



ZEN BATHROOMS

It's often the most overlooked room in the house – but your bathroom can be a luxurious oasis of calm. Olivia Lidbury shows how to create a personal wellness sanctuary



● **Opposite** Gessi specialises in 'private wellness' — this is its Cono range, available from CP Hart. **Opposite bottom** Vitra's Plural collection was inspired by communal bathing spaces and rituals. **Left** Effegibi's Bodylove home sauna and steam system, from £22,178; cphart.co.uk. **Right** Add a tactile element with artisanal accessories. Berber-style mat, £99, and rustic stool, £90; housecurious.co.uk



Waterproof wallpaper in Conservatory, £180 a sq metre, Wall & Deco; westonebathrooms.com

● **From left** Hammam towel, £38; sohome.com. Maplewood brush, £20, Meraki; housecurious.co.uk. Toothbrush holder, £18, Aquanova; amara.com. Bali armchair, £170; therattancompany.co.uk



GISSICONO, VITRA, GAVIN SMITH



Self-care, me-time, pampering — why wouldn't you do it in the one room in the house that has a lock? As the wellness movement extends beyond liberal use of a hashtag to tangible acts of self-preservation, so, too, has the function of the bathroom evolved from being a room that offers a practical solution to a daily need, into a restful space of sanctuary. Naturally, a shift in design reflects that. "Clients using health spas across the world are now coming to us for their own piece of luxury in their homes," says Yousef Mansuri of the premium bathroom retailer CP Hart. That might result in the installation of an all-singing, all-dancing showerhead, for example. Hansgrohe's PowderRain range (from £104) mimics misty rain to envelop the body in a gentle cocoon of water. Or close your eyes and let the sounds of Gessi's iSpa Waterfall Bath Spout (£2,287; cphart.co.uk), which projects water in a cascading motion through an elegant rectangular head, fool you into believing you're kicking back in a cave in Bali rather than a bathtub in Bristol.

Of course, zen is a philosophy, not just a costly design concept. Creating your sanctuary could be as simple as bringing art and armchairs into the space, "perfect for painting your nails in," says Nicole Salvesen of the London-based interior design practice Salvesen Graham. "A bathroom shouldn't feel like a utilitarian space. Think of it instead as an extension of the rest of your home." To bring a sense of calm, Salvesen also recommends adding softness with carpets, wood panelling and linen furnishings. It shouldn't be stark white either: she suggests paint palettes in earthy tones, such as green and taupe: "They make us feel comfortable because that's what we're familiar with."

If you were to do just one easy thing to your space, make that an investment in some plants in beautiful pots (perhaps after a strict declutter of your product hoard) — an instant way of making even the smallest of spaces more soothing. Nik Southern, founder of the acclaimed florist Grace & Thorn, keeps pots on the edges of her bathtub, dotted on shelves and flowing from the ceiling in macramé hangers. "I love sitting in the bath, seeing how they look week on week and watching them grow," she says. Plants that thrive on humidity, such as Boston ferns, are winners in the bathroom, as are orchids, as they love low light and will thrive in a wet environment. No windows? No problem — Southern suggests rotating a ZZ plant every fortnight as it doesn't require much light. By setting the tone of how you intend to use the space, the self-care should hopefully follow. Best of all, you don't need to book an appointment. ■