Top five ways to turn your bathroom into a spa-like retreat

Today's busy lifestyles leave many people craving a quick recharge. And there's no place like home to relax and unwind, so why not create a spalike sanctuary where you can do just that? Here are some of real estate investor, contractor, and HGTV host Scott McGillivray's top tips from on how to make it amazing.

There's nothing less relaxing than dealing with a mould problem. A common issue in bathrooms. The wrong type of insulation can be especially vulnerable, so look

for one that contractors trust just for this purpose. McGillivray recommends an in- use it every single day for years. sulation called Rockwool Safe 'n' Sound. It's made from stone, so it repels water and won't promote mould, mildew or rot. It'll help create a peaceful retreat, thanks to excellent sound absorption.

It's all about the water feature: Whether it's a multi-head rain shower set against Start with what's behind the walls: a backdrop of luxurious stone tile or a large, free-standing tub, nothing melts tension away and relaxes the muscles like water. Options abound and can be pricey, but remember, the water feature is

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the centrepiece of the space, and you'll

Create a warm space: A cold floor can abruptly end your calming experience. Radiant in-floor heating is one feature how you lived without it.

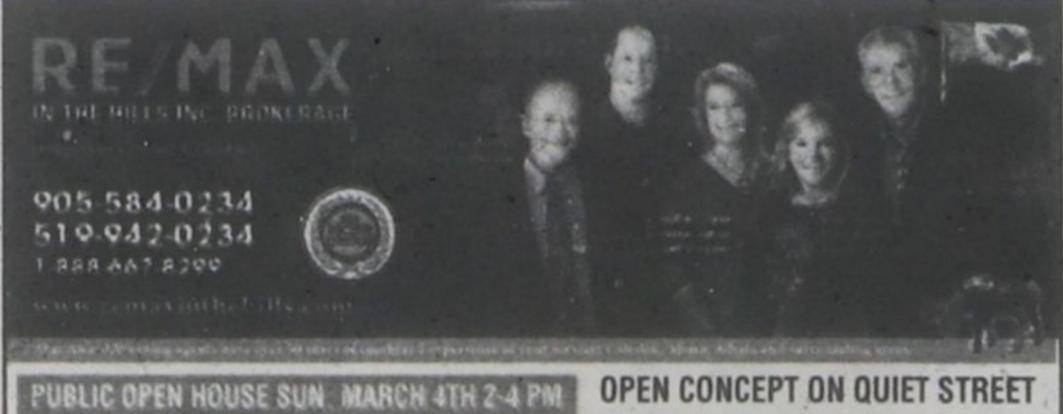
Let nature inspire: Recreate a spa aesthetic with natural materials like teak, in decorative baskets or jars. bamboo or stone.

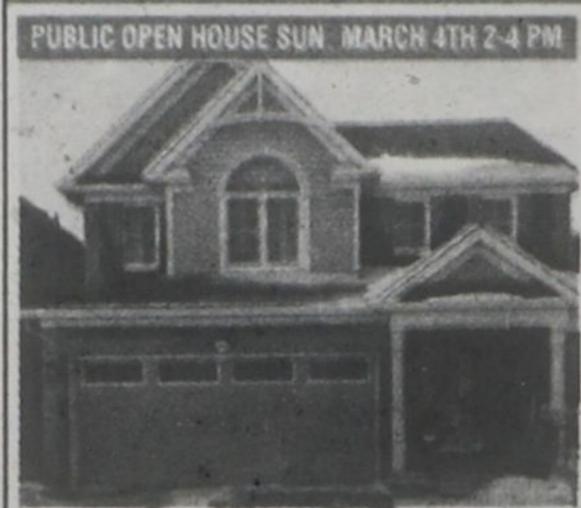
Lighting and music: Incorporating waterproof wireless controls for music and lighting let you set the mood and tone for the ultimate unwind.

If you're on a budget, add a pop of elegance with a beautiful light fixture on a dimmer and complement with candles.

