

CALGARY PAINT CONTRACTORS

---

# Cabinet Painting

Kitchen and bathroom cabinet refinishing, painting techniques, spray finishing, and cabinet transformation projects for Calgary homeowners.

23 Expert Answers from Paint IQ

[calgarypaintcontractors.com/construction-brain](https://calgarypaintcontractors.com/construction-brain)

# Table of Contents

---

1. How long do I need to wait before putting dishes back in freshly painted Calgary cabinets?
2. Can I paint MDF cabinet doors without them swelling from the moisture in paint?
3. How much does it cost to add a glazed or antiqued finish to painted cabinets in Calgary?
4. How much would it cost to paint the cabinets in a Calgary condo with a galley kitchen?
5. What type of paint finish is most durable for kitchen cabinets in a busy Calgary household?
6. Does Calgary's dry air affect how cabinet paint cures and should painters use humidifiers?
7. How long does a professional cabinet painting job take for a standard Calgary kitchen?
8. How much does it cost to paint built-in shelving and bookcases in my Calgary home office?
9. Is it cheaper to paint my Calgary kitchen cabinets or replace them entirely?
10. What's the cost difference between spray painting and brush painting cabinets in Calgary?
11. How much extra does it cost to paint cabinet interiors along with the doors and frames in Calgary?
12. What's the warranty like on professional cabinet painting work from Calgary contractors?
13. How much does it cost to have kitchen cabinets professionally painted in Calgary?
14. Is chalk paint a good option for Calgary kitchen cabinets or does it wear off too quickly?
15. Should I have my cabinets painted on-site or does the painter remove them and paint off-site?
16. How much does cabinet refinishing with a stained look cost compared to solid paint in Calgary?
17. How many coats of paint do kitchen cabinets need to get a factory-smooth finish in Calgary?
18. How much does it cost to paint bathroom vanity cabinets in Calgary if I'm already doing the kitchen?
19. What's the best primer for painting over dark stained cabinets without the old colour bleeding through?
20. Do painted cabinets hold up well in Calgary's dry climate or do they chip and peel faster?
21. What preparation is needed before painting laminate cabinets in my 1990s Calgary home?
22. Should I get my oak cabinets painted white or would a two-tone look work better in my Bridgeland kitchen?
23. Can I use my kitchen while the cabinets are being painted or do I need to plan meals elsewhere?

## How long do I need to wait before putting dishes back in freshly painted Calgary cabinets?

**Wait a full 30 days before putting dishes back in freshly painted Calgary cabinets.** While the paint may feel dry to the touch within hours, it takes weeks to fully cure and harden, especially in Calgary's extremely dry winter air which can actually slow the curing process despite feeling "dry."

The curing timeline depends heavily on the paint type and Calgary's unique climate conditions. **Latex cabinet paint** needs 21-30 days to reach full hardness, while **oil-based or alkyd paints** require 30-45 days in Calgary's low humidity environment. During winter months when indoor humidity drops to just 15-20%, paint cures more slowly because the chemical cross-linking process needs some moisture to complete properly. This is counterintuitive since everything feels bone-dry, but paint chemistry requires balanced conditions.

**Water-based cabinet paints** like Benjamin Moore Advance or Sherwin-Williams ProClassic are most common in Calgary kitchens. These hybrid formulations cure harder than regular latex but still need the full month. The paint film continues hardening for up to 60 days, reaching maximum scratch and chemical resistance around the 30-day mark. Putting dishes back too early risks permanent impressions, scratches, and adhesion between stacked items.

Calgary's chinook winds create another consideration. The rapid temperature swings cause painted surfaces to expand and contract during the curing period. Placing weight or stress on cabinet shelves before the paint fully hardens can cause micro-cracking or adhesion failure, especially on horizontal surfaces that bear the most load.

For the first week, avoid closing cabinet doors completely - leave them slightly ajar to allow continued air circulation and prevent the paint from bonding to door frames or hinges. After two weeks, you can gently use the cabinets for lightweight items like cereal boxes or canned goods, but avoid heavy dishes, pots, or anything that might scratch the still-soft surface.

**Professional cabinet painters in Calgary** typically provide specific curing instructions because they understand how the local climate affects different paint formulations. They often recommend using cabinet door bumpers or felt pads during the curing period to prevent paint-to-paint contact. Some pros apply a final protective clear coat that extends the curing time but provides superior durability - essential for Calgary kitchens dealing with dry air, temperature swings, and heavy daily use.

The investment in professional cabinet painting - typically \$5,000-\$8,000 for a standard Calgary kitchen - deserves proper curing time to achieve the factory-like finish and 10-15 year lifespan you're paying for. Rushing the process by loading cabinets too early is the most common way homeowners compromise an otherwise perfect paint job.

If you're looking for cabinet painting professionals who understand Calgary's specific curing requirements, the Calgary Construction Network directory includes experienced painters who specialize in kitchen refinishing and can provide detailed care instructions for your specific project.

---

**Looking for experienced contractors?** The Calgary Construction Network connects homeowners with qualified professionals:

- Alpine Exteriors siding and roofing
- Allure Residential & Commercial inc
- Mike's Restoration Service
- Wall Style Innovations
- Quality count construction Ltd.

[View all contractors ?](#)

---

Q2

## Can I paint MDF cabinet doors without them swelling from the moisture in paint?

Yes, you can paint MDF cabinet doors without swelling, but it requires proper sealing and technique since MDF is highly susceptible to moisture absorption. The key is using the right primer and applying thin, even coats to prevent moisture penetration that causes the dreaded edge swelling and surface roughening.

MDF (Medium Density Fiberboard) cabinet doors are common in Calgary homes, especially in newer developments like Mahogany, Auburn Bay, and Sage Hill. The material is cost-effective and takes paint beautifully when properly prepared, but Calgary's dry winter air followed by humid summer conditions can create challenges. MDF absorbs moisture like a sponge, particularly at cut edges and routed profiles where the dense surface skin is broken. When water-based paint soaks into these areas, the wood fibers swell and create a rough, fuzzy texture that telegraphs through the finish.

The critical first step is **edge sealing**. Use a high-quality **oil-based primer** or **shellac-based primer** like Zinsser BIN on all edges, including the back edges and any routed details. These primers penetrate and seal the MDF fibers before they can absorb moisture from subsequent coats. Water-based primers, even high-quality ones, can cause slight swelling on the first coat. For the face surfaces, you can use either oil-based or a premium **bonding primer** like Benjamin Moore Fresh Start or Sherwin-Williams ProBlock, but the edges must get oil or shellac.

Apply primer in thin coats using a high-quality synthetic brush or foam roller. Don't flood the surface — multiple thin coats seal better than one thick coat. Pay special attention to any areas where the MDF surface might be slightly damaged or where the factory edge banding meets the core material. Sand lightly with 220-grit paper between primer coats to smooth any slight raising of the surface fibers.

For the topcoat, **high-quality acrylic latex paint** works excellently over properly primed MDF. Products like Benjamin Moore Advance, Sherwin-Williams ProClassic, or Dulux Diamond provide excellent durability and smooth finish. Apply in thin, even coats using a foam roller for smooth surfaces or a high-quality synthetic brush for detailed areas. The key is building up the finish gradually rather than trying to achieve full coverage in one heavy coat.

Calgary's low winter humidity actually works in your favor for this project — paint dries quickly and evenly. However, work in a heated space and consider using a **paint conditioner** like Floetrol if you're painting during the driest months (December through February) to improve flow and leveling.

**Professional cabinet painting** is worth considering for kitchen projects. Spray application provides the smoothest finish and better moisture protection, and professionals have spray booths that eliminate dust contamination. Expect to pay \$3,000-\$8,000 for a complete kitchen cabinet refinish in Calgary, depending on the number of doors and complexity of the job. The investment often pays off in both appearance and durability, especially on MDF cabinets where proper moisture protection is critical.

For DIY projects, you can achieve excellent results with careful preparation and quality materials. The total material cost for primer and paint typically runs \$150-\$300 for an average kitchen, plus sandpaper and brushes.

If you're planning a cabinet painting project and want professional results, you can browse painting contractors who specialize in cabinet refinishing through the Calgary Construction Network directory to compare local options and techniques.

---

**Looking for experienced contractors?** The Calgary Construction Network connects homeowners with qualified professionals:

- Mike's Restoration Service
- Jk Stucco
- Keystone Exteriors
- Mr & Mrs Paintastic Inc
- Quality count construction Ltd.

[View all contractors ?](#)

## How much does it cost to add a glazed or antiqued finish to painted cabinets in Calgary?

Adding a glazed or antiqued finish to already-painted cabinets in Calgary typically costs **\$1,500-\$4,000** for a standard kitchen, depending on the complexity of the finish and number of cabinet doors and drawer fronts. This specialized decorative technique requires skilled application and adds 2-3 days to a cabinet painting project.

The cost breakdown includes surface preparation of the existing painted finish (light sanding to create adhesion), application of the glaze or antiquing medium, and protective topcoat application. **Professional glazing runs \$15-35 per cabinet door** and \$8-20 per drawer front, with intricate hand-rubbed finishes commanding premium pricing. Simple brush-applied glazes fall on the lower end, while complex multi-step antiquing with hand-distressing and multiple glaze colors reaches the higher range.

