

Creating A Home Spa Experience

(NAPSA)—If you're serious about relaxing, you're not alone. De-stressing has become a major pastime for a growing number of Americans—and one of the latest trends in getting away from it all revolves around the home spa.

Today, homeowners use home spas to wash away the rigors of everyday life, and as a way to add value to their houses. Creating your own in-home getaway may be easier than you think (and less expensive). Try these tips for building your home spa:

- **Lighting**—The lighting in a room can affect your mood, so it's important to think carefully about your lighting scheme. Adjustable lighting is ideal for bathrooms because it allows you to have the bathroom brightly lit when necessary, but dimmed when you want to relax.

- **Whirlpools**—Whirlpools can provide relaxation and rejuvenation. They're available in a variety of sizes, colors and with different settings to suit individual tastes. Kohler even makes whirlpools that can be customized at the touch of a button. For instance, a bather can select "Massage" and have Flex-jets, backjets and neckjets help alleviate the day's tension.

- **Showering**—Today's showering systems provide massaging jets and multiple showerheads. For example, Kohler's BodySpa has been described as the equivalent of a whirlpool standing up. The company also makes the WaterHaven, which lets users adjust water flow for a tropical downpour, a cascading massage or a gentle spring rain.

- **Steam**—Steam generators can turn showers into steam rooms. Kohler makes a steam generator with an aromatherapy well.



Home spas have become a popular tool for washing away the stress of daily life.

A user can put rose petals or other fragrances in the well for an infused steam. Or the steam can be infused with eucalyptus for a therapeutic effect.

- **The Mood**—You can set the mood in your spa in a number of ways. Kohler whirlpools can come equipped with chromatherapy, an option that provides color to the water with a sequence of eight different colors or the bather can choose to rest on one color that ranges from cool and relaxing to warm and invigorating. And soft music and an aromatherapy candle can create a relaxing atmosphere. Fresh-smelling soaps and refreshing bath gels can create an invigorating one.

- **The Room**—Remember that your home spa extends beyond your shower or bath. Add a vanity or dressing table and decorate the room with art and plants. When you choose a color scheme for your spa, try to stick to more neutral colors to keep the mood mellow. You can also use textured ceramic tiles to give the room more depth and character.

For more information, visit www.kohler.com.