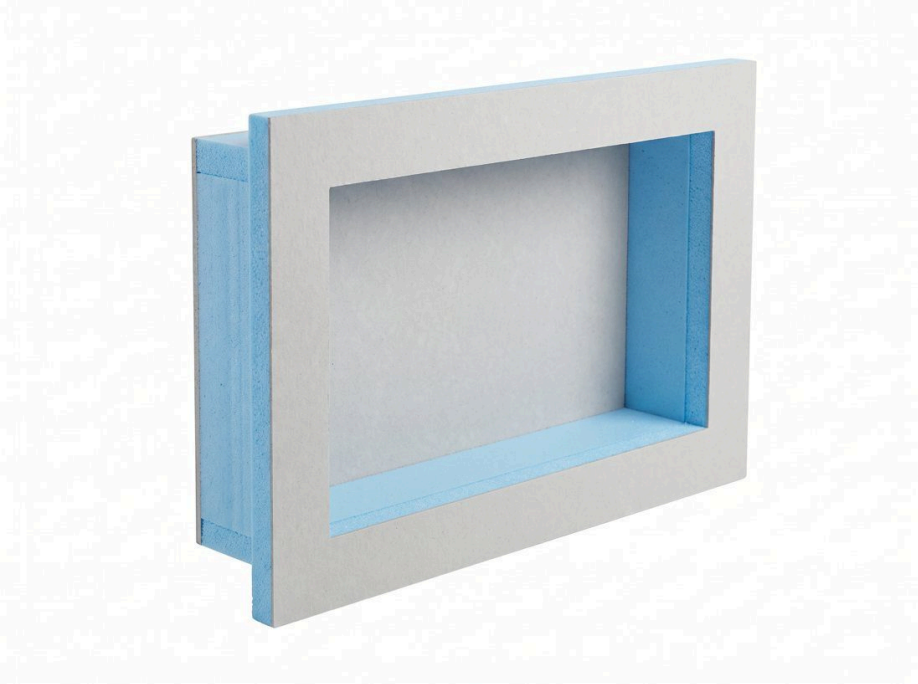


LIGHTWEIGHT CONSTRUCTION BOARDS · INSTALLATION MANUAL

Trays and Niches

INSTALLATION GUIDE

CONTENTS

Everything in this guide.

Eight sections — everything you need to specify, source, cut, fix, waterproof and finish an INSUTILE® Trays and Niches installation.

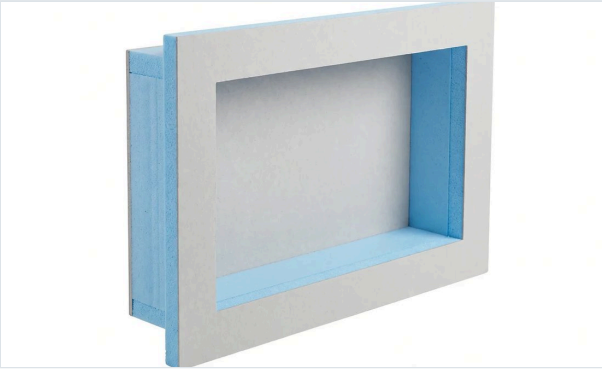
01	Product Overview	BOARD CONSTRUCTION	p.03
02	Accessories & Supply	BOARDS AND ACCESSORIES	p.04
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01 · OVERVIEW

Pre-formed, one-piece.

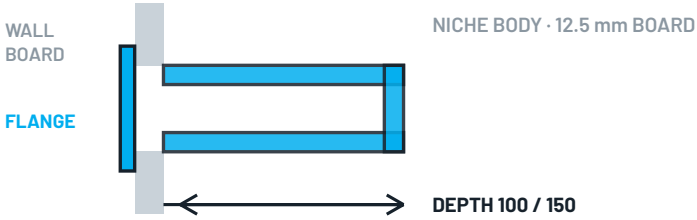
INSUTILE® Trays and Niches are pre-formed components for tiled showers and wet areas — recessed storage niches, corner shelves, and seats — built from the same board construction as the rest of the INSUTILE® range: a waterproof XPS core with reinforced, tile-ready faces.

Each component arrives as a single factory-formed piece, so the geometry is fixed before it reaches site. Niches carry a front mounting flange that sits flush with the surrounding wall board; the joints are taped and the unit is tiled with the rest of the wall.