Calgary's dry climate actually works in favor of glazing techniques. The low humidity allows proper working time for manipulating the glaze before it sets, giving painters better control over the final appearance. However, this same dry air means protective topcoats are essential — without proper sealing, glazed finishes will collect grease and grime in kitchen environments and become impossible to clean.

**Popular glazing options** include dark brown or black glaze over cream or white base coats for traditional looks, gray glazes over white for contemporary farmhouse styles, and amber glazes over sage green or blue for vintage appearances. The base paint must be fully cured (typically 7-14 days in Calgary's dry climate) before glaze application to prevent lifting or adhesion issues.

Alberta's VOC regulations affect some glazing products, particularly oil-based glazes that offer longer working times. Water-based glazing products comply with regulations but require faster application techniques. Professional painters often use **extender products** to slow the drying time of water-based glazes in Calgary's low-humidity environment.

For DIY enthusiasts, glazing kits from **Varathane, General Finishes, or Old Masters** are available at Calgary Home Depot and specialty paint stores, ranging \$25-60 per kit. However, achieving professional results requires practice and technique. Test areas should always be completed first, and homeowners should practice on sample boards before working on actual cabinets.

The key to successful cabinet glazing in Calgary is proper ventilation and temperature control. Work in sections, maintain consistent room temperature, and avoid glazing during chinook wind events when rapid temperature changes can affect drying times and finish quality.

**Hire a professional** for glazing work if you want consistent results across all cabinet surfaces, are working with expensive cabinetry where mistakes are costly, or need the work completed quickly. Professional cabinet finishers have the spray equipment, experience, and product knowledge to deliver restaurant-quality results that will withstand daily kitchen use for years.

If you're looking for cabinet finishing specialists in Calgary, the Calgary Construction Network directory includes painters who specialize in decorative finishes and cabinet work.

---

**Looking for experienced contractors?** The Calgary Construction Network connects homeowners with qualified professionals:

- Johnny B's Painting
- Wise Abatement
- Royland Stucco
- G.D.K Drywall LTD.
- Alpine Exteriors siding and roofing

[View all contractors ?](#)

## How much would it cost to paint the cabinets in a Calgary condo with a galley kitchen?

**Cabinet painting for a galley kitchen in a Calgary condo typically costs \$2,500-\$5,000**, with most homeowners paying around \$3,500 for a professional spray finish. The compact size of galley kitchens means fewer cabinet doors and drawer fronts compared to full-sized kitchens, but the per-door cost remains similar due to the detailed prep work required.

The price breakdown for a typical Calgary galley kitchen includes 12-18 cabinet doors, 6-10 drawer fronts, and associated face frames. **Professional spray finishing** runs \$150-250 per door and \$75-125 per drawer front, including removal, cleaning, sanding, priming, and two coats of finish paint. This method delivers the smoothest, most durable finish and is strongly recommended for kitchen cabinets that face daily use. Brush and roll application costs about 30% less but won't achieve the same factory-like finish quality.

**Surface preparation drives much of the cost** in cabinet painting projects. Calgary's dry climate can cause existing finishes to become brittle and chalky, requiring thorough cleaning with TSP (trisodium phosphate), light sanding to create adhesion, and careful masking of hinges and hardware. Many Calgary painters include hardware removal and reinstallation in their quotes, though some charge \$5-15 per piece for this service. If your galley kitchen has laminate or thermofoil cabinets rather than wood, expect to pay slightly more due to the specialized bonding primers required.

**Paint selection significantly affects both cost and durability.** Premium cabinet paints like **Benjamin Moore Advance** or **Sherwin-Williams ProClassic** cost \$60-80 per gallon but offer superior hardness and scratch resistance essential for kitchen use. These hybrid alkyd formulations cure to a furniture-like finish that resists chips and stains. Cheaper latex paints may save \$20-30 per gallon but often show wear within 12-18 months on cabinet doors and drawer fronts.

Alberta's WCB requirements and VOC regulations add to professional costs, as painters must carry workers' compensation coverage and use compliant low-VOC products. However, these regulations ensure you're working with legitimate contractors using safe, environmentally responsible materials.

**Consider hiring a professional for cabinet painting** unless you have spray equipment and experience with detailed prep work. The difference in finish quality between DIY brush application and professional spraying is dramatic, and kitchen cabinets receive too much daily use to compromise on durability. Cabinet painting also requires removing doors and working around plumbing and electrical connections that many homeowners find challenging.

## Getting Multiple Quotes

For any cabinet project over \$2,000, get at least three detailed quotes that specify paint brands, number of coats, and whether hardware removal is included. The **Calgary Construction Network** directory can help you compare local cabinet painting specialists who understand the specific challenges of working in Calgary's condo buildings, including elevator access and ventilation requirements.

---

**Looking for experienced contractors?** The Calgary Construction Network connects homeowners with qualified professionals:

- Johnny B's Painting
- Makki Abatement
- True North Overhead Doors
- Radon Lab
- Mike's Restoration Service

[View all contractors ?](#)

---

Q5

## What type of paint finish is most durable for kitchen cabinets in a busy Calgary household?

**Semi-gloss or satin finish is the most durable choice for kitchen cabinets in busy Calgary households**, with semi-gloss being the gold standard for maximum durability and cleanability. These finishes provide the hardness needed to withstand constant opening, closing, and cleaning while resisting moisture, grease, and food stains that are inevitable in active kitchens.

Semi-gloss finish offers superior durability because it contains higher resin content, creating a harder, more protective surface. This finish can handle frequent wiping with damp cloths and mild cleaners without showing wear patterns or losing its protective qualities. The slight sheen also helps reflect light, making your kitchen appear brighter — particularly valuable during Calgary's long winter months when natural light is limited. **Benjamin Moore Advance** and **Sherwin-Williams ProClassic** are excellent semi-gloss options specifically formulated for trim and cabinets, offering exceptional leveling and durability.

Satin finish provides a good middle ground if you prefer less sheen while maintaining good durability. It's easier to touch up than semi-gloss and hides minor imperfections better, but won't withstand heavy cleaning quite as well. For Calgary households with hard water (common in many neighbourhoods), satin finish may show water spots less readily than higher-gloss options.

Calgary's extremely dry winter air (often 15-20% humidity) actually works in your favor for cabinet durability — there's less moisture to cause paint failure or promote bacterial growth. However, this same dry air makes proper surface preparation critical. Cabinet doors and frames often develop fine cracks from moisture loss, so thorough cleaning, light sanding, and quality primer are essential before applying your finish coats.

**Avoid flat or eggshell finishes on kitchen cabinets** — they simply cannot withstand the cleaning requirements of an active kitchen. While they may look attractive initially, they'll show every fingerprint, food splatter, and cleaning mark within weeks. Similarly, avoid high-gloss finishes unless you want a very formal, contemporary look — they show every imperfection and can appear too stark in most Calgary homes.

For maximum durability, consider having your cabinets professionally spray-finished rather than brush-painted. Spray application creates a smoother, more uniform surface that's easier to clean and more resistant to wear. Professional cabinet painters typically charge **\$5,000-\$8,000** for a complete kitchen spray finish, but the results last significantly longer than DIY brush work.

The type of paint matters as much as the finish. **Hybrid enamel paints** (combining alkyd durability with latex cleanup) like Benjamin Moore Advance or Sherwin-Williams ProClassic offer the best performance for Calgary kitchens. These cure to an extremely hard finish while remaining flexible enough to handle temperature changes from cooking and Calgary's variable indoor humidity.

For busy households, consider slightly darker cabinet colors in satin or semi-gloss finish — they hide minor scuffs and fingerprints better than pure white or very light colors. Popular Calgary choices include warm grays, navy blues, and rich greens that complement both traditional and contemporary kitchen designs.

**Professional cabinet painting is worth considering for durability** — the spray finish quality, proper surface preparation, and warranty protection typically justify the investment in busy households where cabinet appearance and longevity matter most.

---

**Looking for experienced contractors?** The Calgary Construction Network connects homeowners with qualified professionals:

- UR COWRY CABINETS
- BOND CONTRACTING & CONSTRUCTION INC

- Mike's Restoration Service
- Ardco Construction
- Supreme Painting

[View all contractors ?](#)

---

Q6

## Does Calgary's dry air affect how cabinet paint cures and should painters use humidifiers?

**Yes, Calgary's extremely dry winter air significantly affects cabinet paint curing, and professional painters absolutely should use humidifiers during cold-weather cabinet projects.** Calgary's winter humidity drops to just 15-20% — among the lowest in Canada — which causes latex paint to flash-dry before it can properly level and bond.

