

22 IDEAS FOR CREATING A SPA-INSPIRED BATHROOM

Ever wish you could experience the feeling of spending the day at a luxurious hotel, unwinding in a relaxing sanctuary, all over again at home? Well, here are our top tips and pick of the latest designs to help make it happen

Words: Yvette Murrell

1

DO THE DOUBLE

"Spa bathrooms are more than a luxury," says Adam Chinn, marketing director for bathroom brand Asquiths. "They are about emotion and recreating a feeling of ultimate relaxation and wellbeing." Whether you like to share or want more space, side-by-side overhead showers emulate a set-up often found in hotels and spas. Asquiths's Tranquil square 30cm slim showerhead, £250, is shown with a ceiling-mounted arm, £50; square wall-mounted handset, £95; concealed thermostatic square temperature control valve, £215; and concealed square diverter valves, £115 each. Also pictured is the single tube radiator in mineral anthracite, £688, with towel rail accessory, £146.



2

SPLURGE ON A SAUNA OR STEAMROOM

Both instantly spring to mind when we think about spas – but imagine having your own. As a worthy investment, the Effegibi Yoku sauna is an easy-to-install modular set-up available in three sizes, starting from £28,000 and 174 x 132cm.



5

PLAN A GRAND ENTRANCE

A glass doorway can allow light to flood the space, especially an ensuite, and make it feel more open. Form modular vanity base unit in Bianco Polymer, £2197.20, and lit wall unit in Titanio Metal lacquer, £1143.60, from Alternative Bathrooms.



6

THINK ABOUT THE VANITY AREA

“Having enough space is essential. Focus on classic luxury and quality, using materials such as natural marble, mirrored glass, and polished metal around the vanity for a high-end look,” advises James Lentaigne, creative director at Drummonds. Display a few decorative bottles and towels, so the countertop can be seen in full and clutter is kept at bay. Pictured are the Double Craze vanity unit in with Atlantic Grey marble, £9540; two Mull three-hole basin mixer sets, £1170 each; and Round Tilt mirrors, £780 each, all in a nickel finish, from Drummonds.

7

RECESS YOUR STORAGE

If space allows, building out a stud wall in your bathroom can not only allow you to hide unsightly pipework, it will also enable you to create a shelf to house bottles and candles ready to create a calm and relaxed atmosphere when you need it. Plus they look stylish, too. This Ripples bathroom project cost £13,000.

3

TAKE A SEAT

Not only is it nice to sit back and relax, there's a practical element to having a perch in the shower – it's a great option for multi-generational households, as it allows less mobile members of the family to get clean without risking a fall. The Brooklyn wall-mounted shower with slimline handset and controls in polished copper, £4597, from The Watermark Collection.



4

OPT FOR OPULENCE

Luxury spas often influence which brassware we choose for our homes. Opt for gold or bronze tones to add warmth. Shown is the THG Paris Island gold finish three-hole basin mixer, £3175, with Daum crystal handles.



8

GET A DOUBLE-ENDED BATH

A long soak is the ultimate way to unwind and a good-sized bath will help make this a more frequent occurrence. A double-ended freestanding tub with no end tap holes, such as The Albion Bath Company's Origine bath, from £2630, will mean no one will be uncomfortable when leaning back. At 162cm-long x 69cm-wide, this model is big enough for two.

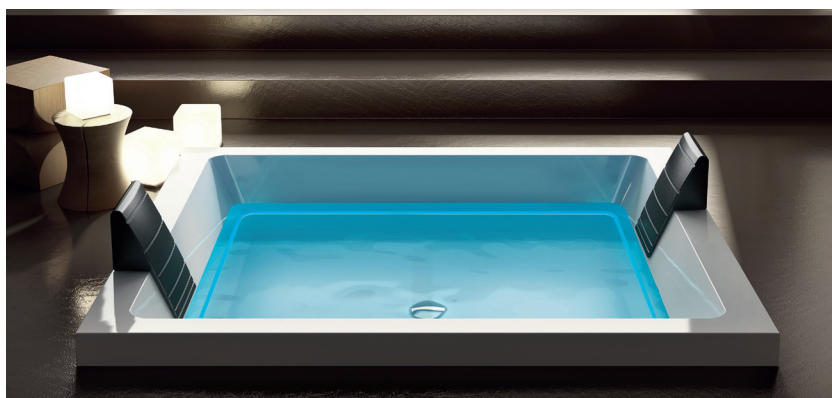




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CONSIDER COLOUR THERAPY

Newform's Floating showerheads, £4524 for an overhead design, including controls and a secondary handset, provide chromotherapy for a relaxing experience. The theory behind this method suggests exposure to certain tones helps rebalance the body and mind – magenta, for example, gets you going, while green is calming. Shades available are a warm white, emerald, red-pepper, magenta, cornflower, and sky-blue.



