

Transform your bathroom into bliss



As the weather cools and the holidays approach, life gets busy again. What better way to unwind and relax than in the comfort of your own home spa? It's easier than you think to go from bathroom blahs to bliss, say specialists in this field. Sharon Grech, a colour and design expert at Benjamin Moore, shares her easy tips for achieving serenity now:

Create Peace with Paint: The simplest and most cost-effective way to completely transform the look and mood of the bathroom is with paint. Choosing the right colour is critical, since a colour too vibrant will stimulate rather than relax. Grech says the Benjamin Moore colour Gray Cashmere offers the perfect shade of gray with slight blue undertones. This colour evokes a feeling of calm and relaxation.

When creating a home spa, a consideration to keep in mind is that humidity can have detrimental effects on paint. To solve this, designers choose the Aura Bath & Spa line, says Grech, since it offers mildew resistance against the steamy environments often found in washrooms, with the beauty of a smooth matte finish. She points out that the integrity of the colour lasts due to the patented Colour Lock Technology, which preserves the brilliance of the paint.

Lighting is Everything: The right glow is key to creating an inviting, warm retreat and can dramatically alter the mood of a room. A pretty chandelier not only looks stunning, it envelops the room with a warm wash of light. Candles are a must-have to instantly make the bathroom warm and inviting.

The room's lighting, depending on what source it comes from, can have an effect on the look of the wall colour. Grech recommends purchasing a colour sample and testing it first before committing to a wall colour.

Add Big, Bold Patterns with Stencils: Wall stencils are an effective way to complement the

Benjamin Moore's Gray Cashmere from the Aura Bath & Spa line is used for a chic spa look in this bathroom.

bathroom colour scheme, while adding a bold, elaborate design to a space. "Stenciling is a great option for the bathroom to add a unique personal touch to the room," explains Grech. For a variety of stencils that complement any style, she points to her favourite resource, cuttingedgestencils.com.

Bring the Outside In: Long birch branches in a tall clear vase give a natural outdoor feel to the bathroom. A potted bamboo plant can be left on shelf for months and brings green to the space. If the room's windows are small, bring in a few large mirrors to reflect the light and make the space appear bigger and brighter.

Final Touches: If space permits, bringing in furniture like a shelf or small storage cabinet offers functionality and aesthetic appeal. Fluffy white towels, neatly rolled and stored offer a streamlined look. Hang a soft bathrobe nearby and purchase a few beautifully scented bath salts to bring comfort home.

More information about home spa renovations is available online at www.benjaminmoore.ca. www.newscanada.com



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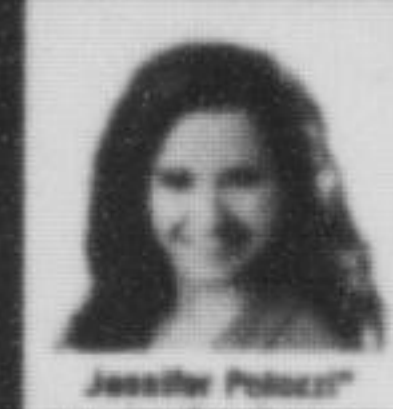
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