

Insulation

There's a plethora of insulation material to choose from in a variety of formats. From wool to cellulose and polyester in batt, blanket or spray form, they can all significantly reduce the temperature of your home in summer.

Foil insulation, which can be fitted on the inside of roofs, on ceilings, inside walls and beneath timber floors, is quick and easy to install. Tim Renouf from the Aluminium Foil Insulation Association, says: "Double-sided aluminium foil insulation when combined with air gaps has the ability to cut radiant heat in buildings by 97 percent by reflecting on the side facing the heat source and then also by

re-radiating only 3 per cent from the opposite foil side."

Sustainable design architect Garry Baverstock says for best results combine both layers of insulation.

"To be thermally efficient and save energy, you need the equivalent of R2.5 for the total thermal resistance, which means you need to have reflective foil insulation at the roof level, some sort of air gap and bulk insulation at the ceiling level."

However, if there is no ceiling as such, for example in a funky warehouse apartment, foil insulation under an open roof can make an impressive industrial-style visual feature in its own right.