10

INDULGE IN HYDROMASSAGE

Whether freestanding or built in, Tresse's Dream whirlpool bath series features 18 discreetly hidden jets and a headrest so you can fully relax, plus it's spacious enough to comfortably fit two. The Dream 200 shown is priced £7200.

11

KEEP YOUR TOWELS WARM

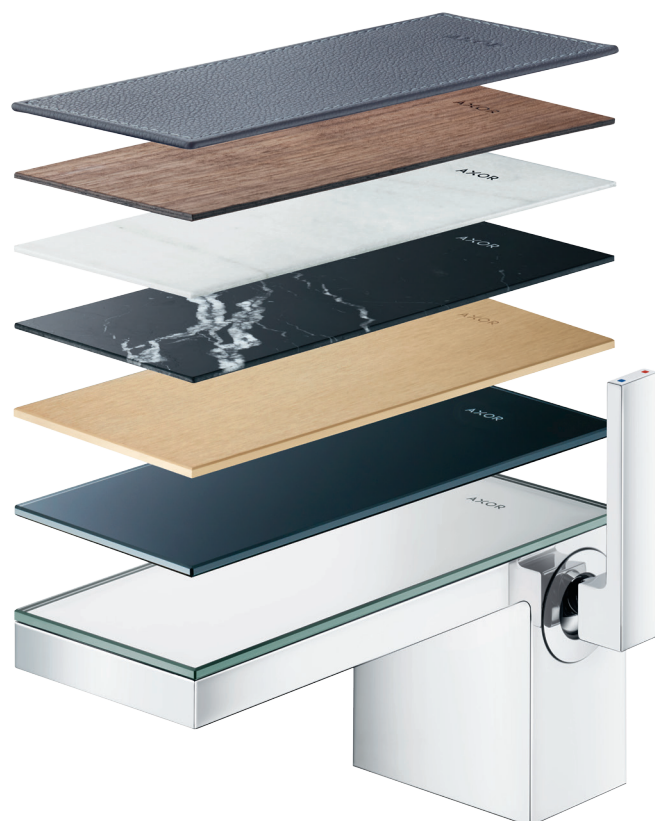
Stepping out of the bath or shower and wrapping yourself in toasty terrycloth is bliss – so why not enjoy it every day? A heated rail not only allows you to have a spa-style stack of towels to hand, it will warm the room too. Frontline Bathrooms' Joanna, from £395, comes in an on-trend rose gold finish, as well as gold or chrome, measuring either 80 x 50cm or 120 x 50cm.