When cabinet paint dries too quickly in Calgary's arid conditions, several problems occur. The paint surface skins over before the underlying layers cure, trapping solvents and preventing proper adhesion. You'll see visible brush marks, roller stipple, and lap marks that would normally level out in more humid conditions. The paint film becomes brittle and prone to chipping because it hasn't had time to develop proper flexibility. Most critically for cabinets, the finish lacks the smooth, furniture-quality appearance that homeowners expect from a **\$5,000-\$8,000 professional cabinet painting project.**

Professional cabinet painters in Calgary use several strategies to combat dry air. **Humidifiers are essential** — bringing the workspace humidity up to 40-50% allows latex paint to stay workable longer and level properly. Many pros use ultrasonic humidifiers that won't interfere with spray equipment. **Paint conditioners like Floetrol or XIM Extender** slow the drying time and improve flow, giving the paint more time to self-level. Working in smaller sections prevents the dreaded "wet edge" problem where new paint won't blend with paint that's already started to skin over.

**Spray application is particularly sensitive to Calgary's dry air.** Overspray can dry in the air before hitting the surface, creating a rough, orange-peel texture. Professional cabinet painters adjust their spray patterns, use slower-drying reducers, and maintain consistent humidity throughout the workspace. Some switch to **waterborne alkyd paints** like Benjamin Moore's Advance or Sherwin-Williams ProClassic, which have longer open times and better leveling properties than standard latex.

The type of cabinet finish matters enormously in Calgary's conditions. **Semi-gloss and gloss finishes show every imperfection** that dry air causes, while satin finishes are more forgiving. However, most homeowners want the durability and cleanability of semi-gloss on kitchen cabinets. This is where proper humidity control becomes non-negotiable for professional results.

**Temperature control works hand-in-hand with humidity.** Calgary homes often run quite warm in winter (22-24°C) to combat the cold outside, which accelerates paint drying even further. Professional painters may actually lower the workspace temperature to 18-20°C while increasing humidity, creating ideal curing conditions.

For DIY cabinet painters, Calgary's dry air makes an already challenging project much more difficult. **Brush and roller application becomes nearly impossible** to do smoothly without proper humidity control and paint conditioners. Most DIY attempts in Calgary's winter conditions result in visible texture and brush marks that require sanding and recoating.

**Professional cabinet painting is strongly recommended in Calgary**, especially during the October-through-March period when indoor humidity is lowest. Professionals have the spray equipment, climate control tools, and experience to deliver smooth, durable finishes despite Calgary's challenging conditions. The investment in proper equipment and technique is worth it for a finish that will last 8-10 years in Calgary's demanding climate.

If you're considering cabinet painting in Calgary, the Calgary Construction Network directory can help you find experienced professionals who understand the unique challenges of working in our dry climate.

---

**Looking for experienced contractors?** The Calgary Construction Network connects homeowners with qualified professionals:

- WestAim Construction Ltd.
- Mr & Mrs Paintastic Inc
- Mayken Hazmat Solutions LTD
- Wall Style Innovations
- Amar Homes Inc

[View all contractors ?](#)

## How long does a professional cabinet painting job take for a standard Calgary kitchen?

A professional cabinet painting job for a standard Calgary kitchen typically takes **5-8 business days** from start to finish, though the actual work spans 2-3 weeks due to drying time between coats. Most Calgary painting contractors schedule cabinet projects in phases: 2-3 days for removal and prep work, 2-3 days for priming and base coats, and 1-2 days for final coats and reinstallation.

The timeline depends heavily on your kitchen size and cabinet configuration. A standard Calgary kitchen with 20-25 cabinet doors and drawer fronts falls into the typical range, but larger kitchens in newer Calgary suburbs like Mahogany or Cranston with extensive cabinetry can extend to 10-12 days. Heritage homes in neighborhoods like Mount Royal or Hillhurst often have custom millwork that requires additional prep time for intricate details and multiple paint buildup layers.

**Calgary's dry climate significantly affects cabinet painting schedules.** Professional painters must work around the city's 15-20% winter humidity levels, which cause latex paint to skin over too quickly, creating texture issues and poor adhesion between coats. Most Calgary cabinet specialists use paint conditioners like Floetrol and maintain controlled humidity in their spray booths. Summer projects move faster due to better curing conditions, while winter jobs require longer drying periods between coats.

The process breaks down into distinct phases: **Day 1-2:** Cabinet removal, hardware removal, and transport to spray facility. **Day 3-4:** Cleaning, sanding, filling holes, and priming. **Day 5-6:** Base coat application and light sanding. **Day 7-8:** Final coat application and quality control. **Day 9:** Delivery and reinstallation. Professional cabinet painters in Calgary typically work off-site in controlled spray environments to achieve the smooth, factory-like finish that brush-and-roll work cannot match.

Weather delays can extend timelines during Calgary's unpredictable spring and fall seasons. Chinook winds create temperature and humidity swings that affect paint curing, and many professionals pause work during extreme weather events. Summer hailstorms occasionally damage transport vehicles or delay material deliveries, though this is rare.

**Quality cabinet painting cannot be rushed.** Contractors who promise 2-3 day turnarounds typically use inferior materials or skip critical prep steps. Proper cabinet painting requires multiple thin coats with adequate curing time between applications. Benjamin Moore Advance and Sherwin-Williams ProClassic — the preferred cabinet paints among Calgary professionals — require 16-24 hours between coats for optimal adhesion and durability.

Budget an extra 2-3 days for unexpected issues common in Calgary kitchens: water damage around sinks requiring wood filler, grease buildup on range hood cabinets needing degreasing agents, or hardware replacement when old hinges strip during removal. Older Calgary homes often have cabinets painted multiple times, requiring additional stripping or heavy sanding.

**Professional cabinet painting is almost always worth hiring out** due to the specialized spray equipment, controlled environment needs, and skill required for smooth finishes. The investment in professional work — typically \$5,000-\$8,000 for a standard Calgary kitchen — delivers results that last 8-12 years versus 3-5 years for DIY brush work.

If you're planning a cabinet refresh in Calgary, the Calgary Construction Network directory can help you compare local cabinet painting specialists and read reviews from other Calgary homeowners who've completed similar projects.

---

**Looking for experienced contractors?** The Calgary Construction Network connects homeowners with qualified professionals:

- Royland Stucco
- UR COWRY CABINETS
- Paysons Painting
- Keystone Exteriors
- Calgary Custom Concepts

[View all contractors ?](#)

---

Q8

## How much does it cost to paint built-in shelving and bookcases in my Calgary home office?

**Painting built-in shelving and bookcases in Calgary typically costs \$15-40 per linear foot of shelving, or \$800-2,500 for a standard home office with floor-to-ceiling built-ins.** The wide price range depends on the current finish, number of shelves, detail work required, and whether you choose brush-and-roll or professional spray application.

The complexity of built-in painting drives the cost significantly higher than standard wall painting. Each shelf requires individual attention — removing items, taping edges, cutting in around brackets, and painting both the shelf surface and underside. Most Calgary painters charge \$25-50 per hour for detailed trim work like this, and built-ins are labor-intensive. A typical home office with 20-30 linear feet of shelving takes 12-20 hours including prep, priming, and two finish coats.

**Surface preparation is the biggest cost variable in Calgary's dry climate.** If your built-ins are currently stained wood, expect to pay \$200-500 extra for proper priming to prevent bleed-through — essential with Calgary's intense UV exposure coming through office windows. Previously painted built-ins in good condition need only light sanding and cleaning, but if the existing paint is chalky or peeling (common in Calgary homes over 10 years old), full stripping and repriming can double the project cost.

**Professional spray finishing produces the smoothest results** but requires complete room masking and costs \$1,200-2,500 for most home office built-ins. The spray finish eliminates brush marks and provides an even sheen that's particularly important on horizontal shelf surfaces where lighting reveals every imperfection. Brush-and-roll application costs \$800-1,500 but requires exceptional skill to avoid visible brush marks on the smooth surfaces.

Paint selection matters significantly for built-in durability. Use **semi-gloss or satin latex paint** — eggshell shows every fingerprint and scuff mark on frequently-handled shelves. Benjamin Moore Advance or Sherwin-Williams ProClassic are popular choices among Calgary painters for built-ins because they level well and provide durability. Expect to pay \$60-80 per gallon for quality paint, with most projects requiring 1-2 gallons depending on the built-in size and number of coats.

**DIY painting of built-ins is challenging but possible** if you have patience and the right tools. Budget \$150-300 for quality brushes, rollers, primer, paint, and supplies. The key is using a high-quality angled brush for cutting in around each shelf and taking time to sand lightly between coats. However, achieving a smooth, professional finish on horizontal surfaces is difficult without spray equipment.

Consider hiring a professional painter for built-in work if your office is your primary workspace and appearance matters for video calls or client meetings. The labor-intensive nature of built-in painting makes it one area where professional efficiency and finish quality often justify the cost. You can browse painting contractors experienced with detailed interior work through the Calgary Construction Network directory to compare options and get specific quotes for your built-in configuration.

