



**Spray foam insulation
between floors**

**50x50mm (2"x2") battens
screwed to floor & ceiling
offset 25mm (1") away from exterior wall**

**Phenolic insulation spacers
at 600mm centres**

**50x25mm (2"x1") battens
at 400mm centres**

**100mm (4") of spray foam
insulation**

**Foil backed plasterboard
vapour barrier**

**U:0.3
W/M²K**

- ✓ Completely airtight!
- ✓ Totally breathable
- ✓ Zero cold bridging!
- ✓ No interstitial condensation