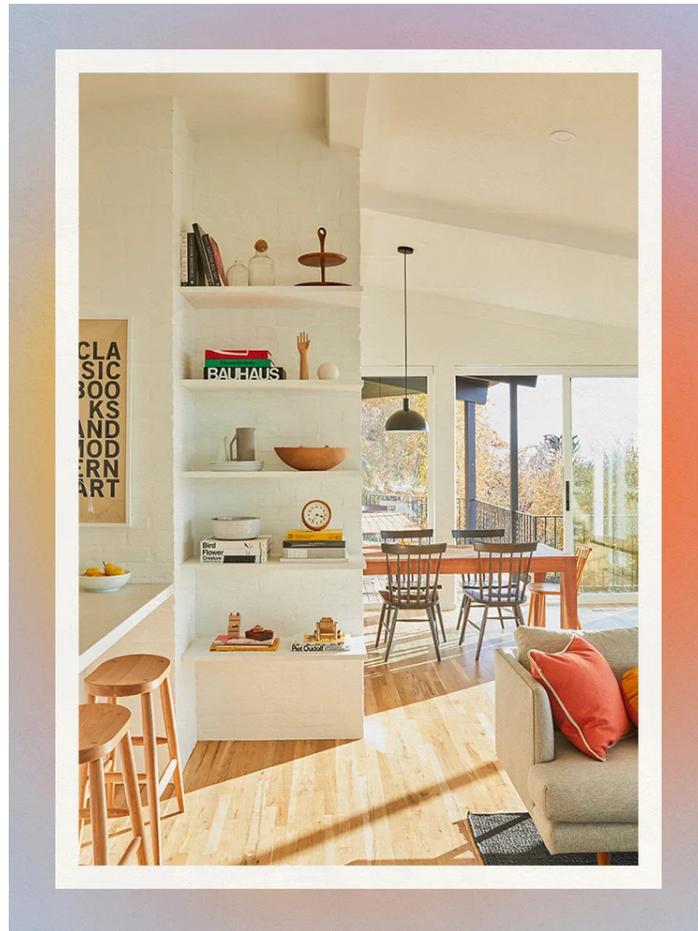


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By Courtney Campbell

The Best Recessed Lighting, According to the Pros

Highlight your artwork and bookshelves accordingly.



Photography by Alpha Smoot.

There are times when a glamorous pendant light or even a flood light won't work as overhead lighting—think: narrow hallways, tight closets, and even bathrooms, where you need good light without much flair in the shower. That's where recessed lighting comes in: It can add some much-needed illumination or increase overall brightness without changing a room's decor or calling attention to itself with a flashy fixture.

"I would say recessed lighting, more than any other lighting, is function above anything else, and I think it's important in any room to have a mix of functional lighting, decorative lighting, and task lighting," says interior designer [Emma Beryl](#).

With recessed lighting, you'll need to consider your ceiling material and structure, as well as what you want to highlight with these new bulbs. Additionally, how will the fixture's trim work with your current aesthetic? We pored over the top brands and models on the market to shed a light on the best recessed lighting for every need.

Best Overall: [Lucifer Lighting Fraxion3 LED Recessed Downlight](#)



Fraxion3 Led, Lucifer Lighting (\$510 and up)

Bulb type: LED | Size: 3-inch diameter | Color temperature: 2,700K

What we like:

- Multiple finishes
- 2 shape options
- LED bulbs

Worth noting:

- Expensive

Why we chose it: Four finish options and two shapes make this design-forward recessed light worth investing in.

Why stick with a basic white trim if you don't have to? With four finish options (white, black, champagne gold, and white/black) and round and square designs to choose from, you can use this recessed lighting to complement your style. "Say we're doing black hardware in the kitchen. Choose to do a matte black ring," says Madelaine Mayer, an architect at [Matriarchy Build](#). "Now there's a conversation happening that ties into the aesthetic."

This downlight has a slender 3-inch depth that offers enough clearance for lower ceilings while providing an 896-lumen glow from LED bulbs. Additionally, there's a dimmable option that allows you

to control the light for a temperature of 3,200K to 1,800K, which helps eliminate constant harsh overhead lighting. It also works with a wide array of ceiling types, including microflange, drywall, and trimless wood for easy installation.