---

**Looking for experienced contractors?** The Calgary Construction Network connects homeowners with qualified professionals:

- ProPainting Solutions Inc

- Mayken Hazmat Solutions LTD
- Turnbull masonry
- BOND CONTRACTING & CONSTRUCTION INC
- Jk Stucco

[View all contractors ?](#)

---

Q9

## Is it cheaper to paint my Calgary kitchen cabinets or replace them entirely?

**Painting your existing kitchen cabinets will cost \$3,000-\$8,000 in Calgary, while cabinet replacement typically runs \$15,000-\$40,000 or more.** For most Calgary homeowners, professional cabinet painting offers 60-80% savings over replacement while delivering a dramatic transformation that can last 8-12 years with proper care.

The math becomes even more compelling when you consider Calgary's specific market conditions. Quality cabinet boxes from the 1990s and 2000s are often built better than many new budget options available today. If your cabinet boxes are structurally sound with good hinges and drawer slides, painting preserves that quality construction while giving you a completely updated look. Calgary's dry climate actually works in your favor here — properly painted cabinets cure harder and more durably in our low-humidity environment than in more humid regions.

Professional spray-finished cabinet painting in Calgary typically costs \$5,000-\$8,000 for a standard kitchen, including removal of doors and drawer fronts, thorough cleaning and deglossing, primer application, and two coats of high-quality paint like Benjamin Moore Advance or Sherwin-Williams ProClassic. These hybrid alkyd paints cure to an extremely hard, smooth finish that rivals factory finishes. The process takes 5-7 days but transforms your kitchen completely. Brush-and-roll cabinet painting runs \$3,000-\$5,500 but won't achieve the same smooth, professional appearance.

Cabinet replacement costs have skyrocketed in Calgary's post-pandemic market. Even basic builder-grade cabinets start around \$15,000 installed, while mid-range options run \$25,000-\$35,000. Custom cabinets easily exceed \$40,000-\$60,000. Factor in countertop replacement (often necessary with new cabinets), electrical work for new layouts, and 2-3 weeks of kitchen disruption, and replacement becomes a major renovation project.

**The decision point comes down to cabinet condition and your long-term plans.** Paint if your cabinet boxes are solid, doors close properly, and you like the current layout. Replace if you have particle board boxes that are falling apart, want to change the kitchen layout, need more storage, or plan to stay in your home for 15+ years and

want a complete refresh. Also consider replacement if your cabinets have deep grooves or raised panel details that are difficult to paint smoothly.

For Calgary homeowners planning to sell within 5-10 years, cabinet painting offers excellent return on investment. Real estate agents consistently report that freshly painted cabinets in popular colors like white, gray, or navy blue help homes sell faster and for better prices. The key is choosing timeless colors that appeal to broad buyer preferences rather than trendy shades that may look dated quickly.

DIY cabinet painting can reduce costs to \$800-\$1,500 in materials, but achieving professional results requires significant skill, proper equipment, and ideal working conditions. Most Calgary homeowners get better results hiring professionals who have spray equipment, dust-free finishing areas, and experience with the specialized paints and primers needed for durable cabinet finishes.

If you're considering cabinet painting in Calgary, the Calgary Construction Network directory includes experienced cabinet refinishing specialists who can assess your specific situation and provide detailed quotes for comparison with replacement costs.

---

**Looking for experienced contractors?** The Calgary Construction Network connects homeowners with qualified professionals:

- WestAim Construction Ltd.
- True North Overhead Doors
- The Original Workshop
- Image Line Painting
- Premium Built Structures

[View all contractors ?](#)

## What's the cost difference between spray painting and brush painting cabinets in Calgary?

**Spray painting cabinets costs \$1,500-3,000 more than brush painting in Calgary**, but delivers dramatically superior results that justify the investment for most homeowners. Professional spray finishing runs \$5,000-\$8,000 for a standard kitchen, while brush and roll application costs \$3,000-\$5,500.

The price difference reflects both equipment costs and skill requirements. Spray finishing requires specialized HVLP (High Volume Low Pressure) equipment, spray booths or extensive masking, and significant experience to achieve smooth, even coverage. Calgary's dry climate actually works in favor of spray applications — the low humidity helps atomized paint particles level out beautifully before drying, creating that coveted furniture-grade finish. Professional spray painters invest \$15,000-\$30,000 in proper equipment and spend years mastering technique.

Brush and roller application costs less because it requires basic tools and less setup time. However, the finish quality difference is substantial. Even the most skilled brush painter cannot eliminate all brush marks and roller texture, especially on flat cabinet doors where every imperfection shows. Calgary's intense natural light streaming through kitchen windows makes brush marks even more visible than in other climates.

**Quality considerations strongly favor spray finishing in Calgary homes.** The city's extreme temperature swings from chinook winds put extra stress on cabinet finishes. Spray-applied paint creates a more uniform, flexible film that better withstands thermal expansion and contraction. Brush-applied paint has varying thickness — thicker in corners where paint accumulates, thinner on flat surfaces — creating weak points where cracking typically begins.

Most Calgary cabinet painting projects use high-end water-based acrylic or alkyd paints specifically formulated for furniture finishing. Benjamin Moore Advance, Sherwin-Williams ProClassic, and similar products cost \$80-\$120 per gallon and require careful application technique. These paints level better when sprayed, and the smooth finish is easier to clean — crucial for kitchen cabinets that face grease, moisture, and daily use.

**Professional spray finishing includes several steps that justify the cost:** complete cabinet removal and shop finishing (or extensive on-site masking), thorough cleaning and deglossing, professional primer application, multiple thin spray coats with light sanding between coats, and proper curing time. Many Calgary painters have dedicated spray booths that provide dust-free environments and proper ventilation — impossible to replicate with brush application.

The durability difference matters significantly in Calgary's climate. Spray-finished cabinets typically last 8-12 years before needing refinishing, while brush-painted cabinets may show wear and require touch-ups within 5-7 years. Factor in the cost of earlier refinishing, and spray finishing often proves more economical long-term.

**DIY cabinet painting should stick to brush and roller methods** unless you have spray experience and proper equipment. Spray painting requires extensive masking, ventilation, and technique that most homeowners lack. Poor spray technique creates runs, orange peel texture, and overspray damage that costs more to fix than professional finishing would have cost initially.

For budget-conscious homeowners, consider spray finishing just the visible door and drawer fronts while brush-painting cabinet boxes and interior surfaces. This hybrid approach saves \$1,000-\$1,500 while maintaining the smooth finish where it matters most.

If you're planning a cabinet refinishing project in Calgary, the Calgary Construction Network directory can help you compare local professionals who specialize in spray finishing and understand the specific requirements of Calgary's challenging climate conditions.

---

**Looking for experienced contractors?** The Calgary Construction Network connects homeowners with qualified professionals:

- Keystone Exteriors
- Turnbull masonry
- Amar Homes Inc
- Ardco Construction
- Premium Built Structures

[View all contractors ?](#)

---

Q11

## How much extra does it cost to paint cabinet interiors along with the doors and frames in Calgary?

Painting cabinet interiors typically adds **\$800-2,000** to a standard kitchen cabinet painting project in Calgary, representing about a 25-35% increase over painting just the doors, drawer fronts, and face frames. Most homeowners choose to paint only the visible exterior surfaces since cabinet interiors see minimal wear and the cost

savings are substantial.

The additional cost comes from several factors specific to cabinet interior work. **Access and preparation** require significantly more time — painters must remove all shelving, mask appliances and countertops extensively, and work in cramped spaces with limited ventilation. In Calgary's dry winter climate, proper ventilation becomes even more critical when working inside enclosed cabinet boxes with oil-based primers or specialty cabinet paints. The labour time roughly doubles when including interiors, as each cabinet box must be individually prepped, primed, and painted with careful attention to avoid drips and runs on vertical surfaces.

**Material costs** increase modestly — typically an additional \$200-400 in paint and primer for a standard kitchen. However, the real expense is labour time. Professional cabinet painters in Calgary charge \$35-65 per hour, and interior painting requires meticulous brush work since spray equipment cannot effectively reach into cabinet corners and around fixed shelving. Many Calgary painting contractors actually prefer not to include interiors in their standard cabinet packages because the time-to-value ratio is poor compared to focusing on visible surfaces.

From a practical standpoint, cabinet interiors rarely need the same level of finish quality as doors and face frames. Most Calgary homeowners store dishes, food, and kitchen items that will scratch painted surfaces anyway. If you do choose to paint interiors, consider a **durable semi-gloss or satin finish** that can handle occasional cleaning, and ensure your painter uses a high-quality bonding primer — especially important in Calgary's low-humidity environment where paint adhesion can be challenging on smooth laminate or melamine surfaces.

**Professional cabinet painters** typically recommend painting interiors only in specific situations: when cabinets will store fine china or glassware where appearance matters, when existing interiors are severely stained or damaged, or when you're doing a complete kitchen renovation and want everything fresh. For most Calgary kitchens, the budget is better spent on higher-quality paint and finish work on the visible surfaces, or on additional services like new hardware installation.

If you're getting quotes for cabinet painting in Calgary, ask contractors to price interior work separately so you can make an informed decision. The Calgary Construction Network directory includes cabinet painting specialists who can help you weigh the costs and benefits based on your specific kitchen and budget.

---

**Looking for experienced contractors?** The Calgary Construction Network connects homeowners with qualified professionals:

- ProPainting Solutions Inc
- Besademolition
- WestAim Construction Ltd.

