

Turn your BATHROOM into a Spa



Glass block walls add light and a feeling of spaciousness to this bathroom designed by Lori Jolin.

By Lesa Knollenberg

“Calgon®, take me away!” The familiar commercial is decades old, but times haven’t changed; we still long for a luxurious break from the world.

There are untold benefits to a break from routine and a chance to rejuvenate. As we learn more about achieving balance in our lives, self-restoration is being recognized as a crucial daily component. Although a spa getaway would be nice, it isn’t feasible for many of us. The next step? Creating a spa getaway in your own home.

Chad Speight, owner of **Chad’s Carpentry, Inc.**, has helped a number of clients create bathroom spas. “We have installed many large bubbling tubs, surrounded by tiled decks, which provide ample space for candles, oils or other treatments to create a relaxing spa-like atmosphere. Additionally, glass blocks or custom glass walls often are used to create an adjoining shower space. Glass walls create bright, inviting spaces, and help to make rooms look larger. The tub deck can also extend into the shower to create a comfortable bench and a place to display soaps and bottles.”

The key to feeling pampered in your own bathroom is luxury, according to **Kristin Gunderson** of **SageWorks Construction LLC**. Customers updating their bathrooms have requested luxury items such as vessel sinks, heated floors or whirlpool tubs. Other trends for bathroom spas include sound systems to pipe in soothing music or fireplaces for warmth and ambience.

Bathroom renovation isn’t always necessary; sometimes redecorating is enough. A new, softer wall color might be enough to calm the senses. Gunderson adds, “I would suggest using color on your walls or ceilings to bring your bathroom to life. Take the time to find a color that is current or that makes you feel good. I would suggest that you choose at least one spa-type option to allow your bathroom to feel luxurious. It may be a rain head for your shower or a heated towel bar,” she continues. “Whatever allows your senses to be stimulated, from the smell of your favorite candle to the clear glass shower doors that make your room feel



Glass tile and a vessel sink (below, right) make a visual statement in this bathroom by Lori Jolin.

larger and presents a cleaner look.”

Clean and simple are the first keys to a relaxing home-spa experience. It's important to minimize clutter on countertops and keep personal care items tucked away. Once all reminders of the “outside world” are erased, it's time to create. As you create an oasis for your body and mind, use the five senses to guide your design.

Lori Jolin of **Lori Jolin Design** suggests starting with the visual. “Choose soothing colors, specifically blues and greens that emulate water. As a designer who remodels a lot of bathrooms, I usually pick out tile that makes you feel good. Glass tile is very popular right now and I love incorporating it into the design somehow. It is more expensive than ceramic, so if the budget can't afford a lot of glass tile, you could use it in smaller areas.”

The sense of touch is equally as important. “I have added heat under the tile floor and into the shower area, so when you sit down, the tile is already warmed up,” Jolin says. “I also like to add scents of eucalyptus in bath oils or soaps. Large fluffy towels and robe

hangers in the bathroom give you that spa feeling as well.”

The more sumptuous the surroundings, the more invigorated you'll feel. Lights adjusted with a dimmer switch, rose-tinted bulbs or candles lit throughout the room help set the stage for revitalization.

As humans, our sense of smell strongly affects the balance of our emotions. Use fragrant candles to enhance peacefulness and reduce anxiety or fatigue. Lotions and soaps may be scented with geranium, jasmine or lavender to remind the body to relax.

Creating a spa in your bathroom can be a daily personal retreat, with or without the Calgon®.



Lesa Knollenberg is a local freelance writer who just likes to say the word “loofah.”