PLAN SECTION · NICHE IN WALL · INDICATIVE



BOARD CONSTRUCTION	COMPRESSION	λ · THERMAL	WATER ABSORPTION
12.5 mm	≥ 300 kPa	≤ 0.034 W/mK	≤ 0.1 %

Note · values are indicative — every component can be custom-made to order.

02 · SCOPE OF SUPPLY

Boards and accessories.

INSUTILE® manufactures the tile backer boards. Installation accessories are standard tile-installation products, contractor-sourced; INSUTILE® equivalents are available to order on request, and custom accessories can be manufactured to specification.

BOARDS

Supplied from our factory.

B01	**Build Board**	XPS tile backer · 4–80 mm
B02	**Flex Board**	Curved & shaped applications
B03	**Angle Board**	Pre-formed angle · wet-area corners
B04	**Shower Underlay Board**	Sloped tray substrates
B05	**Trays and Niches**	Pre-formed niches · shelves · seats

Direct from INSUTILE® — no MOQ on standard sizes.

CONTRACTOR-SOURCED · INSUTILE® EQUIVALENTS BY ORDER

Accessories.

MSP Sealant & Adhesive
Bonding · sealing · extra hold

Waterproof Sealing Tape
Joints & junctions

Joint Reinforcing Tape
Alkali-resistant mesh

Fixing Washers & Screws
Primary mechanical fix

Waterproofing Membrane
Two-coat, wet areas

Tile Adhesive
Flexible thin-set

Waterproof Corner Seals
Internal corners · wet areas

Edge Profiles
Clean exposed edges

Pre-Applied Double-Sided Tape
Hands-free positioning

Shower Drains · Point & Line
Tray outlets

Fleece Waterproofing Layer
Surface waterproofing

Source from your preferred brand, or order INSUTILE® equivalents — insutile.com/accessories

CUSTOM ACCESSORIES ON REQUEST

Accessories can be manufactured to your specification, subject to a minimum order quantity that varies by product. Confirm MOQ and lead times with the INSUTILE® team before specifying.

FIXATION METHOD · MECHANICAL FIX IS THE STANDARD

Screws + washers — the only required method. Adhesive is optional reinforcement.

03 · CHECKLIST

Tools & materials.

Check the site has everything below before you start.

Essential tools

09 ITEMS

- [ ] **Tape measure** — T01
  5 m minimum · metric scale
- [ ] **Spirit level** — T02
  1200 mm recommended
- [ ] **Utility knife / scoring tool** — T03
  For score-and-snap cutting
- [ ] **Straight edge / T-square** — T04
  ≥ 1000 mm rule
- [ ] **Drill / driver** — T05
  Primary fix · screws & washers
- [ ] **10 mm notched trowel** — T06
  Only if adhesive is used
- [ ] **Pencil / marker** — T07
  Soft pencil preferred
- [ ] **PPE** — T08
  Gloves · goggles · dust mask
- [ ] **Spring clamps / bracing** — T09
  Hold boards in place while fixing · when necessary

Materials

09 ITEMS

- [ ] **INSUTILE® Trays and Niches •** — M01
  Components in required sizes · see section 04
- [ ] **Fixing washers & screws •** — M02
  Primary mechanical fix
- [ ] **MSP sealant & adhesive •** — M03
  Optional · extra reinforcement
- [ ] **Joint reinforcing tape •** — M04
  Alkali-resistant mesh
- [ ] **Waterproofing membrane •** — M05
  Wet areas · 2 coats
- [ ] **Waterproof corner seals •** — M06
  Internal corners · wet areas
- [ ] **Tile adhesive •** — M07
  Flexible thin-set mortar
- [ ] **Edge profiles •** — M08
  Where edges stay exposed
- [ ] **Grout & silicone sealant** — M09
  For finishing · colour-matched

SUPPLY NOTE · SEE SECTION 02

Items marked • are contractor-sourced standard products; INSUTILE® equivalents are available to order on request.

04 · DIMENSIONS MATRIX

Available sizes.

Seven standard niche sizes in two depths, a triangular corner shelf, and made-to-measure seats and benches. Niches are formed from 12.5 mm INSUTILE® board throughout. All dimensions in millimetres.

