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Picture: Laufen Bathrooms



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Picture: Laufen Bathrooms

## Seven design rules for a relaxing bathroom

Clarity of interior design assures tranquillity and relaxation for the occupants – Japanese Zen houses and gardens being an illustration of this. In the home, it is the bathroom, as a place of body care and well being, that can function as a relaxation room. Or might do so – if it were not for the obvious inadequacies endured by bathrooms which were created years ago: the discoloured toilet from the past century, the unsightly fluorescent tube that sheds a wane light in this wet room and the general lack of storage. It is a fact that investing in the bathroom as a living area is worthwhile: for body, mind and soul – and personal quality of life. The following points should hereby be observed.

### 1. Cabinets keep the bathroom tidy

Small rooms, especially, need to be clearly structured: If, while enjoying a relaxing soak in the bathtub, one is met with the sight of disorderly heaps of hand towels, dusty cosmetic jars and tubs and the stock of spare toilet rolls, any hope of a peaceful soak are shattered. Intelligent bathroom furniture works wonders when it comes to keeping things tidied away – those small everyday necessities and items one doesn't always want to have in view.

### 2. Clear, coordinated design

Partly modernised bathrooms that have evolved over the years tend to labour under an unfortunate mix of styles. That

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bahama beige washbasin from the Eighties, the white veneered plywood furniture from the DIY store, the fluorescent tube with the dirty cladding – who could possibly relax in such an ambiance? Modern bathrooms impress with a single clear line – the market caters for all tastes. In contemporary bathroom suites everything matches: From the ceramics, bathroom furniture, bath tub and shower – to the toilet – visual harmony is assured.

### 3. Materials of integrity

Materials have their own intrinsic integrity. Such a material clearly proclaims its materiality and contributes to the relaxation factor of a room. In the bathroom, ceramic is the authentic material and, in the right place – effortlessly combines with several other “genuine” materials such as wood, glass, tiles and natural stone. Care should however be exercised when selecting materials as too extravagant a mix will upset the design balance.

### 4. Grand designs from small beginnings

Bathrooms often have a problem with size: Small ones in particular don't offer enough space to relax. By employing a few tricks, small bathrooms can be made to look larger. Small bathrooms need large tiles or indeed smooth surfaces, clear glass for shower partitions and, above all, small flush-mounted fittings. Experienced bathroom planners can also gain a lot of space with floor-level showers.

### 5. Well-kept ambiance

Little can spoil the feelgood atmosphere in the bathroom more than a lack of hygiene or visual flaws: Scale stains, smears and deposits that can often only be removed with a lot of effort. A

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more carefree approach is assured nowadays by surface finishes for ceramic and furniture that deflect dirt and are easy to clean. The bathroom retains its attractive looks longer – money well-invested.

### 6. More light!

Not all bathrooms have a source of daylight and often visits to the bathroom take place in the early morning or evening. Dark and poorly illuminated bathrooms have a depressing effect, reducing any relaxation value to nil. Modern bathroom lighting concepts are functional and yet still enhance relaxation: Lots of light in the washbasin area assures success when shaving and applying make-up. Dimmable, muted or coloured light in the shower and bath area, indirectly illuminated mirrors or cabinets create light accents that positively influence one's mood.

### 7. Feel good in the bathroom – where else?

Many treatments from spas around the world have found their way into our personal bathrooms. During hydro massages in the bath or shower the senses are stimulated by the two elements, air and water. These create a wonderful balance of body and mind. But a sense of well being often starts with much more mundane things: A bidet offers convenience and relaxation – that no-one who has once come to appreciate this hygiene instrument would ever wish to do without.

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