- Onsite Contracting and Electrical Services
- Bracha Concrete & Coatings Inc.

[View all contractors ?](#)

---

Q12

## What's the warranty like on professional cabinet painting work from Calgary contractors?

Professional cabinet painting warranties in Calgary typically range from **2-5 years** depending on the contractor's experience level and the quality of materials used. Most reputable Calgary cabinet painters offer a **3-year warranty** on their spray-finished work, covering adhesion failure, premature wear in normal use areas, and finish defects that aren't caused by damage or misuse.

The warranty coverage varies significantly based on the painting method and materials. **Spray-finished cabinets** using premium conversion varnish or catalyzed lacquer finishes generally come with longer warranties (3-5 years) because these industrial-grade coatings cure to an extremely durable surface. Brush and roll applications typically carry shorter warranties (1-2 years) since they don't achieve the same film thickness and smoothness as spray finishes. Calgary's dry climate actually works in favor of cabinet finishes — the low humidity helps coatings cure properly and reduces the moisture-related failures common in more humid regions.

Most Calgary cabinet painting warranties specifically exclude damage from **excessive moisture exposure** (like steam from dishwashers without proper ventilation), **impact damage** from pots and pans, **chemical damage** from harsh cleaners, and **normal wear** on high-touch areas like door edges and drawer fronts. The warranty typically covers the finish integrity but not the underlying cabinet structure. Some contractors offer a **one-year touch-up service** included in their warranty, recognizing that even the best cabinet finishes may need minor touch-ups in heavy-use kitchens.

**Alberta's consumer protection laws** don't specifically regulate painting warranties, but contractors must honor any written warranty they provide. Always get warranty terms in writing before work begins, including what's covered, what's excluded, and the process for making warranty claims. The **Workers' Compensation Board (WCB) coverage** requirement means legitimate contractors carry insurance, which provides additional protection if warranty work is needed.

When evaluating cabinet painting warranties in Calgary, ask about the **specific products being used** — premium lines from Benjamin Moore Advance, Sherwin-Williams ProClassic, or conversion varnish systems justify longer

warranty periods. Question any contractor offering warranties longer than 5 years, as this often indicates unrealistic promises. Conversely, be wary of contractors offering less than 2 years on spray-finished work, as this suggests either inferior materials or lack of confidence in their process.

The most reputable Calgary cabinet painters will **walk through your kitchen** during the warranty period to assess any issues and determine whether they fall under normal wear or warranty coverage. They understand that kitchen cabinets endure significant daily use and that some touch-up work is normal even with the best finishes.

For major cabinet painting projects (\$5,000+), consider contractors who are established in Calgary with **verifiable references from recent projects**. The Calgary Construction Network directory at [calgaryconstructionnetwork.com](http://calgaryconstructionnetwork.com) includes cabinet painting specialists where you can compare warranty offerings and read about other homeowners' experiences with warranty service.

---

**Looking for experienced contractors?** The Calgary Construction Network connects homeowners with qualified professionals:

- Quality count construction Ltd.
- Durable Decks
- Royland Stucco
- Alpine Exteriors siding and roofing
- Radon Lab

[View all contractors ?](#)

## How much does it cost to have kitchen cabinets professionally painted in Calgary?

Professional cabinet painting in Calgary typically costs **\$3,000-\$8,000 for a standard kitchen**, with most homeowners paying around **\$5,000-\$6,500** for a quality spray-finished job. The wide price range reflects significant differences in preparation methods, paint quality, and finish techniques that dramatically affect both appearance and durability.

The cost breakdown depends heavily on your cabinet configuration and current condition. A galley kitchen with 15-20 cabinet doors and drawer fronts will run **\$3,000-\$5,000**, while a large kitchen with an island, pantry cabinets, and 30+ doors can reach **\$7,000-\$8,000**. The number of doors and drawer fronts matters more than square footage — intricate raised-panel doors cost more to prep and paint than simple flat-panel styles.

**Spray finishing versus brush-and-roll application** creates the biggest cost difference in Calgary's cabinet painting market. Professional spray finishing produces a smooth, factory-like finish that's worth the premium — expect to pay **\$5,000-\$8,000** for spray work versus **\$3,000-\$5,500** for brush-and-roll. Calgary's dry climate makes spray finishing particularly advantageous because it eliminates brush marks and creates a harder, more durable surface that resists the wear and tear of daily kitchen use.

Surface preparation drives much of the cost variation. Cabinets in good condition with minimal grease buildup and no previous paint failures require basic cleaning, light sanding, and priming — keeping costs at the lower end. However, many Calgary kitchens need extensive prep work: **grease removal** (especially around the stove), **filling old hardware holes** when changing handle styles, **repairing loose joints**, and **stripping failing paint or stain**. Heavy prep work can add **\$1,000-\$2,000** to the project cost.

Paint quality significantly affects both price and longevity. Professional cabinet painters in Calgary typically use **Benjamin Moore Advance, Sherwin-Williams ProClassic, or similar hybrid alkyd paints** that cure to a hard, durable finish. These paints cost **\$60-\$80 per gallon** but provide superior adhesion and scratch resistance compared to standard latex. The paint cost itself represents only **\$200-\$400** of the total project, but the application expertise makes the difference between a finish that lasts 8-10 years versus one that shows wear within 2-3 years.

Alberta's **WCB coverage requirements** mean legitimate painting contractors carry workers' compensation insurance, which adds to their operating costs but protects you from liability. Always verify WCB coverage before hiring — it's a sign of a professional operation and legally required for commercial work.

**Hardware replacement** often accompanies cabinet painting and can add **\$300-\$1,500** depending on your choices. Many Calgary homeowners upgrade from basic knobs to modern handles or soft-close hinges during the painting

process, which requires filling old holes and drilling new ones.

The timeline affects pricing too. Most professional cabinet painting takes **5-7 days** including drying time, during which your kitchen is largely unusable. Some contractors offer **off-site painting services**, removing doors and drawer fronts to their shop for spraying while painting the cabinet boxes in place — this premium service costs **10-20% more** but minimizes kitchen disruption.

For cabinet painting projects over **\$4,000**, consider getting quotes from multiple contractors. The Calgary Construction Network directory can help you compare local cabinet painting specialists who understand the specific challenges of Calgary's dry climate and can provide references from recent kitchen projects.

---

**Looking for experienced contractors?** The Calgary Construction Network connects homeowners with qualified professionals:

- Jk Stucco
- Makki Abatement
- Supreme Painting
- Durable Decks
- True North Overhead Doors

[View all contractors ?](#)

---

Q14

## Is chalk paint a good option for Calgary kitchen cabinets or does it wear off too quickly?

**Chalk paint is not recommended for Calgary kitchen cabinets** due to its poor durability in high-use areas and Calgary's extremely dry climate, which accelerates wear. While chalk paint creates beautiful vintage finishes on furniture, it simply cannot withstand the daily abuse that kitchen cabinets endure — constant touching, grease exposure, cleaning, and the opening/closing of doors and drawers.

Chalk paint's appeal lies in its ease of application and matte, chalky finish that requires minimal surface preparation. However, this same soft, porous surface that makes it easy to distress also makes it vulnerable to wear. In Calgary kitchens, where low humidity (often 15-20% in winter) causes paint films to become more brittle, chalk paint will show wear patterns within months. High-touch areas like cabinet handles, door edges, and drawer

fronts will develop shiny spots and eventually wear through to the underlying surface. The paint also absorbs cooking oils and moisture readily, leading to staining that cannot be cleaned without damaging the finish.

**Professional cabinet painters in Calgary consistently recommend hybrid alkyd or catalyzed lacquer systems** for kitchen cabinets because these provide the hardness and chemical resistance needed for daily use. Benjamin Moore's **Advance** paint (a waterborne alkyd) and Sherwin-Williams' **ProClassic** offer excellent durability while still providing smooth, furniture-like finishes. These paints cure to a much harder surface than chalk paint and can be cleaned repeatedly without wearing through.

If you're drawn to chalk paint's aesthetic, consider using it only on upper cabinets that receive minimal handling, while applying a more durable finish to base cabinets and drawers. Alternatively, achieve a similar matte look with regular latex paint in an eggshell or satin finish — brands like **Cloverdale Paint's Eco-Logic** or **Dulux Diamond** offer excellent durability with lower sheen levels.

For a successful cabinet painting project in Calgary's climate, proper surface preparation matters more than paint type. Clean all grease residue with TSP substitute, sand lightly to create adhesion, and always use a high-quality bonding primer like **Zinsser Cover Stain** or **Benjamin Moore Fresh Start**. Apply thin, even coats with a high-quality brush or foam roller, allowing full cure time between coats — especially important in Calgary's dry air where paint may feel dry but hasn't fully hardened.

**Cabinet painting requires spray equipment for professional results** and involves significant prep work including removing doors, masking surrounding areas, and ensuring proper ventilation. Most Calgary homeowners find better value hiring professionals who can deliver a factory-like finish that will last 8-10 years rather than attempting a DIY chalk paint job that may need refreshing within 2-3 years.

