

# Introduction to Underfloor Heating

## Electric or Water Underfloor Heating?

It's a question that many ask when thinking about installing [underfloor heating](#). As the number one underfloor heating experts, we know the ins and outs of everything underfloor heating and are best placed to lay out the differences, allowing you to come to right conclusion as to what's best for you.

Underfloor heating has been around in many forms since around 5000BC, in which people of the time would bake warm rocks and stones to keep both their feet and the room warm. Many millenia later, the Ancient Romans and Greeks used a hypocaust form of underfloor heating, raising the floor with pillars and pushing hot air through the space beneath the floor to heat the room. Whilst time has definitely moved on from then, and the use of heating stones and pushing hot air through empty space is non-existent in modern underfloor heating, what is certain is underfloor heating is still a powerful force and a good way to heat your room.

There are two different ways to heat your room through the floor and these are [electric underfloor heating](#) or [water underfloor heating](#). Electric underfloor heating uses a ultra-thin heating wire that through using mains electric generates heat, whilst water underfloor heating works by distributing warm water through connected pipes. With both of these solutions, they work to radiate heat up through the floor covering, warming both the floor and the room above to the selected temperature set on your connected thermostat.



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