

What is VMW Double Flux? (Ventilation Mécanique Contrôlée avec Récupération de Chaleur)

VMW Double Flux, or Mechanical Ventilation with Heat Recovery (MVHR), is an advanced ventilation system that ensures continuous fresh air supply while recovering heat from outgoing stale air. It improves indoor air quality and energy efficiency, making it ideal for modern, airtight homes in the UK.

Understanding VMW Double Flux

VMW Double Flux, also known as Mechanical Ventilation with Heat Recovery (MVHR), is a cutting-edge system designed to enhance indoor air quality while minimising energy loss. Originating from the French concept of *Ventilation Mécanique Contrôlée avec Récupération de Chaleur* (VMC double flux), this system has gained traction in the UK due to its ability to balance ventilation and energy efficiency.

How Does It Work?

The system operates by using two separate air streams:

1. **Supply Air:** Fresh air is drawn from outside, filtered, and then distributed throughout the home.
2. **Extract Air:** Stale air is extracted from moisture-prone areas like kitchens and bathrooms.

A heat exchanger within the system transfers heat from the outgoing air to the incoming air, ensuring minimal energy loss. This process not only maintains a comfortable indoor temperature but also reduces heating costs.

Benefits of VMW Double Flux

- **Improved Air Quality:** Continuous ventilation removes pollutants, allergens, and moisture, creating a healthier living environment.
- **Energy Efficiency:** By recovering heat, the system reduces the need for additional heating, lowering energy bills.
- **Comfort:** Maintains a consistent indoor temperature and humidity level, even in extreme weather conditions.
- **Sustainability:** Reduces carbon footprint by optimising energy use.

Applications in the UK

In the UK, where airtight homes are becoming the norm due to stricter building regulations, VMW Double Flux is particularly beneficial. It addresses common issues like damp, mould, and poor air quality, which are prevalent in older properties. Whether for new builds or retrofits, this system offers a practical solution for modern living.

Key Considerations

- **Installation:** Requires professional installation to ensure optimal performance.

- **Maintenance:** Regular filter cleaning and system checks are essential.
- **Cost:** Initial investment is higher than traditional systems, but long-term savings on energy bills offset this.

Upgrade your home's ventilation with VMW Double Flux to enjoy cleaner air, lower energy bills, and a healthier living environment.