



Choosing a Bath

Many people spend a considerable amount of time in the bathroom.

Some people feel that spending time in the bath rejuvenates their energy and revitalizes their spirit.

Whatever the reason for spending some time in the bathroom, one thing is certain; the bath is one of the most important aspects of the bathroom.

If you are building a house, or if you are renovating or redesigning your house or bathroom, you shouldn't just choose any bathtub. Apart from considering the colour that will go well with the colour of the bathroom, or the latest design, or the manufacturer, there are other things that should be considered

Size of the bath

Aside from the obvious point, that this is important in checking how the bathtub will fit the designated space, this also needs to be considered for other reasons. Should you go for a one-person or two-person bathtub? Remember that if you choose a two-person bath, this will consume more water than a one-person tub.

The bath size is also interdependent with the capacity of the Hot water supply. A bath usually requires 65% hot water. For some bathtubs, the hot water content may require up to 40 gallons. Consider then if after dispensing 40 gallons of hot water, will your water heater still have sufficient hot water for the rest of the household, or will it have enough time to reheat some water for consumption.

In this case, you may have to choose a smaller bathtub or upgrade your water heater so it will be able to supply enough water for a bigger bathtub. Another option is to install an instant water heater to the water source leading to the bathtub.

Also make sure that, with the bath's size, you get enough support for your head, neck and back.

Type of Bath

Choosing the material for your bath depends on several factors: on how often you will use the tub, durability, ease of maintenance and budget.

Fibreglass is a cost-effective material; however, it doesn't have the durability of acrylic or porcelain bathtubs. Wooden and marble tubs are good-looking but these require much maintenance and may not last long. Cast iron tubs are the most durable, although these cost a little more than other materials.

*** Depth**

The bath's depth is important if you are considering using the bath for therapeutics. Many people enjoy soaking in a warm bath to rejuvenate the lost energy and to ease the pain in tired muscles. Soaking in a tub even reduces the stress levels that most people resort to a warm bath before going to bed.

However, few people know that there are special bath's designed for this purpose. Soaking tubs are designed to allow a person to immerse the whole

body with comfort unlike that with a standard tub that is only designed to soak the lower part of the body.

* **Usability**

Tubs with jets, such as whirlpool baths, look very enticing, but will you be using the jets often? Consider the importance of the additional features and how will these features impact your power and water consumption.

* Features for the handicap and the elderly

People with handicap and the elderly rarely use the standard bathtub due to risks for additional injury. Check bathtubs that have features that allow easy entry and exit from the tub. These tubs also have grab rails and grab bars to prevent accidents while soaking in the bathtub. Check for ADA compliance if you want these features for your bathtub.

* **Design**

Most bathtubs come in cream and white, but are also available in other colors such as brown, maroon, pink, green and blue. Shapes are usually rectangle, oval, and round, but heart-shaped designs and corner styles are also offered.

These are important so the bathtub will match the colour and the design of the bathroom. It also makes the bathtub inviting and makes soaking a comfortable experience.

With these tips, you can surely choose the bathtub that fits you.

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