If you're planning a cabinet refresh, consider browsing painting contractors in the Calgary Construction Network directory to compare professionals who specialize in kitchen cabinet refinishing and can recommend the most durable finish options for your specific needs.

---

**Looking for experienced contractors?** The Calgary Construction Network connects homeowners with qualified professionals:

- Amar Homes Inc
- Premium Built Structures
- Besademolition
- Turnbull masonry
- Eshine Cleaning Services

Q15

## Should I have my cabinets painted on-site or does the painter remove them and paint off-site?

**On-site cabinet painting is standard for most Calgary kitchen renovations**, but off-site painting in a spray booth delivers superior results if you can manage the disruption. The choice depends on your budget, timeline, and quality expectations.

On-site cabinet painting costs \$3,000-\$5,500 for a typical Calgary kitchen and keeps your kitchen functional throughout most of the process. Professional painters mask everything, remove doors and drawer fronts, and spray or brush the cabinet boxes in place while taking the doors to their shop or garage for spraying. This hybrid approach works well because cabinet boxes are harder to remove and reinstall, while doors benefit most from controlled spray conditions. The painter typically completes the work in 3-5 days, with your kitchen out of commission for only 1-2 days during final assembly.

**Off-site cabinet painting in a dedicated spray booth produces the smoothest, most durable finish** — comparable to factory-quality results. This process costs \$5,000-\$8,000 but includes complete removal of doors, drawer fronts, and often the cabinet boxes themselves. Everything goes to a climate-controlled shop where multiple thin coats are applied with professional spray equipment, then baked or air-dried under ideal conditions. Calgary's dry winter air (15-20% humidity) makes achieving smooth finishes challenging on-site, so shop conditions provide better control over temperature, humidity, and dust.

The main drawback of off-site painting is kitchen disruption. You'll be without a functional kitchen for 1-2 weeks while cabinets are removed, painted, and reinstalled. Some painters provide temporary plywood countertops and basic cabinet functionality, but expect to rely heavily on your microwave and barbecue. Off-site work also requires careful measurement and planning — any installation issues become apparent only during reinstallation.

**For Calgary homeowners, consider on-site painting if** you have a busy household that can't manage extended kitchen downtime, you're working with a tight budget, or your cabinets are in good structural condition but just need a color refresh. The results are still professional-quality, especially when painters use high-end products like Benjamin Moore Advance or Sherwin-Williams ProClassic.

**Choose off-site painting for** high-end kitchen renovations where finish quality is paramount, cabinets that need significant repair work (easier in a shop setting), or situations where you're already doing major kitchen renovations and the kitchen will be disrupted anyway. Off-site painting also makes sense if you're dealing with lead paint on

older cabinets — proper containment and disposal are easier in a controlled shop environment.

Most Calgary painting contractors offer both options. Ask to see examples of their cabinet work and inquire about their spray booth facilities if considering off-site work. Verify they carry WCB coverage for the removal and reinstallation process, as cabinet work involves more liability than standard painting.

If you're planning a cabinet painting project in Calgary, the Calgary Construction Network directory at [calgaryconstructionnetwork.com](http://calgaryconstructionnetwork.com) includes painting contractors who specialize in kitchen cabinet refinishing and can help you compare both on-site and off-site options.

---

**Looking for experienced contractors?** The Calgary Construction Network connects homeowners with qualified professionals:

- Amar Homes Inc
- Keystone Exteriors
- Besademolition
- WestAim Construction Ltd.
- Earl's Paintworks

[View all contractors ?](#)

## How much does cabinet refinishing with a stained look cost compared to solid paint in Calgary?

**Cabinet refinishing with a stained finish typically costs \$4,000-\$9,000 for a standard Calgary kitchen, while solid paint refinishing runs \$3,000-\$7,000.** The stained look requires more labor-intensive preparation and multiple product layers, driving the higher cost, but many Calgary homeowners choose stain to showcase the natural wood grain that complements the city's mountain-modern aesthetic.

The price difference comes down to process complexity. **Stained cabinet refinishing** requires stripping the existing finish completely, sanding to bare wood, applying wood conditioner, stain application (often multiple coats for even color), and protective topcoat application. Professional refinishers in Calgary typically charge \$150-\$250 per door and drawer front for stained finishes. The process takes 3-5 days longer than paint because each stain coat must penetrate and dry completely before the next application.

**Solid paint refinishing** can often work over existing finishes with proper preparation — cleaning, light sanding, and primer application. The paint provides its own protection and coverage, eliminating multiple stain and topcoat layers. Calgary painters typically charge \$100-\$180 per door and drawer front for quality paint finishes. Benjamin Moore Advance and Sherwin-Williams ProClassic are popular choices for their durability and smooth finish in Calgary's dry climate.

**Material costs also differ significantly.** Quality wood stains like Varathane or Minwax Professional run \$40-\$60 per quart, plus you need separate topcoats (polyurethane or lacquer) at \$35-\$50 per quart. Paint systems are more economical — premium cabinet paint runs \$45-\$65 per quart and serves as both color and protection. A typical Calgary kitchen requires 2-3 quarts of stain plus 2-3 quarts of topcoat, versus 2-3 quarts total for paint.

Calgary's extreme temperature swings from chinooks affect both finishes differently. **Stained cabinets with polyurethane topcoats** can develop hairline cracks from thermal cycling, especially on kitchen islands near patio doors. **Paint finishes** using flexible acrylic formulations handle temperature changes better but may show wear patterns more readily on high-touch areas like handles and edges.

For DIY refinishing, **paint is significantly more forgiving** for Calgary homeowners. Brush marks level out better, color consistency is easier to achieve, and mistakes can be sanded and recoated. Staining requires perfect technique — any overlap marks or uneven application shows permanently. Calgary's low winter humidity (15-20%) makes stain application particularly challenging, as products dry too quickly for proper blending.

**Consider your existing cabinets carefully.** If you have quality hardwood like oak, maple, or cherry, the stained look maximizes your investment and suits Calgary's preference for natural materials. If your cabinets are laminate,

MDF, or lower-grade wood, paint provides better coverage and value. Many Calgary neighborhoods like Mount Royal and Elbow Park favor stained finishes that complement heritage home character, while modern areas like Mahogany and Cranston often choose painted cabinets for clean, contemporary looks.

Professional cabinet refinishing is strongly recommended for either finish. The spray equipment, dust-free environment, and curing time required for quality results make this a challenging DIY project. If you're considering cabinet refinishing in Calgary, the Calgary Construction Network directory can help you compare local professionals who specialize in both stained and painted finishes.

---

**Looking for experienced contractors?** The Calgary Construction Network connects homeowners with qualified professionals:

- Quality count construction Ltd.
- Eshine Cleaning Services
- Durable Decks
- Earl's Paintworks
- Dealtwith.

[View all contractors ?](#)

---

Q17

## How many coats of paint do kitchen cabinets need to get a factory-smooth finish in Calgary?

Kitchen cabinets need **five to seven total coats** to achieve a factory-smooth finish in Calgary: one coat of high-quality bonding primer, two to three base coats of paint, and two coats of protective topcoat. This assumes you're using a **spray application method** — brush and roller work simply cannot deliver the glass-smooth finish that defines professional cabinet work.

Calgary's extremely dry winter air (15-20% humidity) actually works in your favor for cabinet painting, as each coat dries quickly and levels well. However, this same dry air means you need to work fast and use **paint conditioners like Floetrol** to prevent brush marks and maintain a wet edge. The low humidity also means dust settles quickly on wet surfaces, so cabinet painting requires a clean, controlled environment — ideally a dust-free garage or basement workshop.

The primer coat is absolutely critical for cabinet durability. Use a **high-adhesion bonding primer** like Benjamin Moore Fresh Start or Sherwin-Williams ProClassic Bonding Primer. This ensures your paint system adheres properly to the existing cabinet finish, whether it's laminate, wood, or previously painted surfaces. Skip the primer and your beautiful finish will chip off within months of normal kitchen use.

For the paint itself, **Benjamin Moore Advance** and **Sherwin-Williams ProClassic** are the gold standards for cabinet work in Calgary. These waterborne alkyd paints level like oil-based products but clean up with water and have lower odor — important when painting inside Calgary homes during winter months when you can't open windows. Apply two thin coats rather than one thick coat, sanding lightly with 220-grit paper between coats.

The final topcoat system separates amateur from professional results. Apply two coats of **water-based polyurethane** or a specialized cabinet topcoat like **General Finishes High Performance**. This protects against the constant wear that kitchen cabinets endure — grease, moisture, cleaning products, and daily handling.

Alberta's building code doesn't regulate cabinet painting, but proper ventilation is essential when using any paint products indoors. Even low-VOC paints require adequate air circulation, and spray application demands proper respiratory protection and ventilation systems.

**Hire a professional for cabinet painting** unless you have spray equipment, a dust-free workspace, and experience with multi-coat systems. The material cost difference between DIY and professional work is minimal — maybe \$500-800 — but the labor investment is enormous. Professional cabinet painters have spray booths, proper lighting, and the experience to deliver consistent results. A botched DIY cabinet job costs far more to fix than hiring a pro initially. You can find experienced cabinet painters through the Calgary Construction Network directory to compare quotes and see examples of their spray-finish work.