Accessorize: From plush towels and robes to fresh flowers or greenery, add that, once you have it, you'll never know . some elements that make your bathroom feel like a five-star hotel. Reduce visual clutter by storing toiletries or other items

> McGillivray's advice is to relax, unwind, and tune out the world for a little while. Make it a guilt-free indulgence, because after all, you take better care of others when you take care of yourself, too. (NC)





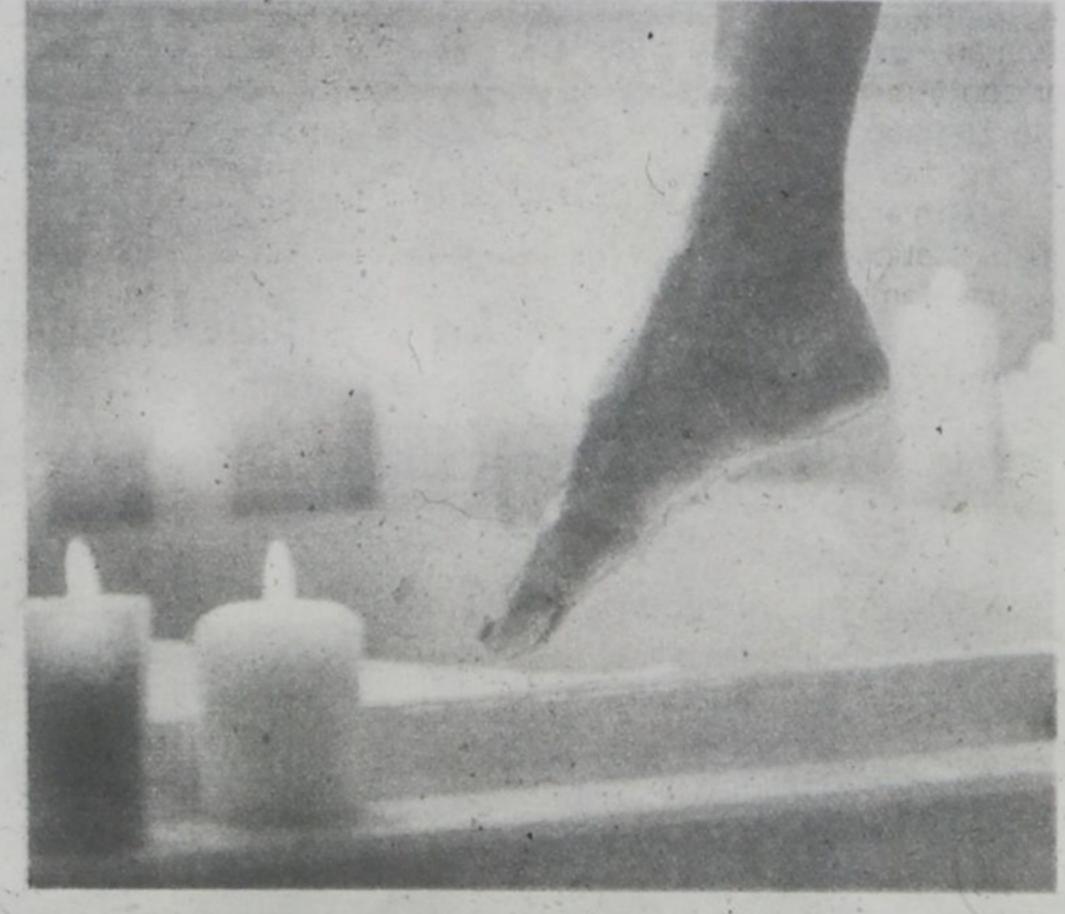
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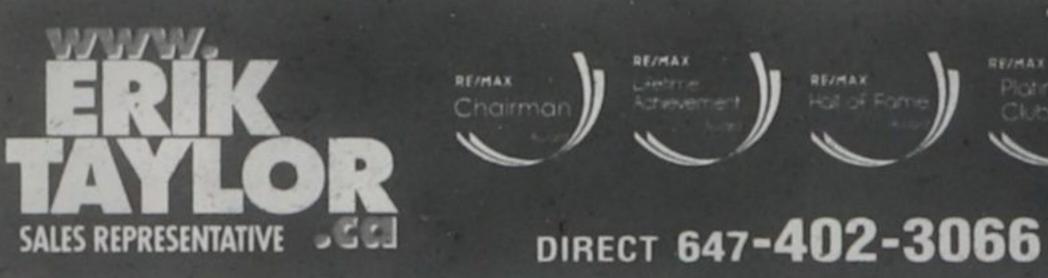
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