

The Spa Treatment

THE ULTIMATE GUIDE TO A SPA-INSPIRED BATHROOM



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A bathroom should be more than just a functional space for daily routines

It can also serve as a sanctuary for rest and relaxation

With the right design elements and décor choices, you can create a spa-like atmosphere that will allow you to unwind and rejuvenate after a long day.

This guide will provide you with practical advice on how to achieve a luxurious and tranquil bathroom.

From choosing a colour scheme to incorporating soothing scents, you'll learn how to create an oasis of calm in the comfort of your own home.



By the end of this guide, you'll have all the tools you need to turn your bathroom into a peaceful and inviting oasis that promotes self-care and wellness.

- Elise xx

Why Transform Your Space?

Transforming your space, specifically your bathroom, into a spa-like retreat can provide many benefits beyond just aesthetics. It's also about creating a space that promotes relaxation, health, and self-care.

It will help reduce stress in your life, leading to a happier home all round. If your space is fit for purpose, you'll be able to find your relaxed state faster. Soaking in a warm bath or taking a hot shower can help relieve tension and ease anxiety.

Regularly treating yourself to a spa-like experience can improve your health! Along with your emotional health, you can improve blood circulation, reduce muscle aches and soreness and enhance skin health, helping you look and feel refreshed and vibrant.

It's not just your body that will thank you, upgrading your bathroom can increase the value of your home. Adding some small, economical changes will be a worthwhile investment in your future.



Why Transform Your Space?

Keeping your bathroom upgraded and maintained not only gives it a fresh look and feel, but it also makes it much easier to clean.

With the right fixtures, materials and organization, you can transform your bathroom into a space that is both stylish and functional.

Regular cleaning and maintenance will help to keep your bathroom in top shape, preventing the build-up of grime and mould that can cause health issues.

Make it easy for yourself to achieve this by remodelling with maintenance in mind.

By taking the time to upgrade and maintain your bathroom, you'll not only be creating a space that is more enjoyable to use, but you'll also be investing in the long-term health and value of your home.



You'll want to spend more time in your tranquil bathroom which will encourage everyone in the home to practice self care more frequently.

You'll be meditating, pampering and relaxing as part of your daily routine in no time.



What Makes a Luxurious Bathroom?

A luxurious bathroom experience can be achieved by upgrading various fixtures and focusing on specific elements to create a relaxing atmosphere.

With a well-planned design, you can create a harmonious and organised bathroom that exudes both style and functionality.



Colour is your first stop when it comes to renovating your bathroom as it sets the tone and influences the overall ambiance of the space. By selecting your color scheme early on in the design process, you can establish a cohesive look and easily choose complementary elements such as tiles, fixtures, and accessories.



When it comes to fixtures, we always suggest investing in high-quality products. Choosing the right showerheads and faucets add both style and functionality to your bathroom.



Lighting is a big factor for setting the mood and ambiance of your space. Think warm and inviting lights, adding dimmable lighting gives greater options and increases practicality.

What Makes a Luxurious Bathroom?

Essentials like towels and bathmats make a huge difference, we'll deep dive into type, texture and materials later in this guide.

Choosing the right wall décor and other accessories gives your bathroom a stylish and well-planned feel. Spas always feel organised and calm - a minimalist approach helps achieve this, we'll provide some practical tips for getting that spa vibe.



Tip

Seating gives an element of depth to your bathroom.

Upholstered chairs look elegant and soften the hard surfaces of bathrooms - a perfect spa feel

By combining these elements, you can create a luxurious bathroom that exudes both comfort and relaxation. Great design is as much about evoking emotion as it is about aesthetics.

Our technique incorporates elements that appeal to sight, smell, touch, taste, and sound. This way a spa-like atmosphere can be achieved, giving you a beautiful and serene space to enjoy.

Setting the Mood: Indulge all your Senses

Start With What You See

To fully immerse yourself in the spa experience, it's important to pay attention to the visuals. With a few simple tweaks to the aesthetics of your bathroom, you can transform it into a true sanctuary.

Colour Scheme

Choosing the right colour scheme for your spa bathroom is crucial in creating a serene atmosphere.

You'll need to plan the colour scheme from the get-go - all your other elements will flow from here.

Calming colours such as pastels, blues, white, and greens can bring a sense of tranquillity to your space.

