

IRELAND'S HOMES INTERIORS & LIVING

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Readers' homes in
BELFAST, FOXFORD, KILDARE, PORTADOWN

BED TIME

BED FRAMES DESIGNED
TO ADD STYLE & COMFORT

HIDDEN DEPTHS

A DEEP DIVE INTO THE
BEAUTY OF BATHS

SPRING CHARM

Ireland's largest selling interiors magazine for 28 years

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The Age of Bathfluence

We are living in the age of bathfluence where long soaks in the bath have never been more popular and for good reason – luxuriating in a long, hot bath actually has medicinal benefits. So what's so great about taking a bath? Here are a few reasons you should indulge...

ELEVATES MOOD

Obviously having a warm bath feels good, but that pleasure happens to have staying power. Bathing can diminish feelings of depression and pessimism because baths give you a wonderful combination of isolation, quiet, and comfort. Overall, bathing induces feelings of comfort and easiness, and that kind of security allows your mind, and subsequently your body, to relax.

BETTER SLEEP

The benefits of quality sleep are widely recognised, but how to actually get an effective eight hours remains elusive to many. One theory claims that a colder core body temperature will help induce sleep, which is why some scientists recommend going to bed in a cold room. But a warm bath before bed can yield similar results. At night our body temperature drops, which signals the production of the sleeping hormone melatonin. A warm bath will raise your body temperature, and exiting will rapidly cool it down, thus instigating the production of melatonin, and preparing you for sleep.

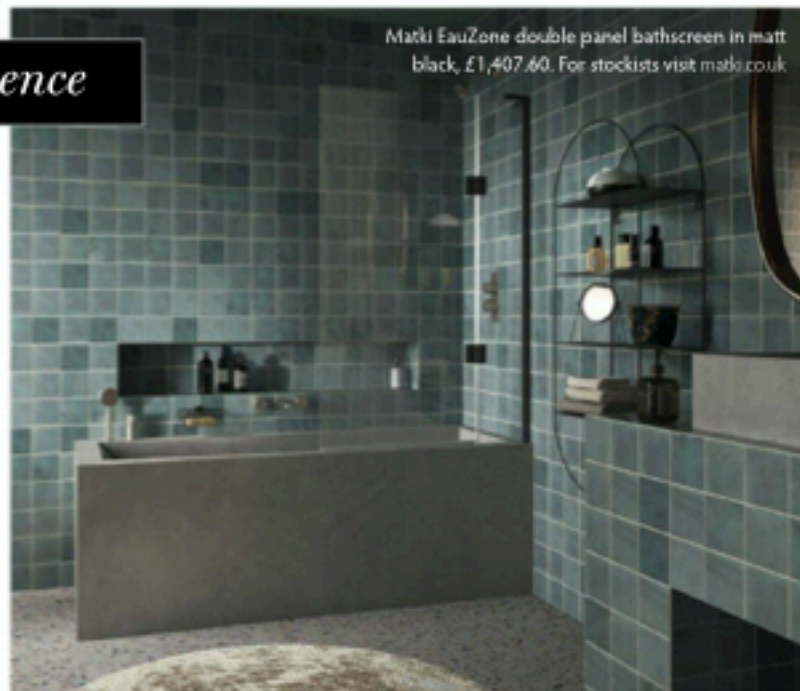
RELIEVES MUSCLE PAIN

A hot bath is not only great for circulation but can also help muscles to relax. The addition of epsom salts has been proven to help reduce inflammation.

BURNS CALORIES

A soak is no match for water aerobics or active hydrotherapy, but a good sweat induced by a hot bath can burn as many calories as taking a walk.

Matki EauZone double panel bathscreen in matt black, £1,407.60. For stockists visit matki.co.uk



Nicholas Cunild, Managing Director at Matki talks about the merits of a spa bathroom. 'Spa bathrooms are becoming more and more desirable, and every bathroom, no matter how small, can be transformed into a beautiful and stylish space. Intelligent design means you can create a haven which the whole family can enjoy. If you only have a small space and a bath, then the introduction of a stylish bath screen with brushed brass hinges and matching brassware can transform a functional room into a spa style haven. For larger bathrooms, extend your bathing area by adding a wet room panel and shower floor, providing the option of a long, lingering bath or an invigorating spritz in a rainfall shower.'



This freestanding Kora bathtub, designed by Enzo Berté, is carved from a single block, with an upper profile at variable heights that facilitates the entrance and gives a very stylish result. The metal base supports the monolith with an extraordinary effect. Available in eight different types of marble. Shown here, Artik Green marble, from £ 26,660 + vat. design-fever.com