



Lighting the Heart of The Home

Your kitchen island is more than a workspace. It's where mornings begin, conversations unfold, and everyday moments come together.

The right lighting helps your island do all of it beautifully, giving you practical light where you need it, while creating warmth and atmosphere throughout the space.

At Lightingplus, we believe great lighting should feel considered, comfortable, and effortless. This guide will help you choose kitchen island lighting that not only looks great, but works beautifully for the way you live.

Pictured: Raven 40cm 77615

More than lights, it's **Lighting⁺**



Planning your kitchen island lighting

Before choosing your lighting, consider how your kitchen island is truly used. It's often the natural gathering point of the space - drawing people together for cooking, conversation, and everything in between.

1 Choose your main lights

Your island lighting should be practical while defining the space. Pendant lights are a popular choice, combining function with statement design.

2 Layer your lighting

Good kitchen lighting isn't one-dimensional. Layer brighter task lighting with softer ambient lighting to create flexibility throughout the day.

3 Reduce glare

Carefully positioned lighting helps avoid harsh glare and creates a more comfortable space to cook, work, and gather in.

4 Keep it balanced

Too much brightness can make a kitchen feel cold and clinical. Aim for lighting that feels functional, warm, and inviting.

Pictured: Claire 12cm 77615

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Creating atmosphere

The best kitchen lighting adapts throughout the day - bright and practical when you need to work, softer and more relaxed when it's time to slow down.

Use reflection thoughtfully

Polished surfaces, stone benchtops, and glass can help bounce light gently through the space, adding warmth, depth, and subtle visual impact.

Pictured: Bilbao 45cm 77515

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Task lighting

Focused lighting over preparation areas helps make everyday cooking safer, easier, and more comfortable.



Silhouetting

Lighting within cabinetry adds depth and contrast, while softly showcasing glassware, objects, and favourite pieces.



Shadowing

Directional lighting can draw attention to centrepieces and architectural details, adding mood and visual depth to the space.



Grazing

Carefully positioned light helps reveal the natural texture and detail in materials like timber, stone, and cabinetry finishes.

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Considerations

Great lighting is more than how it looks, it's also about how it performs day after day. A few smart decisions behind the scenes can make all the difference to the overall feel of your kitchen.



Think about placement

Careful positioning helps improve performance, reduce glare, and keep lighting safely away from water sources.



Choose the right size

Each pendant should be about 1/3 the width of your kitchen island. For linear islands leave 15-20cm between the edge of the island and the first pendant.



Get the height right

Hang pendants 75-90cm above the countertop. This height provides the perfect balance of task lighting and ambient glow without obstructing views.



Space them evenly

For multiple pendants, space them evenly across the island. A good rule of thumb is 60-80cm between the centres of each lights.



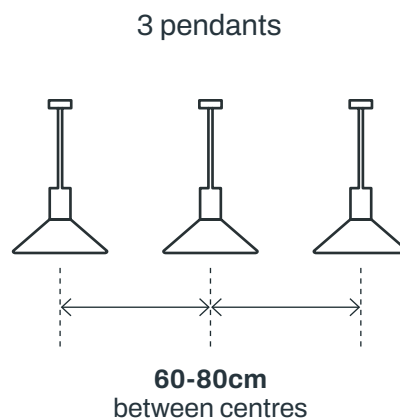
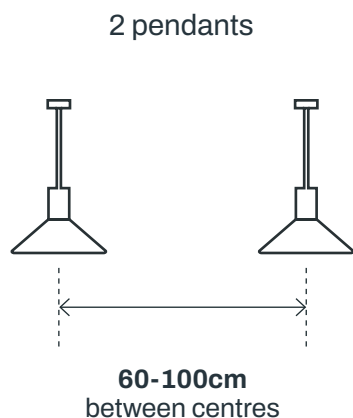
Consider the light quality

Use warm white bulbs (2700-3000K) for a welcoming atmosphere. Dimmable options give you flexibility for cooking, entertaining, and everyday use.

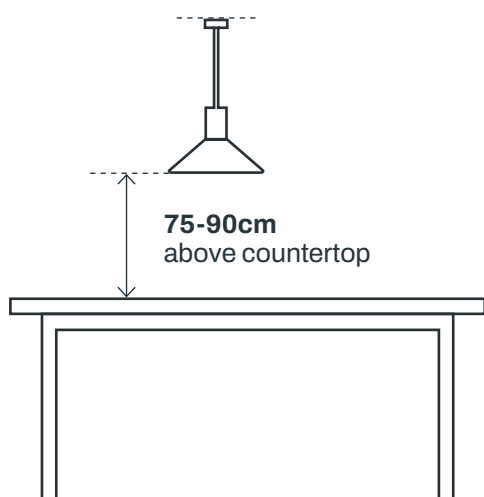
Spacing and sizing

Well-proportioned lighting brings structure and rhythm to your kitchen. Getting the size and spacing right creates balance, improves functionality, and ensures your lighting feels right from every angle.

Spacing guide



Height guide



General sizing guide

Island width	Pendant diameter
120-150cm	20-30cm
150-180cm	25-35cm
180-240cm	30-40cm
240cm+	35-50cm

Choosing the right fixtures

The right fixture can completely change the feel of your kitchen island.



Ruka 55cm 77548

Statement pendants

A key feature over your kitchen island. They provide strong, focused light while also adding a design focal point.



Prizma.2 169cm 77644

Linear bar lights

A practical option that spreads light evenly across your workspace, ideal for longer islands or modern kitchens.



Edge.2 77552

Under-bench strips

Discreet lighting that improves visibility on work surfaces and helps guide movement through the space.



Your local Lightingplus showroom

Choosing lighting can feel overwhelming, but the right advice makes all the difference. Our team can help you find lighting that works for your home, your layout, and the way you live, whether you're renovating, building new, or simply updating a space. Visit your local Lightingplus showroom to explore the range in person, or browse online anytime.



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