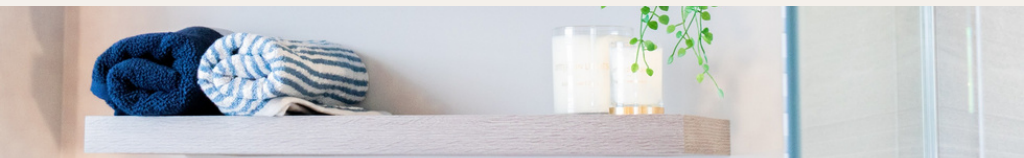
Soft, muted shades of blue can evoke a sense of calmness and serenity, while greens can bring a feeling of peace and renewal, reminding us of nature.

White, on the other hand, can create a sense of cleanliness and purity, and give the impression of a more spacious bathroom.



By incorporating these colours in your décor, you'll easily create a relaxing and inviting space to unwind and rejuvenate in.

If you like a splash of colour, add it through accent pieces like a statement piece of artwork, a colourful bathmat, or even a set of towels in a coordinating hue. You'll add visual interest and personality to your spa bathroom.



Start With What You See



Open Shelving

Open shelving adds a sense of luxe, you can display your hand towels, decorative items, plants or candles.

Tip

Start rolling your towels - no more flat folding. Rolling your towels to gives a true spa feel

Bring Nature In

Incorporate natural elements like plants or artwork.

Plants, in particular, can add a pop of colour and a sense of freshness to your bathroom. Greenery adds a touch of tranquility to any space, and can also help purify the air.

Try adding plants that thrive in humid environments like ferns or bamboo. There are plenty of other options to choose from, including low-maintenance plants like snake plants or succulents, or larger plants like aloe vera or peace lilies.

If you don't have the space for plants, nature-themed artwork or prints can also add a touch of natural beauty to your bathroom walls. Choose artwork depicting nature scenes - landscapes or botanical prints.

You can also use natural materials like bamboo, rattan, or wood for your bathroom accessories to enhance the natural look and feel. Look for wooden accessories or stone accents, to bring in an earthy element.

For an extra touch, incorporate water by adding a small water feature like a tabletop fountain or a jar of river rocks and water. This brings the added benefit of creating soothing sounds as well as connecting with nature.

Start With What You See

Lighting

Consider investing in quality lighting, it's important to choose the right lights for your space to help set the mood. Don't worry there are options to create a soothing atmosphere without purchasing new fixtures.

Investing in quality is essential, but you can also choose the right light bulbs and shades to achieve the desired effect.

Dimmer switches are a great addition to adjust the brightness and create the perfect mood lighting.

Alternatively, lighting candles can add a soft and ambient glow to your bathroom, enhancing the overall relaxation experience.



Minimalist

Minimalist design is all about simplicity and clarity, making it a perfect style for your spa-like bathroom.

To achieve a minimalist look, focus on keeping your space clutter-free and free of unnecessary decorations or knick-knacks.

Choose simple and functional storage solutions that fit your needs without overwhelming the space.

Limit the colour palette to a few shades to create a sense of serenity and relaxation.

Natural materials like wood or stone add texture and warmth to the space.

The Power of Scent in Your Spa Bathroom

Indulge your senses in a soothing experience, beginning with the power of your sense of smell. Use candles, diffusers and essential oils to create a relaxing mood.

Scented Candles

A popular way to create a cozy and relaxing atmosphere, with a wide range of scents available to suit your preferences. Specialty candle makers can create unique blends or seasonal scents. You'll be able to create a personalised sensory experience. Candles are also a great way to add a warm and intimate touch to your decor, and can be used to create a focal point or to enhance the ambiance of your space.



Diffusers

These are a safe and low-maintenance alternative to scented candles, using reed sticks or electronic devices to disperse scented oils throughout your space. They're available in all sorts of shapes and styles to suit any colour scheme.

Pot Pourri

This is a mixture of dried flowers, herbs, and other natural materials that can be used to add a subtle scent to your spa space. These have the added benefit of being decorative, providing a perfect addition to your open shelving.

Essential Oils

These highly concentrated oils can be used in a variety of ways, including diffusing, adding to bathwater, or burning in a specialised vessel. Using oils diluted in bathwater can not only relax you but it's also great for your skin.

Scents to Encourage Relaxation

- Lavender
- Jasmine
- Bergamot
- Basil
- Chamomile
- Sandalwood
- Sweet Marjoram
- Ylang Ylang



Using Sound to Enhance the Atmosphere

To fully immerse yourself in a spa-like experience, incorporating sound is one aspect that should not be overlooked.

