

## Three in five Brits are bathing too hot: Experts reveal health risks you might not be aware of

- A study found that three in five Brits are bathing above the recommended temperature suggested by experts, which is between 36-40°C
- High bathing temperatures can have health impacts – these include damage to the skin, an increase in blood pressure, and nausea

**25<sup>th</sup> October 2022 (Leeds, UK)** – Brits could be bathing too hot, after a study found that three in five (60%) people are filling their tubs to higher than recommended temperatures by experts.

The study<sup>1</sup>, ran by bathroom retailer [Sanctuary Bathrooms](#), delved further into Brit's bathing habits and asked participants to record the temperature of their [bath](#) over the course of two weeks. Results showed that three in five participants were bathing above the recommended 40°C maximum temperature suggested by experts, at an average of **42°C**.

With the cooler months setting in, it's a desirable time of year to be relaxing in the bath. However, it seems that many of us aren't aware of the potential effects on our bodies when it comes to filling the tub, with searches for 'ideal bath temperature for adults' up by +1300% in the last 12 months<sup>2</sup>.

Considering the spike in searches, and the shocking results of the study, Sanctuary Bathrooms worked with health experts to reveal the ideal temperature, and the impacts of regularly bathing above it...

Abbas Kanani, Pharmacist at Chemist Click<sup>3</sup> explains: "The optimum bath temperature should be around 36-40°C, or just above the average body temperature of 37°C – Brits should avoid going above 40°C."

Dr Deborah Lee of Dr Fox Pharmacy<sup>4</sup> agrees: “Anywhere above 40°C is too hot. Although temperatures above 40°C are unlikely to burn the skin, this can still have health consequences.”

Besides the uncomfortable sensation of lowering yourself into the bath when it’s too hot, there are impacts on your skin that may make you reconsider the temperature of your tub.

Dr Lee also says that bathing in hot water can result in damaged skin, an increase in blood pressure, and nausea.

She continues: “Bathing and showering in very hot water strips the natural oils from the skin, leaving it dry, red, and brittle. Sometimes the skin overreacts to hot water and produces too much oil to try and compensate for the dryness. So, if you have oily skin, taking long, hot baths and showers can make this worse.

“The heat opens the pores and causes the skin to sweat, which can also cause acne to flare up. It can also cause the skin to age more quickly, resulting in the development of fine lines.”

If like many Brits, your bath water is a little on the hot side, the experts also explain the measures you can take to keep your skin protected and hydrated, both before and after bathing, as well as what to do if you feel dizzy or nauseous following a hot bath.

#### **Top tips on taking care of your skin and health:**

1. Test the temperature of your bathtub when filling it using a thermometer. Or, if it feels hot, leave for a few minutes to cool down slightly in case it is above the recommended temperature
2. Try to keep bathing time between 10–20 minutes so you can enjoy the calming benefits of bathing, without drying your skin out.

3. Use moisturising body wash or bubble bath to maximise hydration to the skin
4. After exiting the bath, use a nourishing body moisturiser on damp skin to prevent any dryness.
5. Drink a glass of water after a hot bath, to keep your skin hydrated and make up for any fluids you may have lost.

**What to do if you feel dizzy or nauseous:**

Ever climbed out of the bath and felt dizzy? It turns out that a sudden drop in blood pressure is another impact of bathing too hot.

Abbas Kanani advises: "Take a seat, preferably outside the bathroom where the temperature is not likely to be as hot and allow your blood pressure to restore (usually around 5 minutes in healthy individuals).

"Take long and deep breaths and allow your body to cool down. Drink cold water slowly, try not to make any sudden movements, and eat a light meal – these can all help raise blood pressure and alleviate feelings of sickness."

**James Roberts, Director at Sanctuary Bathrooms, says:** "It is an idyllic image of bathroom relaxation: a hot, steamy bath filled with lots of bubbles, and a place to soak and relax away. But many Brits may not realise they could be putting the body under unnecessary stress or discomfort by bathing at high temperatures.

"This research shows that over half of us may be guilty of having a bath too hot from time to time. As such, it is important to take a little time to ensure our water is cooler before enjoy a good soak as the experts suggest, in order to enjoy bathing and maintain our wellbeing.

You can learn more about the health impacts of bathing too hot, as well as the damage it can do to your bathroom and how to fix it, in Sanctuary Bathrooms' blog [here](#):

<https://www.sanctuary-bathrooms.co.uk/blog/bathing-too-hot-can-impact-your-health-as-well-as-your-bathroom/>

**-ENDS-**

**Note to editor:** For any more information, please contact the Sanctuary Bathrooms Press Office [press@sanctuary-bathrooms.co.uk](mailto:press@sanctuary-bathrooms.co.uk) or call 01132 444400

#### **Sources and data**

1. A focus group of 20 individuals who took their bathing temperatures over the course of two weeks was conducted by Sanctuary Bathrooms in September 2022. Stats based on 12 out of the 20 individuals reporting temperatures over 40 degrees Celsius.
2. Data taken from Keyword Tool, September 2022
3. Abbas Kanani, Pharmacist at [Chemist Click](#)
4. Dr Deborah Lee, Medical Writer at [Dr Fox Pharmacy](#)

#### **About Sanctuary Bathrooms**

Sanctuary isn't just a brand name – it's the way we see bathrooms. They are areas of solitude, relaxation, an oasis. Founded by Des Roberts and now jointly run with his sons James and Richard, we're a family-run and owned business that has been in the industry for decades – 40 years of experience to be precise. This means we know what our customers want and, more importantly, what will help them achieve their Sanctuary. We have sourced a quality range of luxurious yet affordable bathroom products – from freestanding baths to furniture – all of which is on sale and delivered to customers across the UK and internationally from our showroom and warehouse based in Leeds, West Yorkshire. Step into our world and let us deliver your Sanctuary, the Sanctuary Bathrooms way. Website: <https://www.sanctuary-bathrooms.co.uk/>