

## INDULGE IN 'ME-TIME'



## Introduce elements of hydrotherapy in your bathroom

The word spa stands for *salus per aqua*, which in Latin means 'health through water'. The natural healing property of hydrotherapy, which uses jets of water and air to massage and relax tense muscles, has long been appreciated. In the past decade, the UK has witnessed a 'wellness' revolution, which has seen products and technology long found in spas move into the domestic environment on a much more luxurious scale.

When it comes to choosing a whirlpool bath, take time to research both functionality and quality. There are plenty of inexpensive whirlpool baths on the market, but they are often deficient when it comes to sound insulation, flexibility and performance. Since few families share the same body shape, a whirlpool bath should have directional jets that can be positioned to target specific pressure points. Not everyone finds a strong pummelling jet relaxing, so also look for models with adjustable flow rates and air outlet so that the pressure can be attuned to suit your needs. For many, a simple spa bath that directs bubbles of air up through the base of the bath is sufficient.

Although most whirlpool baths now conform to current hygiene standards, it's

worth checking the pipes are self-draining so that water doesn't languish in the pipes, potentially allowing bacteria to form. Those with built-in sanitising systems offer extra peace of mind but you can also flush the pipes through with an antibacterial agent. Roca's Duet bath offers the best of all worlds with a spa/whirlpool bath, as well as a hydromassage shower column with body jets.

An invigorating shower can be just as healing as a soak in the bath. For maximum impact choose a model with body jets that has a similar massaging effect as a whirlpool bath. A high-pressure water system or pump will provide the best results. Also look out for oversized shower roses and thermostatic valves that offer precise temperature control. ⇐

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**3** Like an infinity pool, the water in an infinity bath trickles over the perimeter, providing the sound of running water. Nara infinity bath, £6,691, and Niagara Waterfall Spout, £1,914, Bathrooms International