

# NEVER MAKE THIS MISTAKE WHEN YOU ARE BUILDING

Or how the quality of the materials in your walls determines the thermal and acoustic comfort you feel in your house.



## THE PROBLEM

When you've built your house, you can "fix" all your bad decisions... except one. You can make it bigger by adding an extension, change insulation, a floor, the windows, the trims or the heating system, install a Ventilation System, and even change your roof! It will cost money, but you can still do it.



However, there's one thing you'll never be able to change and that's the outer walls! Once they've been built, you'll never be able to change the materials used. You can improve your walls and, if you renovate a house, this will be very useful! And the materials in your walls are the determining factor for your comfort.



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# THE CONSEQUENCES OF POORLY BUILT WALLS

We've all suffered the consequences of poor choices:

- Places where we get a “raw” feeling and where it's difficult to heat.
- Overheated houses without ventilation.
- Houses where we feel a bit cold even though the heating is on and the radiators are hot.

All these “sensations” are due to a difference in temperature and humidity between the walls and the air in the room.

## *To clarify...*

A room with heated air and cold walls will never be “warm” (and if, moreover, the walls are a little damp, it will feel uncomfortably “raw”...). A warm house, well insulated and airtight will keep humidity inside and will soon feel “stuffy” and not very comfortable, day and night.

- Why, in well-insulated houses using smart double-glazing, do we have to install window ventilators?
- Why, with the choices of insulating envelopes, will you then need to install a mechanical ventilation system that runs all day?

COMFORT AND HEALTH



*Solutions to ensure your walls provide you with optimal comfort*

If you build, you need to start with the right choices for your walls... Only natural materials will allow this comfortable feeling: it's like walking barefoot on parquet or on a warm carpet and not on tiles... Hemp, wood, straw and loam or rammed earth are all materials that allow this feeling of great comfort at all times...



# The advantages of using natural materials for building your walls

It will ensure houses with an ambient temperature of 19 degrees and walls of 20 degrees that feel very cosy, neither too cold nor too warm and with air that is always healthy for your family... neither too dry nor too humid. What's more, it will be so much more energy efficient!

In the articles below, you will get all the tips and tricks you'll need for building a house that will give you the comfort you've always dreamed of, because it isn't enough just to insulate your house well...

Insulation, Thermal Inertia, Phase Shifting, Regulation of Relative Humidity, Acoustic and Hygrothermal Comfort depend on the materials you choose for your walls... And you will learn everything you need to know about this subject!

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