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A Welcome Retreat

Tips for transforming a bathroom into a spa-like experience

A WELL-DESIGNED BATHROOM can make you a better person, which may seem like a bold statement, but it's not. The focus should be on the details – from design to specific features that can take on a variety of forms like upgrading the shower with aromatherapy, steam and speakers. Each client is unique, and what they see as a luxury should be the focus. For one person, that may be spa-like features to help unwind after a stressful day; for others, it may be speakers so they are able to listen to a podcast while getting ready for the day. To create a calm and luxurious bathroom at home, the goal is to always provide your clients with exactly what they want in a spa-like space.

TRANSFORMING THE SHOWER & ADDING TECH

The request we get most often is to create a spa-like experience for them at home. We then tailor the design to the space of their dreams, which often includes an area for sitting and steaming along with added technology, including heated floors for when they finally step out.

Typically, clients come to us for a complete remodel and are often most focused on how we can transform the shower experience. One way for design pros to create a spa-like bathroom at home is to include double showers. We often recommend rainheads, hand-held features and multiple faucets to create a truly relaxing experience. Another option is adding a body sprayer, which we will customize to their height so it hits perfectly. When it comes to the showerheads, it is important to make sure that they are not too far from each other; a good rule of thumb would be to position them roughly 1 foot away from one another.

ABOVE This spa-like bathroom features nine different showerheads, including six additional body jets, the shower exudes luxury, and a steam shower with tiled walls and marble mosaic inside and outside for a clean and sleek look. Everything is controlled by the digital pad outside the shower and behind the walls, and a Schluter waterproofing system keeps the bathroom dry and mold-free for many years to come.

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Another popular addition is adding technology where everything can be controlled from your phone or a touchpad on the wall. When incorporating easily accessible and functional technology, the focus can be on relaxation with an easy click of a button and one point of control, rather than having to move all over to tweak various parts of the bath.

DON'T FORGET THE DETAILS

When it comes to design specifics for tile and countertops, dark colors like charcoal are a great choice. This palette can create a calming and moody environment while also giving a tonal look, which is very sleek and clean. Ultimately, this results in minimal distractions so your clients can relax. If they are looking for something lighter, both marble and stone are beautiful, and we often match that same stone on the countertop so it's uniform.

Furthermore, it is crucial to consider the layout of the bathroom. I recommend always dividing the vanity so each person has their own space (and storage!) and some privacy. It is also important to consider how each client lives. For instance, will they actually take a bath? Or are they just including it for aesthetic reasons? We recommend coming from a place of functionality when considering the layout. For example, I prefer to have a drop-in tub for those who use it frequently instead of a freestanding tub where you'd be limited on space. If you do have a freestanding tub, however, I always like to put it next to a window for a view to the outdoors or near an area where you can add a shelf for shampoo, soap, etc.

LIGHTING TIPS AND TRICKS

Lastly, don't forget the lighting, as there are three types that should be considered. The first is normal can lights, which take up minimal ceiling space and can act as a spotlight overhead. The second is mood lighting, which can be achieved with a dimmer for a spa-like feeling. This type of lighting can also play into overall wellness as it can be adjusted to fit each mood. Additionally, specialty lighting that can be used inside the shower called "chromotherapy light" is a fantastic option and is specifically used to regenerate and heal with its visible spectrum of colors. Furthermore, LED lighting that can change to any color you want inside the shower is a plus, and the user can control it from their iPad.

Ultimately, all these things work in tandem in a bathroom and when designed properly, the bathroom can quickly become an ultimate oasis. In the end, this space will be created to start and end the day with calm energy and a clear mind and healthy body.