

# Good Housekeeping

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## housefeature

■ **BATHTUBS** Choose between clawfoot tubs (free-standing tubs with feet), pedestal tubs (free-standing tubs, raised on a pedestal), or sunk-in tubs. If you have the budget, you can also try “whirlpool” bathtubs – these spacious tubs have water jets to relax your body as you have your bath. For smaller bathrooms, there are also bathtubs shaped specifically to fit into corners.

■ **SHOWERS** Showers are relatively inexpensive to install, occupy a small area, and use less water than a tub. A shower head mounted over a built-in tub is the ideal combination. Try an adjustable showerhead – it usually has three or more settings, ranging from a gentle mist to a needle-like spray that gives a pulsating massage. A rainshower fixture has a diameter of 6 to 12 inches or more, and so delivers a wider spray that covers more of the body at once. But its flow is gentler.

Do try setting the showerheads in the store itself to see how to change the spray intensity and how to adjust the height or angle of the showerhead. Consider a handheld model that can be set in a wall bracket and removed to focus the spray.

A shower enclosure (or shower cubicle) can be very useful – just buy and get it assembled to enjoy benefits such as hydro massage systems, adjustment jets, steam bathing and even a music system.

Some well-known brands for wash-basins, WCs and bathtubs: American Standard, Kohler, Cotto, Cera, Parryware Roca, Hindware and H&R Johnson.

Some well-known brands in bathroom fittings: Kohler, Jaquar, Roca, Hans Grohe, H&R Johnson Marc.

■ **WALLS & FLOORING** Marble is a favourite for walls and floors because it looks good, but other stone surfaces, such as slate and limestone, work equally well. Keep in mind that wet marble floors can be slippery, so bath mats are a good idea in the bathroom. Tiles are the most common – just remember that easy-to-clean surfaces with minimal texture and grooves allow less room for germs to breed. Flamed granite, with its rough surface, works well for a bathroom used by children or the elderly – there’s less chance that they may slip or fall. Do invest in a good grout cleaner, though.

Some well-known brands for walls and flooring – Somany, Kajaria, Marbonite, H&R Johnson, Nitco.



### SOME MORE TIPS

- Get the toilet roll holder installed within easy reach. The ideal height is 23” from the floor.
- Bidets are somewhat dated now, but the good old douche (a narrow shower which throws out a jet of water) works well.
- Towel racks where you can stack your towels are useful – always keep a pile there so you never run out.
- Have enough light over your mirror, and a magnifying mirror fixed to the wall with a steel arm for your make up.
- Shower curtains tend to get grubby towards the bottom – go for glass shower screens instead. Whatever you choose, make sure that the walls adjoining your bath area are waterproof to a height of around 6ft.
- Avoid any switchboards or plug points near the shower area – remember, water and electricity is a lethal combination.
- Because bathrooms are exceptionally moist, clothes hooks are a must.

### ELECTRICAL ESSENTIALS FOR YOUR BATHROOM

- A 16amp socket near the geyser.
- A 5amp socket or direct connection for the exhaust fan near the window.
- Any additional connections required for specific fixtures such as shower panels and Jacuzzis.
- The switch board near the basin should have a 5amp switch for the hair dryer and electric shaver, a switch with an indicator for the geyser, and switches for the exhaust fan and the light above the mirror.

By Mrs DJ Singh, columnist,  
*Good Housekeeping*