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[General Keywords] 1

**Keyword competitiveness varies based on the region. For this general guide, we will be using all of Canada as the region. Keywords with high monthly searches and low competition are the most optimal keywords.*

Insulation Contractors-Cooling & Heating

[General Keywords – no SEO documents found]

Keyword	Monthly Searches	Competition

1. Insulation	○ 1k-10k	○ Low
2. Asbestos insulation	○ 1k-10k	○ Low
3. R value	○ 1k-10k	○ Low
4. Blown in insulation	○ 1k-10k	○ Medium
5. Spray foam	○ 1k-10k	○ Medium
6. Spray foam insulation	○ 1k-10k	○ High
7. Attic insulation	○ 1k-10k	○ High
8. Batt insulation	○ 100-1k	○ Low