

Lighting trends for 2023

We've pulled together some super-stylish lighting trends to incorporate into your interior design scheme for the year ahead, including invaluable advice and tips from our experts

TAKE CHARGE OF YOUR LIGHTING

Lighting technology that allows you to change the look and ambience of the room at the touch of a button has come on in leaps and bounds in recent years and 2023 looks set to see homeowners really embracing the new products that offer you complete control.

"I see a continued development of human-centric lighting," says Fiona

Harvey, senior designer at John Cullen Lighting. "Expect to see a greater presence of tuneable products, such as our AmbiDim range, which offers warm solutions that cater for both daytime and evening scenarios. There has been popular demand for this type of technology, particularly in commercial/hospitality markets, which could potentially filter more through to residential environments."



Choose the right lighting and it will transform the look and feel of your home — with new products and ideas emerging all the time, it pays to keep up to date with the latest offerings for 2023 and beyond. Not only does your lighting design scheme play an important role in the way you use your home, it can

help increase your house's security levels and even help to lower your energy bills.

We've tracked down the biggest trends emerging in the world of lighting design so you know what to expect from the year ahead. These ideas cover products that can either be designed into your home during the build process, or, for those

looking for quick and easy ways to update their existing spaces, lighting you can easily retrofit. We've also included some of our favourite new light fittings — ideal for giving your home an instant glow-up.

Read on to discover the latest lighting trends you should be considering for your project in 2023.

IMAGE: DETAIL LIGHTING



GO FOR DISCREET

"We've noticed a move away from downlighting to LED and hidden lighting and believe this will continue to be a prevalent trend throughout next year," says Piero de Marchis, director at Detail Lighting. "Track lighting is also becoming an increasingly popular choice, enabling homeowners to adapt and discreetly move their lighting scheme from one area to the next with ease."

Recessed lighting, whether that's downlighting or LED strip

lighting, is an efficient use of space that also offers useful ambient lighting across your room, if handled well.

The big trend with these sorts of lights is to look at plaster-in fixtures. These are primarily designs where the light fixture itself can be plastered over, creating a light that is flush with the ceiling, meaning no outer rims and ensuring a more minimalist finish to your design. With some LED strip lighting, you may find this is designed to sit flush when fitted at the plasterboard stage.

IMAGE: DETAIL LIGHTING



KEEP BATHROOM LIGHTING SOFT AND SUBTLE

If you're looking for bathroom ideas, lighting is one of the best ways to ensure your bathing space is soothing and restful. "When it comes to bathroom lighting in particular, there has been a shift towards softer, more considered lighting solutions," says Piero de Marchis of Detail Lighting. "With the trend for spa bathrooms set to remain popular for many years, we will continue to see more low-level lighting on either side of WCs and also behind freestanding baths. This kind of well-placed and considered lighting allows homeowners to achieve the perfect balance between practicality and the desired spa sanctuary feel."



IMAGE: JOHN CULLEN LIGHTING

FOR A FEELING OF WELLBEING...

Over the last few years, you may have noticed the concept of biophilic design crop up on the interior design trends list, and this concept can be applied to lighting, too.

Biodynamic lighting is a concept by which light is adapted throughout the day to meet the requirements of a healthy circadian rhythm. To put it in simple terms, whiter light is required in the morning and during the day, while a warmer, softer light is used in the evening to help stimulate the hormones that allow for healthy sleep cycles.

While true biodynamic lighting can only be achieved with specialist systems installed, you can certainly mimic some of the effects using colour-changing bulbs controlled by your smartphone, which allow for your lights to emit both cool white and warm white light.

USE ACCENT LIGHTING

Another trend for 2023 is a greater focus on ambient lighting. "Accent lighting allows you to set the mood and change the ambience in a room," says Detail Lighting's Piero de Marchis. "Homeowners are paying heed to the way spaces in the home make us feel, as well as their function. From dim-to-warm technology to hidden accent and spotlighting, mood-enhancing lighting will be a key consideration for 2023 and beyond, in particular in bathrooms, bedrooms and multifunctional spaces such as open-plan kitchens."

Uplights are a great way to bring a space to life, too. By illuminating ceilings, roofs and beams, you can draw the eye up at night and ensure your architecture is well defined, no matter what time of day.

IMAGE: DETAIL LIGHTING



GO BIG FOR THE WOW FACTOR

Maximalist lighting is most certainly still in, and oversized and highly decorative pendant lights and chandeliers are set to continue as a big trend in 2023. While ornate chandeliers with lots of arms are a lighting trend that endures, look towards bold, round designs as the next big thing in lighting styles. You might consider swapping rows of three smaller pendants over dining tables and kitchen islands for one large statement fitting instead.

IMAGE: INES.ARTDESIGN



MAKE EVERYDAY LIFE EASIER

Thanks to leaps in technology, and an increasing desire for full controllability in our homes, Bluetooth-controlled lighting will eventually become the norm throughout the home, including the kitchen.

Advances in LED lighting, both in appearance and technology, mean that complete connectivity is more possible than ever before. Bluetooth controls and receivers can now work in tandem with standard switches, so one touch of a fingertip on your smartphone can gently transform the ambience and mood of any specific area. This Phantom Frame recirculation island hood from Novy features a dimmable LED strip that can be controlled and adjusted with the aid of a remote control.

IMAGE: NOVY





IMAGE: HIGHAM FURNITURE

ZONING AN OPEN-PLAN LAYOUT

You may have heard about ways to zone an open-plan space with lighting before, but the idea for 2023 extends beyond just using the physical fixtures to help demarcate areas from one another and create zones in the space. Directional lighting, whether that's spotlights or downlights, can be used to draw the eye to a certain area, while grouping a different style, colour or luminosity of lighting can also create a 'zone' within your open-

plan space, without actually creating physical divides. Kitchen-cum-dining spaces need well-planned lighting to zone successfully — from task spot lighting over practical areas to dimmable, mood-enhancing pendants over dining tables and soft mood lighting in areas meant for relaxing. "It is due to this desire to achieve ultimate multifunctionality that we anticipate homeowners integrating transformative multipurpose lighting solutions into their homes as a priority," says Piero de Marchis.



LIGHTING THAT'S ARCHITECTURAL

There are certain lighting trends you can only adopt if you're designing a new space, or seriously renovating a property. These are often bold, architectural lighting interventions that ingrain your lighting scheme into the fabric of your building. As more and more people look to self-build and improve their existing homes, we envisage seeing more clever schemes, with lighting that reflects the adventurousness of their owners. This room is illuminated by a selection of different light sources, and taking centre stage is a sculptural pendant that is designed to be as practical as it is architectural.

IMAGE: SNOOK PHOTOGRAPHY

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