

The new bathroom is much more than the shower and the bathtub: it is a haven filled with comforts, where you can take some time and just zone out before starting a hectic day or after you return from the daily grind. It has turned into a personal wellness zone, just like a spa. The time for bathrooms to take centre stage has now arrived. Be it a symphony in modern-day design or an ode to the latest luxuries, there are no limits to how creative and how indulgent you can get when styling your bath spaces.

There is a fabulous selection of indulgent fixtures and gadgets, such as personal saunas, customised showers, whirlpools, as well as a wide range of styles and design themes to please different tastes – and all of it is just waiting for you to mix and match.

There is just one basic rule to follow: Get the most energy efficient equipment and fixtures you can find (there's a lot out there) so that while you relax in your specially crafted cocoon, the environment can breathe a sigh of relief as well.

Wellness

This is what transforms a bathroom into a spa. Building a home spa has never been easier before – from the one or two options available about a decade ago, now there is a wide range of saunas, hammams and whirlpools flooded in the market.

LIGHT OF DAY

Create the right ambiance with the perfect lighting. But the tricky area is the vanity because this one illuminates the face. The most common mistake is putting recessed ceiling fixtures directly over the mirror. These cast shadows on the face. Vertical fixtures or sconces mounted on either side of the mirror are best for casting an even light. If that's not an option, and the only place is over the mirror, it should be placed 75 to 80 inches above the floor and contain at least 150 wattsideally spread over a fixture that's at least 24 inches long so that the light will wash fall evenly over the face.





A great idea is to have an open shower system and, instead of a shower box, install a sauna cubicle. The Inipi B freestanding sauna from Duravit can go with any design and is compact enough for a small space. They also offer a compact whirlbath, Blue Moon, which comes with underwater coloured lights and a water proof remote control.

Parryware's Acrylic whirlpools come with features such as air massage, water massage and chromotherapy. They have a self-drainage feature, water level sensors and a touch digital function to control it all!

Jaquar's Gemini is a compact spa with a fantastic light and water package. With target jets and a two-speed pump, the whirlpool system can target specific muscles for deep relaxation.

If you want to choose exactly what you want, HotSpring portable spas come with all sorts of customisable options, including powerful massage jet streams for a spinal massage.

Shower solutions

The showerhead has made the most progress perhaps, moving on from one fixed element to which you'd have to adjust to a dynamic setting that can dance to your tune. Minimal, elaborate, simple or with embedded ambient

lights – the range is simply mind-boggling.
Rainjoy+ showering experiences from
Artize take that plus in the name very
seriously. More than just a showerhead, this
fantastic unit consists of specialised water
outlets and flow modes like rain, intense,
massage and mist to make you feel like you
are under a natural waterfall. Nature Sweet
Rain Shower by Bravat goes a step further
than usual rain showers – its asymmetrical
zigzag design gives a feeling of unstructured,
free-flowing rain.

Graff's Solar range of shower panel has exquisite clean lines – it combines geometry and minimalism to give you the perfect angles and pressures for a refreshing shower. When it comes to shower boxes, the Isola shower box is just an example of the contemporary chic available.

Antoniolupi is offering is a transparent 8mm tempered glass box that you can put anywhere in the bathroom – it has a single steel bar for the shower panel and adds a feeling of space thanks to its ethereal design.

Baths

The defining factor of the new bathtub is its superior design. Evolving much beyond just a place to sink in and relax, this element of your bathroom is now almost its raison d'etre, very



RAINY DAYS

Showering will no longer be a mundane task with Hafele India's X-Jet shower that features powerful nozzles on the outer ring, while the inner ring pushes water out through a vacuum. A dozen twin nozzles shape the water and direct them towards you, where they cross each other. The powerful X-JET spray streams collide and result in an all directional spray pattern, giving you full water coverage on skin. The rain shower is available in four colours - full chrome, matt black, chrome white and brushed nickel.

