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**Trend #7:** Take comfort in a home spa.

**Loving it:** the bathroom spa experience

**Leaving it:** oversized Roman baths and whirlpools

**Warren Frankel - Plumbing Pro and Owner,  
Central Plumbing Specialties**

"You may return home after having a great time on a vacation destination where you may have been pampered in a spa, sauna, or steam shower. You can have these same features with well-designed shower systems with body sprays, massaging hand showers, or overhead rain showers that help you de-stress from daily pressures. Bathrooms are getting much more attention than they used to, including water-saving products. Steam showers and air baths today can be equipped with chromatherapy, aromatherapy and waterproof speakers to enhance relaxation, and improve circulation."

**Helpful tip:** "Plan in advance. If you want to include a steam shower, it requires electrical aspects for the size of the unit. If you feel confident enough to do a renovation, you want to do it correctly the first time."

**Lisa McTernan - Custom Designer and  
Owner, Lifestyles and Interiors by Lisa**

"People are opting for radiant-heat flooring. It's a bit of an investment, but if they're tearing up the existing floor to put in new tile, they feel they might as well create the complete spa experience. Once you experience a heated floor on a cold winter night, you feel you can't do without it. In fact, they're going toward all things heated and installing heated towel racks, even heated toilets."

**Helpful tip:** "Beyond pampering, creating a spa-like bathroom is also an extension of taking care of yourself. Since we do all-custom work, we can include unique elements like a marble shower bench or a built-in wardrobe room in the bathroom, so you can get dressed without waking up your partner. Go for timelessness in your big-ticket items like cabinets, countertops, and flooring that are harder to switch out. Save 'trendy' for accessories or window treatments."