COMPONENT	SIZE (MM)	DEPTH (MM)	NOTES
Niche	400 × 200	100	—
Niche	400 × 300	100	—
Niche	400 × 400	100	—
Niche	400 × 500	100	—
Niche	600 × 300	100	—
Niche	800 × 400	100	adjustable shelf
Niche	1200 × 400	150	—
Corner shelf / tray	240 × 240	30 thick	concealed brackets
Seat / bench	to order	to order	made to measure

FRONT VIEW · 800 × 400 NICHE



FLANGE FRAME · FIXED TO THE WALL BOARD FACE

CUSTOM · MADE TO ORDER

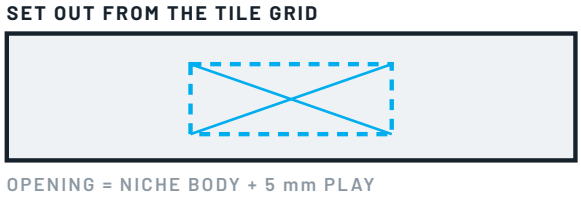
Every component can be custom-made — niche sizes, depths and shelf configurations, corner shelf dimensions, and seats and benches to measure. Confirm feasibility, MOQ and lead time with the INSUTILE® team before specifying.

05 · INSTALLATION

Seven steps.

1 2 3 4 5 6 7

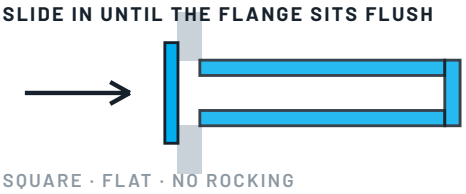
01 Set out & cut the opening STEP 01



Mark the niche position from the tile grid so the opening lines up with tile joints. Check the wall cavity gives at least 100 mm clear depth (150 mm for the 1200 × 400 niche) and is free of pipes and services. Cut the opening through the wall board — the niche body size plus roughly 5 mm of play.

> **Tip** · Plan the niche position before boarding where possible — aligning the opening with the stud bays avoids cutting framing on site.

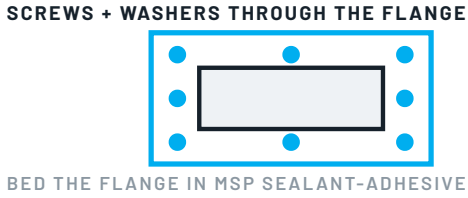
02 Dry-fit the niche STEP 02 · DRY-FIT



Slide the niche body into the opening until the front flange sits flush on the face of the wall board. The unit must sit square and flat with no rocking — ease the opening with a rasp where it binds. Remove after checking.

> **Tip** · Dry-fit before any adhesive is applied. Confirm the flange lands flat on the board face on all four sides.

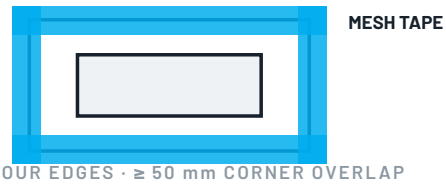
03 Fix through the flange STEP 03 · PRIMARY FIX



Apply a bed of MSP sealant-adhesive to the back of the flange, re-seat the niche, and fix through the flange into the wall board with screws and pressure washers. Seat washers flush — don't over-drive. The flange carries the fixing.

> **Tip** · Never fix through the niche body itself — all fixings go through the front flange into the board behind it.

04 Seal the joints STEP 04



Bed alkali-resistant mesh tape into flexible adhesive over the flange-to-board joint on all four sides. Embed the tape fully and smooth it flat — the niche is now a continuous part of the wall substrate.

> **Tip** · Overlap mesh tape by ≥ 50 mm at the corners. Let the joint compound dry fully before waterproofing.

05 · INSTALLATION · CTD.

Seal. Tile. Finish.

1 2 3 4 **5** **6** **7**

05 Waterproofing STEP 05

COAT 02 · over COAT 01

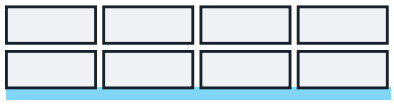


CORNER SEALS AT INTERNAL CORNERS

Apply membrane in two coats over the niche interior, the flange joint, and the surrounding wall. Use waterproof corner seals in every internal corner of the recess — eight per niche.

06 Tiling STEP 06

THIN-SET · NOTCHED TROWEL



Tile the niche together with the wall — interior back first, then sides, then the wall field. Lay the bottom shelf with a slight fall towards the room so water drains out of the recess.

07 Finishing STEP 07

GROUT · SILICONE AT JUNCTIONS



Grout all joints; use silicone in every internal corner of the niche and at the niche-to-wall junction. Cure fully before water contact.

