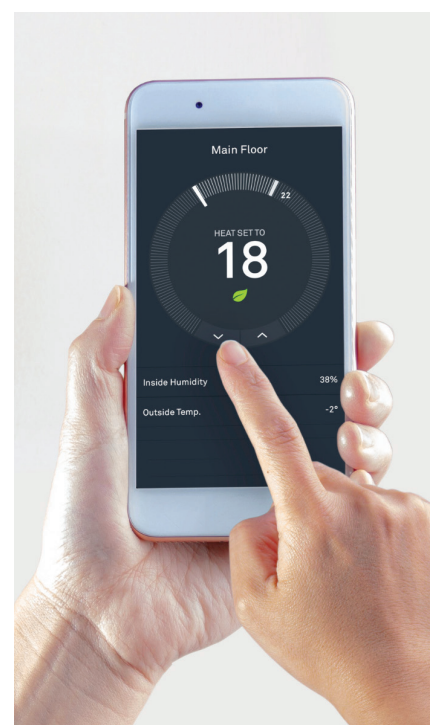
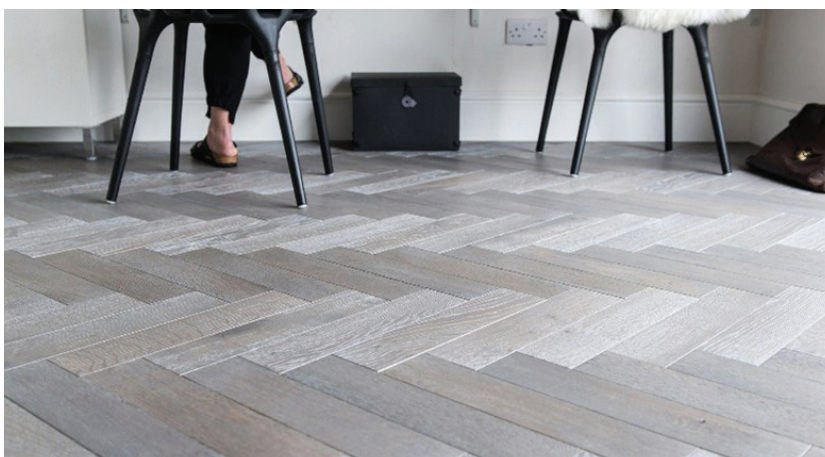
- Water-based (wet) systems circulate warm water through pipes laid beneath the floor. While more complex to install, they're typically more cost-efficient to run ideal for larger areas or full-home renovations.
- Electric systems use heated cables or mats under the surface. Easier and quicker to fit, they're perfect for smaller rooms or phased upgrades like bathroom refits.



Why Choose Underfloor Heating?

- Even, ambient warmth throughout the room
- Frees up wall space (no radiators)
- Low maintenance and discreet
- Can be controlled by thermostat or smart app
- Works with most floor types
- More energy efficient than traditional radiators

Radiators need to heat to 65–75°C to be effective, while underfloor systems maintain comfort at around 27°C reducing strain on your heating system and helping manage energy costs. Heat is spread evenly, eliminating cold spots in the centre of the room or hot zones around radiators.



Installing Wood Flooring Over Underfloor Heating

Key Guidelines

- Test the system: Ensure the underfloor heating is fully operational before installation begins.
- Switch it off: Turn the system off completely during the installation process.
- Reintroduce heat gradually: Once installed, restart the system slowly increasing the temperature by a few degrees at a time over a couple of weeks to allow the wood to acclimatise. This same process should be followed after extended periods of disuse (e.g. post-holiday).
- Monitor temperature: The floor surface temperature should never exceed 27°C*. Some systems can be capped at this limit or fitted with an underfloor thermostat to provide accurate readings.

*This refers to the floor surface temperature, not the ambient room temperature.

Need tailored advice?

Whether you're at the start of a project or ready to commit, our team at the Burlwood & Lye Studio can help you explore options that suit your scheme, space and budget.

Compatible Floor Finishes

Almost all flooring types are suitable — just ensure products meet the manufacturer's heat performance specs.

1. Porcelain, Ceramic & Stone Tiles

Stylish and hard-wearing with excellent thermal conductivity — ideal for kitchens, bathrooms, boot rooms or utilities.

2. Engineered Wood

All our engineered timber is suitable. For herringbone, only engineered parquet should be used, and always allow time to acclimatise before fitting.

3. Luxury Vinyl Tiles (LVT)

A smart, practical pairing. Our LVT floors are low profile, easy to install, and offer looks that mimics wood beautifully. Always check the maximum temperature limits.

4. Rugs

Rugs can be layered over underfloor heating, but it's important to consider their thickness and TOG rating. Opt for lighter, breathable designs that won't block heat flow. Natural materials like wool or cotton are ideal. Avoid heavy rubber-backed styles that could trap heat or damage the flooring beneath.



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Book a visit to our studio, or chat with a specialist by phone for tailored advice on products, design and installation.

We're here to help you find the right solution for any style, scheme or budget.

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WOOD | TILES | VINYL | RUGS