



COVERAGE:  
**2m<sup>2</sup> at 10mm**  
THICKNESS



Mix Thermal to approx.  
**5.5 litres of clean water**  
per 9kg bag of dry  
powder used.



Mix for **3 minutes**  
using a paddle mixer  
on a medium speed.



Spray water onto  
porous substrates to help  
control suction.



Apply at least **2 coats**  
of Thermal, each coat  
upto 40mm thick.



Setting time per  
coat for Thermal is  
approx. **2 hours**.



Trowel flat and level  
ready to accept a  
finishing plaster.

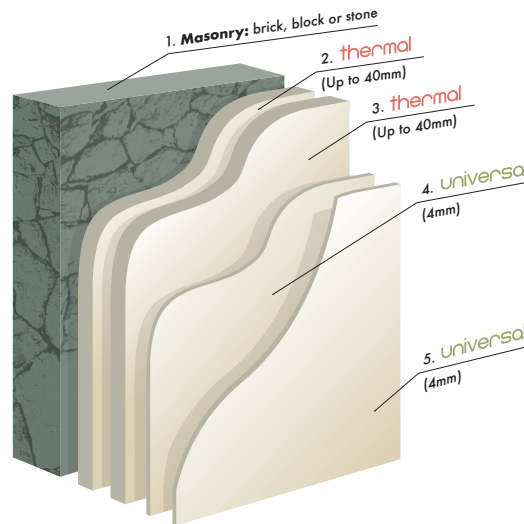


**Adaptavate**  
Fabric First Solutions

# breathAplasta Insulation: System 1

## Why use this system?

Insulating your solid walls can cut your heating bills considerably, and make your home more comfortable. System 1 is a fast and reliable way to rapidly add insulation to your home and increase U-values. Designed for use in solid wall buildings, typically built before 1920.



## When to use this system?

This system can be installed year-round in temperatures between 5°C - 25°C.

## What backgrounds are suitable?

System 1 is suitable for masonry backgrounds, brick, block and stone. The system does not impede the ability of a wall to breathe.

## How to prepare the background

1. Plan services and detailing based on intended final thickness of plaster.
2. Plan junctions between different material types to help minimise thermal bridging.
3. Before plastering, consolidate any loose material and brush away dust.
4. Spray water onto porous substrates such as brick, block, and stone prior to the application of plaster - this helps to control suction. Primer may be required when plastering over multiple backgrounds.

5. Use Thermal to dub out any large holes and to level the wall prior to main plastering.

6. Apply Thermal up to 40mm thickness and leave to set for at least 2 hours.

7. Repeat step 6 until desired thickness is achieved. Typical application is 80mm thickness applied in two coats.

## How to apply the plaster

Breathaplasta Thermal is applied in two or more coats of up to 40mm per trowel pass. Each coat has a setting time of just 2 hours. Thermal can be applied by hand (trowel application) or sprayed by machine.

INSTALLATION GUIDE

breathAplasta  
thermal | universal | smooth

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