To get that natural feel, the sound of ocean waves crashing, the peaceful melodies of birds in a forest or the gentle pitter-patter of rain can help create a sense of calm and relaxation.

For a more uplifting tone, upbeat instrumental music can add an energetic yet peaceful vibe to your bathroom.

If you're looking for a more comforting and homely feel, the quiet hum of a coffee shop or gentle chatter can help to create a sense of warmth and cosiness.

Tip

Use a sound machine or an app that offers a range of soundscapes to choose from, such as a crackling fireplace or a singing bowl

Promote Relaxation with Tactile Elements



Incorporating touch into your spa-like bathroom is a must for a truly indulgent experience.

Add an extra touch of luxury with a heated towel rack, allowing you to wrap yourself in a warm and cozy towel even on the coldest of days.

Add a variety of textures, such as a fluffy bathrobe or a soft throw to further enhance the overall feeling of relaxation and indulgence in your spa bathroom.

A sand garden or zen garden, can help you unwind and destress through the soothing sensation of moving and playing with sand. They are lovely to look at, often adorned with small stones, shells, or other decorative elements. Zen gardens are a great tool for relaxation and meditation, Moving sand will calm your mind and ease your stress.



Promote Relaxation with Tactile Elements

Soft and plush towels, bathmats and face cloths will provide a sense of luxury and comfort and they're a crucial element for a spa vibe.

Your towels also serve a practical purpose, so it's important to find the right ones.

When selecting towels and bathmats, think about investing in high-quality materials that will stand the test of time and maintain their softness and absorbency after multiple washes.

A messy bathmat can bring down the look of your spa bathroom. Before going out and getting a whole new set, complete a towel, bathmat and linen audit.

Bring out all your bathroom linen and take stock of what you have. Put aside any that fit with your chosen colour scheme and remove the tatty, worn out ones. If they're not useful as a back-up, they'll be useful as cleaning cloths.

When choosing new bathmats, opt for ones that are plush and thick, with a non-slip backing for safety.



Promote Relaxation with Tactile Elements

When it comes to towels, the material matters since it can greatly affect their quality, durability, and comfort.

Look for towels made from high-quality materials such as Egyptian cotton or bamboo, famous for their softness and absorbency.

Egyptian cotton is a popular choice for luxury towels as it is known for its exceptional softness, absorbency, and durability. It's a high-quality cotton that features long and fine fibres, which make for stronger and softer towels.

Bamboo towels, are our top pick since they are made from a sustainable material that's naturally hypoallergenic, antibacterial, and soft. They also have excellent moisture-wicking properties - perfect for the bathroom.

Other materials to consider include microfiber, which is ultra-soft and quick-drying, and Turkish cotton, which is another textile known for its absorbency and durability.

Tip

Matching sets give your bathroom a cohesive and stylish look.



Tip

Choose towels with details, like embroidered accents

Care: To maintain the softness and absorbency of your towels and bathmats, it's important to wash them properly. Use a gentle detergent and avoid fabric softeners or dryer sheets which can leave a residue that decreases their absorbency over time.

Indulge Your Palate



Adding a taste element to your spa bathroom experience will complete the sensory journey.

Sipping on a warm cup of hot chocolate, tea or enjoying a glass of wine can add to the relaxation and luxurious atmosphere.

How about some healthy snacks like fresh fruit or a small cheese plate to keep the luxurious feeling.

These can all be enjoyed while soaking in the tub or relaxing in your plush bathrobe. Remember to choose snacks that are easy to eat and won't leave any crumbs or mess in your bathroom.

This will help to maintain the clean and clutter-free atmosphere that is essential for a spa-like experience.

Tip

Use a bath tray to keep everything within reach.

A beautiful piece of wood that sits across the tub is simple and works wonderfully.

Upcycling a piece of wood by sanding and varnishing is cost effective and helps the earth.

Spa-like Bathroom Checklist

- Select Colour Palette
- Minimise clutter and organise your space
- Towel, Bathmat and Linen Audit
- Find storage solutions and shelving options
- Assess your lighting
Compare different times of the day
- Upgrade Fittings if Needed
- Choose accent pieces and decorative items
- Choose your scent blends & how you'll distribute them



Have fun playing with different elements and indulge in your own creativity for the spa-like bathroom that's perfect for you