

# Home spas lead to excess moisture concerns

For many Canadians the bathroom has taken on a whole new role. It has gone from a functional sanitary place to a spa-like sanctuary. It is now the room of choice in which to relax, rejuvenate and recharge from our frenetic daily lives.

The new trend is to establish a wellness room in the master bathroom where innovative spa-like tools such as air jet baths and therapeutic shower units deliver short and long-term health benefits.

One can now spend hours on end soaking in the luxury of an air jet bath filled with essential oils, mud or salts. This therapeutic refuge may be doing wonders for your body and soul but it may be creating long-term problems for your home's indoor air quality.

Unless your bathroom is properly ventilated your steamy mirrors, damp walls and fogged windows are more than just annoying, they could indicate developing problems like mold and mildew, ruined insulation, and wood rot. Spot ventilation solutions from manufacturers like Broan can clear the air quickly and efficiently, removing potential problems before they invite themselves into your home.

Today's homes are built airtight for efficiency. But that means moisture and airborne pollutants stay where they are unless they are vented away. Eliminating excess moisture keeps your home dry and comfortable and can help avoid mold and mildew. Volatile organic compounds (VOCs), "outgas" from construction materials as well as allergens, dust, cooking vapor and what the kids bring home from school are more reasons why good ventilation is critical.

"Often times customers are confused by what they need in order to adequately



ventilate the bathroom," explained Matthew Cripps, Product Manager Bath Fans for Broan-NuTone Canada. "Using a simple rule of thumb, 1 sq. ft. equals a need of 1 CFM, therefore an average bathroom of 100 sq. ft. would require a minimum of 100 CFM to get proper ventilation."

Other things to consider when buying a bath fan or home ventilation system are quiet operation, blower power, and decorative design or you may want something that's virtually invisible.

Conventional fans are noisier and less visually appealing than newer products like the Broan Quiet Series Fans, Cripps added. The Quiet Series Fans offer extremely quiet operation while also consuming less energy ultimately costing less over time. And this is important if you're going to spend all your time reconnecting in your new bathroom spa. More information on bath fans can be found at [www.broan.ca](http://www.broan.ca).

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