

## Features to consider for a *relaxation-themed* bathroom remodel



Homeowners want to view their homes as a respite from all that goes on outside their doors. Indeed, turning a home into a residents-only retreat can ensure everyone looks forward to walking through the front the door at the end of the day.

One of the more popular ways to turn a home into one's own personal retreat is to upgrade the bathroom. A renovated bathroom can completely transform how individuals feel about their homes. The following are some features to consider when remodeling a bathroom with relaxation in mind.

- **Open shower:** An open shower is a visually stunning addition to any bathroom. Such showers give a bathroom a more open look, thanks in part to the fact that these modern features do not feature a door or require the use of a shower curtain. The result is a clean look that many people associate with a luxury hotel. When speaking with a contractor about an open shower install, homeowners can ask about a half-wall to safeguard against water splashing out of the shower. In addition, a heat lamp can help ensure residents stay warm until they're ready to leave the bathroom.

- **Heated features:** Additional features to keep everyone calm and warm can be considered when upgrading the bathroom. Radiant flooring can ensure everyone's toes remain toasty, and the installation of such a

feature can eliminate the need for floor mats and bath mats that some homeowners may not like. Commit further to the heat theme with a heated towel rack, which is another feature associated with luxury hotels that can be just as enjoyable at home.

- **Soaking tub:** An open shower creates an instant feeling of luxury, but few things are more suggestive of relaxation than a soaking tub. A long day at school or the office or a day when winter winds are howling outside is made much better with a good soak. The National Kitchen & Bath Association notes that luxury bathrooms featuring soaking tubs are wildly popular, and that vaunted status is undoubtedly due to the relaxing benefits of a good soak.

- **Skylight:** Even if the goal of a luxury bathroom is to leave the outside world outside, allowing some natural light inside is a great way to add a little extra calm to the room. Floor-to-ceiling windows may seem appealing in brochures or advertisements, but such features do not create the sense of privacy many people prefer in their bathrooms. One or two skylights can create that sense of privacy and still allow for natural light to enter the room, making this an option that provides the best of both worlds.

These features and more can help homeowners transform their bathrooms into luxurious, relaxing respites from the outside world.



## Turn your bedroom into a *relaxing retreat*

Bedrooms are more than places to lay our heads at the end of the day. Bedrooms serve different functions, and not all are conducive to relaxation.

People who use their bedrooms as a work space may find they're compromising their well-being by introducing activities into the bedroom. The Sleep Foundation says having an office in the bedroom blurs the lines between work and personal life, which can have serious effects on sleep. Rather, people should be looking to turn their bedrooms into relaxing retreats that offer a respite from the outside world.

- **Remove blue-light emitting devices.** Computers, tablets, smartphones, and other electronic devices emit blue light, which can compromise natural melatonin production in the body that contributes to sleep. Such devices should not be used at night in the bedroom.

- **Use a neutral color palette.** Neutral color palettes evoke a spa feeling. Walls can be painted white, beige or a light shade of gray. This can help the room feel calming and welcoming.

- **Declutter the room.** A sense of calm can be achieved simply by removing excess clutter. There is some evidence that the brain is more calm near an empty dresser, desk or clothes hamper. Therefore, removing excessive items from the room is a first step to making a nice retreat.

- **Add soft lighting.** Adjust the

intensity and the color of the lighting in the bedroom. It should be subtle and warming. Dimmers enable homeowners to adjust lighting as needed.

- **Install an electric fireplace.** There is something to be said for the relaxing effects of gazing into the flames of a fire. A crackling (faux-wood) fire is an added layer of indulgence in a bedroom.

- **Add an area rug.** Even in rooms with carpeting, an area rug under the bed can further define the perimeter of the bed and add extra plushness underfoot.

- **Invest in aromatherapy diffusers.** Certain smells can create a relaxing mood. These may be sandalwood, lavender or jasmine. Utilizing their preferred scents, homeowners can employ reed diffusers in their bedrooms to enjoy the aromas of natural oils.

- **Used closed storage.** Open shelves and visible closet interiors may not hide a mess. Exposure to clutter can contribute to feelings of anxiety. Store items that shouldn't be on display behind closed doors or drawers.

- **Bring in luxury linens.** Homeowners should not skimp on comforters, sheets, duvet covers, and pillows for their beds. A cozy bed to dive right into can serve as the centerpiece of a bedroom retreat.

Turning a bedroom into a relaxing space can help individuals sleep better and reduce anxiety.