---

**Looking for experienced contractors?** The Calgary Construction Network connects homeowners with qualified professionals:

- Element Painting Inc.
- BOND CONTRACTING & CONSTRUCTION INC
- WestAim Construction Ltd.
- Greenstone landscaping solutions
- Calgary Garage Builders Ltd

[View all contractors ?](#)

## How much does it cost to paint bathroom vanity cabinets in Calgary if I'm already doing the kitchen?

**Painting bathroom vanity cabinets when you're already having kitchen cabinets painted typically costs \$300-800 in Calgary, depending on the size of the vanity and whether you're adding it to an existing professional job or doing it yourself.**

When you're already having kitchen cabinets professionally painted, most Calgary contractors will add bathroom vanities at a reduced rate since they're already set up with spray equipment and have materials on site. A standard single-vanity bathroom typically adds \$300-600 to your total project cost, while a large master bathroom with double vanities might add \$600-800. This represents significant savings compared to hiring a painter specifically for just the bathroom vanity, which would cost \$800-1,500 as a standalone project due to setup and minimum job requirements.

The cost depends heavily on the vanity configuration. A simple two-door, one-drawer vanity requires minimal prep and painting time. However, Calgary's popular raised-panel and Shaker-style vanities with multiple drawers, doors, and face frames require more detailed work. If your bathroom vanity has the same wood species and existing finish as your kitchen cabinets, the prep work is streamlined. Different materials or finishes may require separate primer or additional prep steps.

**Professional spray finishing is strongly recommended for bathroom vanities** due to the high-moisture environment. Calgary's dry climate means bathroom humidity levels fluctuate dramatically, and a quality spray finish provides better moisture resistance than brush-and-roll application. Most professional painters use waterborne alkyd or hybrid enamel paints for bathroom vanities — these offer the durability of oil-based paint with easier cleanup and lower VOCs required under Alberta regulations.

If you're planning to DIY the bathroom vanity while having the kitchen done professionally, expect to spend \$100-200 on materials: primer, paint, brushes, rollers, and sandpaper. However, achieving a smooth finish that matches your professionally sprayed kitchen cabinets is challenging without spray equipment. The texture difference will be noticeable, and brush marks are difficult to avoid on raised-panel doors.

**Timing is crucial when adding bathroom vanities to a kitchen cabinet project.** Professional painters typically remove cabinet doors and drawer fronts to spray them in a controlled environment, then reinstall after curing. Your bathroom vanity should follow the same timeline to ensure consistent finish quality and proper curing time.

Consider hiring the professional painter to handle your bathroom vanity as part of the kitchen project. The modest additional cost delivers consistent finish quality, proper moisture resistance for Calgary's climate conditions, and

eliminates the hassle of coordinating separate projects. Most Calgary painting contractors prefer to complete all cabinet work in one visit rather than return for small add-on jobs.

If you're looking for a painting contractor in Calgary to handle both your kitchen and bathroom cabinets, the Calgary Construction Network directory can help you compare local professionals and read reviews from other homeowners who've completed similar cabinet painting projects.

---

**Looking for experienced contractors?** The Calgary Construction Network connects homeowners with qualified professionals:

- Calgary Garage Builders Ltd
- Radon Lab
- Bracha Concrete & Coatings Inc.
- Johnny B's Painting
- ProPainting Solutions Inc

[View all contractors ?](#)

---

## What's the best primer for painting over dark stained cabinets without the old colour bleeding through?

**Shellac-based primer is your best defense against bleed-through when painting over dark stained cabinets.**

BIN by Zinsser (available at most Calgary Home Depot and Sherwin-Williams locations) is the gold standard for blocking tannins, stains, and dark colours from bleeding through your topcoat. This alcohol-based primer bonds to virtually any surface and creates an impermeable barrier that prevents the dark stain from migrating through your paint.

The science behind bleed-through is straightforward: dark wood stains contain dyes and tannins that are soluble in water and some solvents. When you apply water-based paint directly over these stains, moisture reactivates the colourants, causing them to migrate upward through the paint film. This creates the dreaded "ghosting" effect where your beautiful white or light-coloured cabinets develop brown or yellow patches within days or weeks. In Calgary's dry climate, this process can actually happen faster than in humid regions because the paint dries quickly, concentrating the migrating stains.

**Kilz Original** (oil-based) is another excellent option available at Calgary paint stores. While it takes longer to dry than shellac primer, it provides superior adhesion on glossy surfaces and excellent stain-blocking properties. For homeowners concerned about odour, **Kilz Odorless** offers similar performance with reduced fumes, though it's slightly less effective on severe bleed-through situations.

### Surface Preparation is Critical

Before applying any primer, thoroughly clean the cabinets with TSP (trisodium phosphate) or a degreasing cleaner to remove cooking oils, grease, and grime. Light sanding with 150-grit sandpaper helps the primer adhere better, especially on glossy polyurethane finishes common on Calgary kitchen cabinets. You don't need to sand down to bare wood — just scuff the surface enough to give the primer "tooth" to grab onto.

For the topcoat, use a high-quality **alkyd enamel** like Benjamin Moore Advance or Sherwin-Williams ProClassic for the most durable finish. These hybrid formulations offer the hardness of oil-based paint with easier water cleanup. In Calgary's dry climate, these paints level beautifully and cure to a furniture-like finish that resists chips and scratches.

**Professional spray application** produces the smoothest finish on cabinets, but requires proper ventilation and dust-free conditions. Most Calgary painting contractors charge \$5,000-\$8,000 for a complete kitchen cabinet refinishing including removal, spray priming, and two topcoats. DIY cabinet painting can save money but requires patience, proper equipment, and realistic expectations about the final finish quality.

If you're planning a cabinet painting project, consider consulting with painting professionals through the Calgary Construction Network directory to compare approaches and get realistic timelines for your specific kitchen layout.

---

**Looking for experienced contractors?** The Calgary Construction Network connects homeowners with qualified professionals:

- Paysons Painting
- PLATINUM Pool & Spa Services Ltd
- G.D.K Drywall LTD.
- Upper Cut Landscaping LTD
- Wise Abatement

[View all contractors ?](#)

---

Q20

## Do painted cabinets hold up well in Calgary's dry climate or do they chip and peel faster?

Painted cabinets actually perform **better** in Calgary's dry climate than in humid regions, but they face unique challenges from our extreme temperature swings and low humidity that require specific preparation and paint choices to achieve lasting results.

Calgary's dry climate works in favor of painted cabinets because moisture is the primary enemy of cabinet paint adhesion. In humid climates like Vancouver or Toronto, steam from cooking and dishwashing can penetrate paint films and cause peeling around hinges and edges. Calgary's 15-20% winter humidity eliminates this moisture concern, but creates different challenges that many homeowners and even some painters don't anticipate.

The main threat to painted cabinets in Calgary comes from **thermal cycling** during chinook events. Kitchen cabinets near exterior walls or windows experience rapid temperature changes when chinooks hit, causing the wood substrate to expand and contract. If the paint film isn't flexible enough, it develops hairline cracks that eventually lead to chipping around high-touch areas like door edges and drawer fronts. This is why **100% acrylic latex paint** specifically formulated for trim work is essential — brands like **Benjamin Moore Advance** or **Sherwin-Williams ProClassic** offer the flexibility needed for Calgary conditions.

Surface preparation becomes critical in our dry climate because existing finishes become brittle and chalky. Many cabinet painting failures in Calgary happen because contractors skip proper sanding and priming. The wood itself loses moisture content in our dry air, which can cause new paint to be absorbed unevenly if not properly sealed. A quality **bonding primer** like Zinsser Bulls Eye 1-2-3 or Benjamin Moore Fresh Start is non-negotiable for lasting results.

**Professional spray application** significantly outperforms brush and roll work for cabinet painting in Calgary. The smooth, even film thickness from spraying flexes better with temperature changes and resists chipping at edges where brush marks create weak points. Expect to pay **\$5,000-\$8,000** for professional spray finishing of a standard Calgary kitchen versus \$3,000-\$5,500 for brush application — the durability difference justifies the cost.

Calgary homeowners should avoid painting cabinets during winter months when indoor humidity drops below 20%. The paint dries too quickly, preventing proper levelling and adhesion. Spring and fall offer ideal conditions with moderate temperatures and higher humidity from seasonal weather patterns.

For DIY cabinet painting, use **paint conditioners** like Floetrol during dry periods to slow drying time and improve flow. Work in smaller sections and maintain consistent room temperature. However, cabinet painting requires significant skill to achieve a smooth, professional finish that won't show brush marks or roller texture — imperfections become more visible on the smooth surfaces of cabinet doors compared to textured walls.

Consider hiring a professional for cabinet painting projects. The specialized equipment, controlled spray environment, and experience with Calgary's climate conditions typically result in a finish that lasts 8-12 years versus 3-5 years for most DIY attempts. If you're looking for a painting contractor in Calgary, the Calgary Construction Network directory can help you compare local professionals who specialize in cabinet refinishing.