12

CUSTOMISE YOUR STYLE

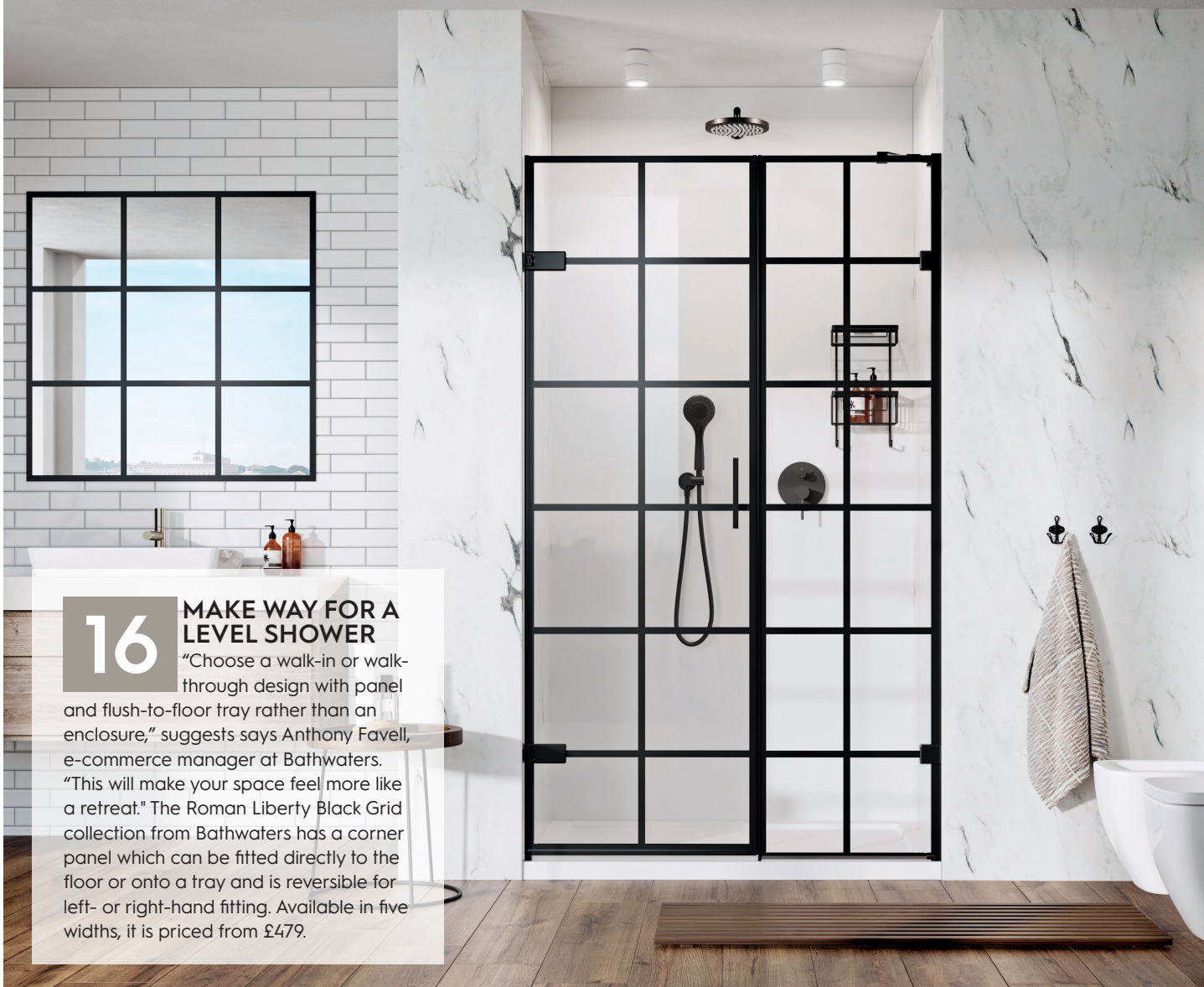
Putting your own stamp on a bathroom can make it feel more personal. Opt for finishes such as wood, leather, or glass to create a statement often seen in hotels and spas. Most mixers come in standard chrome or brass, but the likes of Axor's MyEdition mixer, from £574.17, offer a wide range of alternative looks.





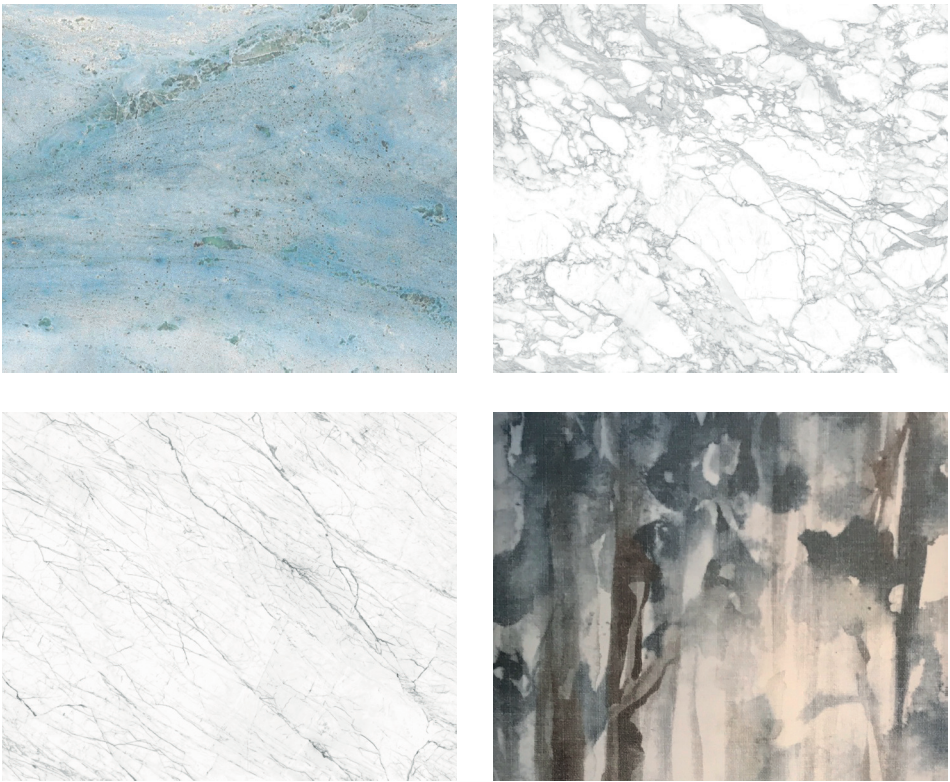
13 MAKE IT METALLIC

For an instant hit of glamour, bring in elements of gold. A popular look, this trend can range from a tap or a tile to creating a bold design statement with a freestanding bath – now that’s a focal point. Heritage Bathrooms’ Holywell metallic effect freestanding bath, £2250, is paired with the Somersby standing bath mixer in chrome, £895.



