

## Care & Maintenance Guide for Distressed Wood Flooring

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## 1. Understanding Distressed Flooring

Distressed wood flooring is designed to have a more aged, rustic, and characterful appearance. Unlike perfectly smooth flooring, distressed boards intentionally feature texture, markings, and surface variation to recreate the look of naturally worn timber.

This type of flooring is popular because it:

- creates a more relaxed and lived-in feel
- disguises light scratches and everyday wear more effectively
- develops character naturally over time

Each board is intentionally unique, with natural variation in texture, grain, and colour helping to create an authentic appearance.

## 2. Daily Cleaning

Regular cleaning helps prevent dust and grit from building up within the

textured surface.

Recommended cleaning routine:

- Sweep using a soft-bristle brush
- Vacuum using a wood-floor setting
- Pay extra attention to textured grooves and edges

Because distressed flooring has a more textured surface, small particles can collect more easily than on smooth flooring.

Frequent light cleaning is usually better than occasional deep cleaning.

### **3. Weekly Maintenance**

Distressed wood flooring should only ever be cleaned with a lightly damp mop.

Important:

- Use minimal water
- Ensure the mop is well wrung out
- Never saturate the floor

Excess moisture can damage engineered wood flooring over time, potentially causing swelling, movement, or staining.

Always use cleaning products specifically designed for wood flooring and suitable for the floor's finish type.

### **4. Looking After an Oiled or Lacquered Finish**

Distressed flooring may be finished with either oil or lacquer, and maintenance will vary slightly depending on the finish used.

#### **Oiled Distressed Flooring**

Oiled flooring has a more natural and matte appearance.

Benefits:

- Easier localised repairs

- Natural look and feel
- Surface can age beautifully over time

Maintenance:

- Reapply maintenance oil periodically
- Clean spills promptly
- Avoid harsh cleaning products

High-traffic areas may need occasional re-oiling to maintain protection.

## **Lacquered Distressed Flooring**

Lacquered flooring has a more protective surface coating.

Benefits:

- Lower day-to-day maintenance
- Improved resistance to spills and stains
- Easier regular cleaning

Maintenance:

- Avoid abrasive cleaning products
- Do not use steam cleaners
- Repair deep scratches promptly

Although lacquered floors are more resistant to moisture, they are still not waterproof.

## **5. Protecting the Surface**

Distressed flooring is designed to disguise natural wear more effectively than smooth flooring, but preventative care is still important.

We recommend:

- Felt pads under furniture legs
- Door mats at entrances
- Lifting furniture instead of dragging it
- Keeping pet nails trimmed

The textured finish naturally helps soften the appearance of minor marks and scratches.

## 6. Dealing with Spillages

Spillages should always be cleaned promptly.

If liquid is left sitting:

- moisture can soak into textured areas
- staining may occur
- joints may become damaged over time

This is especially important with:

- oiled flooring
- darker liquids such as wine or coffee
- pet accidents

Always dry the surface thoroughly after cleaning.

## 7. Underfloor Heating Considerations

Distressed engineered flooring is suitable for use with **water-based underfloor heating systems** when installed correctly.

To protect the floor:

- Keep surface temperatures below 27°C
- Increase heat gradually
- Avoid sudden temperature fluctuations

Consistent room conditions help minimise movement within the wood.

## 8. Long-Term Maintenance

One of the advantages of distressed flooring is that it naturally hides everyday wear more effectively than perfectly smooth surfaces.

Over time:

- small dents often blend into the existing texture
- subtle ageing adds character
- natural patina develops across the floor

Depending on the finish type, occasional maintenance may include:

- re-oiling
- professional refinishing
- touch-up repairs in high-traffic areas

## 9. What to Avoid

To keep distressed flooring looking its best, avoid:

- Steam mops
- Excessive water
- Harsh chemicals or bleach
- Abrasive scrubbing pads
- Dragging heavy furniture
- Allowing standing water to remain on the floor

These can damage both the finish and the wood beneath.

## 10. Troubleshooting & Common Questions

### Minor Scratches

Distressed flooring naturally disguises many light scratches due to its textured surface.

For deeper scratches:

- Oiled floors can often be repaired locally
- Lacquered floors may require specialist touch-up products

### Dull Areas

High-traffic zones may become dull over time.

Solutions:

- Clean thoroughly using suitable wood floor products
- Re-oil if applicable
- Avoid product build-up from unsuitable cleaners

### Gaps Between Boards

Small seasonal gaps are normal with real wood flooring and are usually caused by changes in humidity levels.

Maintaining a stable room environment helps minimise movement.

## **11. Final Care Tips**

Distressed wood flooring is designed to embrace natural character and ageing. Unlike perfectly smooth flooring, small marks and signs of use often become part of the floor's charm rather than imperfections.

With sensible care and regular maintenance, distressed flooring can continue to look warm, characterful, and full of personality for many years.

### **Get in touch!**

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