---

**Looking for experienced contractors?** The Calgary Construction Network connects homeowners with qualified professionals:

- Besademolition
- Makki Abatement
- Calgary Garage Builders Ltd
- Royland Stucco
- Premium Built Structures

[View all contractors ?](#)

## What preparation is needed before painting laminate cabinets in my 1990s Calgary home?

Laminate cabinet painting requires aggressive surface preparation because the smooth, non-porous surface provides virtually no mechanical adhesion for paint. **The key is creating "tooth" through sanding and using a high-performance bonding primer** — without proper prep, your paint will chip and peel within months, especially in Calgary's dry climate where paint films become more brittle.

Start by removing all cabinet doors, drawers, and hardware. Clean every surface thoroughly with TSP (trisodium phosphate) or a degreasing cleaner like Krud Kutter to remove years of cooking grease and grime — this step is critical because any residue will prevent primer adhesion. In Calgary's low-humidity environment, laminate surfaces often accumulate static that attracts dust and cooking particles, so multiple cleaning passes may be necessary.

**Sand all surfaces with 150-grit sandpaper to break the laminate's glossy surface.** You're not trying to sand through the laminate — just scuff it enough to give the primer something to grip. Pay special attention to edges and corners where laminate often lifts slightly. Use a tack cloth to remove all sanding dust, then clean again with denatured alcohol to ensure a completely clean surface.

The primer choice makes or breaks laminate cabinet painting. **Use a high-adhesion bonding primer like Benjamin Moore Fresh Start Multi-Surface Primer, Sherwin-Williams ProClassic Bonding Primer, or Zinsser Cover Stain.** These primers are specifically formulated to bond to slick surfaces. Apply thin, even coats — thick primer coats are more likely to chip. In Calgary's dry winter air, add Floetrol or similar paint conditioner to prevent the primer from drying too quickly and creating adhesion problems.

For the finish coats, use a high-quality semi-gloss or satin paint designed for trim and cabinets. **Benjamin Moore Advance, Sherwin-Williams ProClassic, or General Finishes Milk Paint** all perform well on laminate when properly primed. These paints cure to a harder, more durable finish than standard wall paint. Apply two thin coats rather than one thick coat, allowing full cure time between coats — typically 4-6 hours in Calgary's dry climate.

**Professional cabinet painting is worth considering for laminate cabinets** because spray application provides a smoother finish than brush and roller, and experienced painters have the equipment and expertise to achieve furniture-quality results. Expect to pay \$5,000-\$8,000 for a professional spray finish on a standard kitchen versus \$3,000-\$5,000 for DIY brush and roller work.

If you're looking for a painting contractor in Calgary who specializes in cabinet refinishing, the Calgary Construction Network directory includes professionals experienced with laminate cabinet transformations throughout the Calgary area.

---

**Looking for experienced contractors?** The Calgary Construction Network connects homeowners with qualified professionals:

- Canadian Closet
- Hebron Painting
- Allure Residential & Commercial inc
- Premium Built Structures
- UR COWRY CABINETS

[View all contractors ?](#)

---

## Should I get my oak cabinets painted white or would a two-tone look work better in my Bridgeland kitchen?

**White oak cabinets will give your Bridgeland kitchen a classic, timeless look that works beautifully with the neighbourhood's mix of heritage character and modern updates, while two-tone cabinets offer more visual interest and can help define different functional areas in your kitchen.** Both options work well in Calgary's intense natural light, but your choice should depend on your kitchen's size, layout, and your personal style preferences.

White painted oak cabinets are extremely popular in Calgary right now and for good reason. The transformation from honey oak to crisp white instantly modernizes any kitchen while maintaining the quality craftsmanship of solid wood construction. In Bridgeland's heritage homes, white cabinets complement both the original character details and contemporary renovations that many homeowners have added. Calgary's abundant natural light — intensified by our elevation — makes white cabinets appear bright and clean rather than stark. The key is choosing the right white: **Benjamin Moore Cloud White** or **Sherwin-Williams Pure White** are proven performers that don't look cold or institutional in our Prairie light.

Two-tone cabinet schemes offer more design flexibility and can solve specific layout challenges. Popular combinations include white upper cabinets with navy, charcoal, or natural wood-stained lowers, or painting just the kitchen island a contrasting color while keeping perimeter cabinets white. This approach works particularly well in Bridgeland's open-concept renovations where you want to define the kitchen space within a larger living area. Two-tone designs also hide wear better on lower cabinets that see more daily use.

**Professional cabinet painting in Calgary typically costs \$5,000-\$8,000 for a standard kitchen** when done with proper spray equipment and multiple coats. The process involves removing doors and drawer fronts, thorough cleaning and deglossing, filling oak's open grain with wood filler, priming with a high-adhesion bonding primer, and applying two coats of high-quality paint. Many Calgary painters use **Benjamin Moore Advance** or **Sherwin-Williams ProClassic** — both are waterborne alkyd paints that cure to an extremely durable, furniture-like finish that resists chipping and yellowing.

Consider your kitchen's specific conditions when deciding. If you have a smaller Bridgeland kitchen typical of heritage homes, white cabinets will make the space feel larger and brighter. If you have a larger, renovated kitchen with good natural light, two-tone cabinets can add sophistication without overwhelming the space. Also think about your countertops and backsplash: white cabinets pair with virtually anything, while two-tone schemes require more careful coordination.

The biggest mistake Calgary homeowners make with cabinet painting is trying to brush and roll the finish themselves. Oak's prominent grain telegraphs through brush marks, and achieving a smooth, professional finish requires spray equipment, proper ventilation, and experience with the products. A quality spray finish will last 8-10 years with normal use, while a DIY brush job often shows wear within 2-3 years.

For a project this significant, hiring a professional painter with cabinet experience is worth the investment. You can browse painting contractors who specialize in cabinet refinishing through the Calgary Construction Network directory to compare options and see examples of their work in other Calgary homes.

---

**Looking for experienced contractors?** The Calgary Construction Network connects homeowners with qualified professionals:

- Wall Style Innovations
- Alpine Exteriors siding and roofing
- Radon Lab
- Hebron Painting
- Amar Homes Inc

[View all contractors ?](#)

---

Q23

## Can I use my kitchen while the cabinets are being painted or do I need to plan meals elsewhere?

**You'll need to plan meals elsewhere during most of the cabinet painting process**, which typically takes 3-5 days for a complete kitchen. Professional cabinet painting requires removing doors and drawer fronts for spray finishing, leaving you with exposed cabinet boxes and limited access to dishes, cookware, and appliances.

The cabinet painting timeline creates specific challenges for kitchen use. On day one, painters remove all doors and drawer fronts, mask appliances, and begin prep work on the cabinet boxes. You'll lose access to most storage and your kitchen becomes a work zone filled with equipment, drop cloths, and drying racks. Days two and three involve priming and painting the cabinet boxes in place, which means strong paint odors and restricted access to countertops, sinks, and appliances. The doors and drawer fronts are typically painted off-site in a spray booth or garage setup, then need 24-48 hours to fully cure before reinstallation.

**Alberta's building ventilation requirements** become important during cabinet painting, especially in Calgary's dry winter months when windows stay closed. Professional painters must ensure adequate ventilation when using oil-based primers or conversion varnishes, which are common for cabinet work. The combination of paint fumes and limited air circulation makes the kitchen unsuitable for food preparation during the painting process.

**Plan your meals around the painting schedule** by stocking up on takeout menus, preparing freezer meals in advance, or arranging to eat at friends' or family members' homes. Set up a temporary beverage station in another room with a mini-fridge, coffee maker, and basic supplies. Move frequently used dishes and cookware to a dining room or basement area before work begins. Consider this an opportunity to clean out your kitchen and declutter before the painters arrive.

**Professional cabinet painting delivers superior results** compared to DIY brush-and-roll methods, especially for the smooth, durable finish that Calgary homeowners expect. The spray application eliminates brush marks and provides even coverage that stands up to daily use, grease, and moisture. Most Calgary cabinet painting contractors charge \$5,000-\$8,000 for a complete kitchen and include removal, prep, priming, two coats of finish, and reinstallation. The temporary inconvenience pays off with a finish that looks like new cabinets at a fraction of replacement cost.

If you're considering cabinet painting in Calgary, the Calgary Construction Network directory includes experienced cabinet refinishing specialists who can provide detailed timelines and help you plan around the work schedule.

---

**Looking for experienced contractors?** The Calgary Construction Network connects homeowners with qualified professionals:

- Mike's Restoration Service
- Bracha Concrete & Coatings Inc.
- Mr & Mrs Paintastic Inc
- UR COWRY CABINETS
- Upper Cut Landscaping LTD

[View all contractors ?](#)

**Disclaimer:** This guide is provided for informational purposes only by Calgary Paint Contractors. It does not constitute professional advice. Always consult qualified, licensed contractors and your local building authority before starting any painting project. Information is current as of April 5, 2026 and may change. Visit [calgarypaintcontractors.com](http://calgarypaintcontractors.com) for the latest answers.