



INTERIORS *arcadia home interiors*

Bath time

Eliza Miller from Arcadia Home Interiors dreams of her ideal bathroom...

THERE ARE FEW GREATER PLEASURES than a long, hot bath – it is an integral part of my nightly routine, my retreat at the end of the day, and I happily confess to having more than a couple of lovely bottles of bath oil dotted about the bathroom, a veritable apothecary of orange blossom! Most people spend the first and last part of their day in the bathroom, so it is an important room to get right. Working in a stunningly beautiful interiors showroom has so many benefits, the only downfall being it makes me a little disillusioned about the state of my bathroom at home!

So if, like me, you are considering restyling your bathroom, there are so many elements to consider that it can be quite daunting. Do I change all the fittings (bath, shower, taps, sink and loo), what about the existing colour scheme and should I stay with a traditional style or go for something more contemporary? Many people favour pure white bathrooms, but they can run the risk of looking rather clinical, although very easily jazzed up with a fun and stylish combination of wallpaper and colourful tiles, plants or funky towels and bath mats.

Bathrooms are often the smallest room in the house, so it's always crucial to include as much storage as possible – and then you can add to your ever-increasing collection of pots and potions (and bath oils!). A good start when designing a bathroom is to write a list of wishes and needs and then the main practical considerations are plumbing drains, water lines and vent stacks. Bathroom plans usually have a one, two or three wall layout, the one wall layout being the most cost-effective with the sink, loo and shower lined up, but this is also the most limiting.

If my bathroom dreams came true, I would have a Duravit LUV bath tub. Designed around the concept of Nordic minimalism, the range follows geometric lines with a palate of matt lacquers and glazes in soft shades – the original vision being based on a bowl filled with water sitting on a table. The second part of my bathroom dream would be to have a Hurlingham Bath Company bateau bathtub in my sons' bathroom; the only problem would be choosing which design... the freestanding tubs can be covered in leather, fabric, cow hide and even carpet. They can also be hand-stencilled with your own design – or you could be super shiny and have a tub gilded in gold, copper, pewter or bronze leaf! The appeal of metal is still strong in bathroom and

kitchen design, and works beautifully when contrasted with wood and either bright or neutral colours. If you prefer having a shower, then the Vertical 'Wellness' shower from Dornbracht will undoubtedly enhance your physical, intellectual and spiritual well-being. With a number of specialised water outlets and different flow modes, you'll never want to leave the bathroom – one of the sensory water scenarios is called 'Just Rain' – as if caught in a tropical rain shower, the water cascades from above and envelops your body in big, glistening drops of water (I could be converted...). If you are looking at traditional designs for your bathroom, then the epitome would be Thomas

Crapper, a company set up in 1861 with the ethos that if you buy the right quality you only have to buy it once. My favourite designs are the 'beer pull' flush handle on the loo cistern (or 'Las Vegas Fruit Machine' handle as I describe it), and, again, it would be great fun to personalise the wording on your custom-made, cast iron cartouche – although you will be warned that 'good taste' and 'length of wording' must be adhered to. Meanwhile, the classic bath rack with optional book rack is just wonderful (although my glasses steam up in the bath, so that's no good for me sadly...). Whichever design you choose, it's important to spend plenty of time deciding, as the right bath or shower will make all the difference to your bathroom. &



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