16 MAKE WAY FOR A LEVEL SHOWER

“Choose a walk-in or walk-through design with panel and flush-to-floor tray rather than an enclosure,” suggests says Anthony Favell, e-commerce manager at Bathwaters. “This will make your space feel more like a retreat.” The Roman Liberty Black Grid collection from Bathwaters has a corner panel which can be fitted directly to the floor or onto a tray and is reversible for left- or right-hand fitting. Available in five widths, it is priced from £479.



17 GO BIGGER WITH FLOORING

Large-format tiles visually expand a space, which is why they are often found in resorts. “Using cool greys, taupe, and darker tones can create a luxurious atmosphere – essential for an at-home spa experience,” says Chris Grainger, managing director at Stone & Ceramic Warehouse. Shown are (from top left) the Gaia Blue polished marble-effect tile, £180 per sq m; Coliseum Arabescato slab tile, from £144 per sq m; Coliseum Carrara slab tile, from £144 per sq m; Rainforest patterned tile, from £216 per sq m.



15 SWAP YOUR SHOWERHEAD

A simple way to make mornings feel a little more luxurious is to incorporate a rainfall shower – a feature found in most spas, drenching you in an refreshing downpour. Hansgrohe’s Raindance E overhead shower, £620, mimics raindrops and can still work alongside a handset – which makes cleaning easier too – so you can get the best of both worlds. Don’t forget to check your home has sufficient water pressure for a large showerhead before you buy, or you’ll find a dribble rather than a drench – and we don’t want that.

14 SELECT YOUR SPRAY FUNCTION

With three water patterns to choose from – a misty Rainair, a steady normal spray, and a Laminar setting which projects a fountain-like flow – as well as an ambient white light, Axor’s Showerheaven 1200 can also be angled at different zones for an invigorating shower experience. Sounds good, right? Available in stainless steel, priced from £10,470.



18 FOCUS ON WELLBEING

“Once a purely functional space, the bathrooms of today have become a place to escape to, refresh, recharge and indulge in, and to seek sanctuary from the demands and pressures of everyday life,” says Barry Hoyne, commercial director at Merlyn. “Maximising space, even in the smallest of areas, will make it appear less enclosed and therefore calmer, so you’ll feel more inclined to unwind,” he adds. The Arysto Six one-door offset quadrant shower enclosure, from £1018.80, features the brand’s signature glass cut away, which creates a floating appearance, allows more light in, and helps create a greater sense of space.





19 SET THE MOOD WITH LIGHTING

Task illumination is important for shaving or putting on makeup, but the ambience really sets a spa-like space apart. Recreate this at home with dimmable fixtures and highlight aspects through tactically placed pools of light on the walls, in the shower, or in storage units. All bathroom lighting must be rated at least IP44 – IP65 if in a shower and IP67 if it is fully submerged. Kohler's Veil pedestal basin, £1696.82; Veil lighted mirror, price on application, both from West One Bathrooms.

20 HEAT THE FLOOR

There are two types of underfloor heating. Electric, or dry systems consist of mats or electric coils and are often more affordable and easier to install, while wet designs carry water through pipes and require professional installation. Whichever you choose, make sure the floor covering is compatible.

21 REMEMBER FINISHING TOUCHES

"If you're looking for a quick update, accessories can still easily achieve a spa atmosphere," says Karen Sperrin at Pure Bathroom Collection – think bath racks, storage baskets, or decorative bottles. Extendable bath rack in chrome or nickel, £249.



22 CLEAR THE CLUTTER

"A bathroom is brought to life with smaller details, but to keep a sleek look you'll need proper storage," says Barrie Cutchie, design director at BC Designs. "If you've located your bath or shower in the middle of the room, consider a side table or in-built shelves to keep essentials close." The Kurv bath from BC Designs uses volcanic lava, which both retains heat for longer and is warm to touch. Priced £3420. **KBB**

For stockists turn to p156