

Best Flooring for Kitchens and Bathrooms: A Water Resistance Guide

Kitchens and bathrooms are the two rooms where flooring choice matters most. Get it wrong, and moisture, spills, steam, and temperature changes can turn a stylish floor into an expensive problem.

This guide explains which materials perform best, what to avoid, and why water resistance should always be a top priority in these spaces.

Why Water Resistance Matters More Than You Think

Kitchens and bathrooms deal with daily moisture from showers, cooking, sinks, baths, wet feet, and wet mopping. Even small amounts of water, repeated over time, can cause serious problems if the flooring is not built for it.

Floors that are not fully waterproof can swell, lift, discolour, or even harbour mould underneath. In rooms that are cleaned and used so often, that risk quickly becomes costly and disruptive.

The Best Options

LVT (Luxury Vinyl Tile) – Our Top Recommendation

LVT is fully waterproof throughout, so it handles moisture without swelling or losing its shape. It is also comfortable underfoot, comes in realistic wood and stone designs, and feels warmer than ceramic tile.

Sheet Vinyl

Seamless sheet vinyl is a practical and cost-effective fully waterproof option. It is especially good for kitchens and for families with children or pets, where everyday spills are part of normal life.

Ceramic and Porcelain Tile

Tile is fully waterproof and extremely durable, which makes it a strong choice for wet rooms. The trade-off is that it feels cold and hard underfoot, and grout lines can harbour mould if they are not maintained well.

Underfloor heating pairs particularly well with tile in bathrooms, helping to offset the colder feel and improve comfort.

What to Avoid

- **Laminate** — It is not fully waterproof, so it can swell or damage at the joints when exposed to regular moisture.
 - **Solid hardwood** — It reacts badly to water and humidity changes, which can lead to warping, gaps, or movement.
 - **Standard carpet** — It absorbs moisture, dries slowly, and is unsuitable for rooms where water is regularly present.
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Our Recommendation

For most homes in Bolton, LVT is the clear winner for kitchens and bathrooms because it combines full waterproofing, comfort, design variety, and longevity at a competitive price point.

If you are looking for a budget-friendly alternative for a kitchen, sheet vinyl is an excellent option that still delivers reliable water resistance.

Speak to George Holliday Flooring today for certified safety flooring solutions across Bolton and the North West.