CORNER SHELVES & SEATS

Corner shelves fix with the supplied concealed brackets using the drilling template, then tile over. Seats and benches are bedded in MSP sealant-adhesive and mechanically fixed like boards, then taped, waterproofed, and tiled with the steps above.

NOTE · RECOMMENDED GUIDE · CONTRACTOR DISCRETION

The steps above are an indicative installation guide. INSUTILE® Trays and Niches can be installed using any standard method the contractor prefers for tile backer boards — screw-and-washer mechanical fix is our recommendation, but alternative practices that meet the substrate, waterproofing and load requirements are acceptable. Always follow local building codes and the adhesive / membrane manufacturer's instructions.

INDICATIVE CURE TIMELINE

Δt · hours

0h **24h** · adhesive cure **48h** · membrane cure **72h** · grout & silicone cure ▪ **READY FOR WATER**

06 · PERFORMANCE CHARACTERISTICS

Key features & benefits.

The performance characteristics of pre-formed INSUTILE® shower components, compared with site-built niches and benches.

F01
One-piece components
Factory-formed geometry — no site carpentry, no assembly, no built-up corners to seal. Consistent dimensions on every unit.

1 piece PER COMPONENT

F02
Built-in fixing flange
Niches carry a front mounting flange that sits flush with the wall board and fixes through it — the fixing detail is part of the product.

Flush FRONT FLANGE

F03
Waterproof construction
Closed-cell XPS core and sealed one-piece construction absorb virtually zero moisture — suitable for the wettest zone of the room.

≤ 0.1 % WATER ABSORPTION

F04
Ready to tile
Reinforced cementitious faces take tile adhesive directly — the component is tiled together with the surrounding wall, no priming.

No primer REQUIRED

F05
Thermal insulation
Thermal conductivity ≤ 0.034 W/mK. The insulating core keeps seats and benches warm to the touch in heated rooms.

λ ≤ 0.034 W/MK

F06
Dimensional stability
XPS doesn't expand, warp, or shrink with temperature or humidity. Tiled components stay flat and crack-free year-round.

Zero creep TEMP / HUMIDITY

F07
Lightweight
Formed from lightweight XPS board — full-size niches and seats are positioned by hand, with no masonry or concrete forming.

XPS core HAND-PLACED

F08
Repeatable geometry
Factory-identical units across multi-room fit-outs — every niche and seat in a hotel corridor comes out the same.

Identical EVERY UNIT

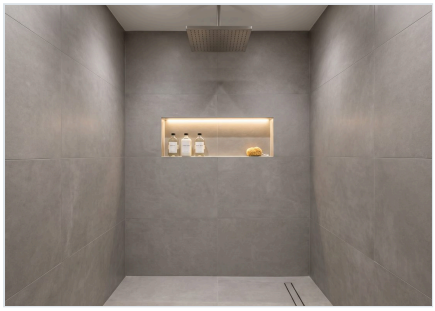
F09
Custom sizes
Every component can be manufactured to order — sizes, depths, and configurations to suit the design.

To order ANY SIZE

07 · WHERE TO USE

Applications.

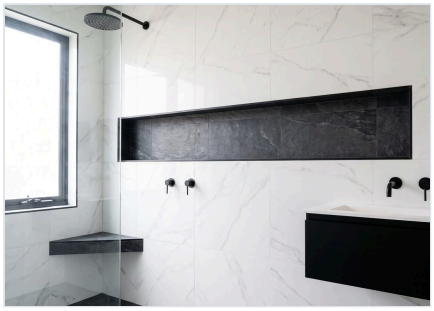
From a single residential shower niche to factory-identical seats across a hotel fit-out — INSUTILE® Trays and Niches are specified wherever storage or seating meets a tiled wet area.



SHOWERS

Showers & wetrooms

Recessed niches replace wire racks and shelving — storage within the waterproof tiled wall.



BATHROOM

Bathrooms

Recessed wall storage and corner shelving in any tiled bathroom wall built on INSUTILE® board.



STEAM · SPA

Steam rooms & spas

Seats, benches, and niches for continuously wet, heated environments.



HOTEL

Hotel bathrooms

Repeatable, factory-identical niches and seats across multi-room fit-outs.



ACCESSIBLE

Accessible showers

Pre-formed seats support level-access shower layouts planned around seated use.



RENOVATION

Renovation

Formed components fit into refurbished walls without site carpentry or masonry forming.

08 · CONTACT & SUPPORT

Reach the team.

For technical support, product enquiries, specification assistance, or to request a quote — reach the INSUTILE® team directly.

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Latest datasheets · images

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