



The simple tricks that will transform your bathroom into a relaxing retreat

- **Feeling stressed? Sanctuary Bathrooms explain how to bring that relaxing spa feeling into your bathroom**
- **Use clever storage, greenery, and de-stressing scents to transform your space into a spa retreat**
- **One clever TikTok shower hack will leave you feeling fully refreshed**

1st April 2022 (Leeds, UK) - We all feel stressed sometimes, and whilst the reasons for stress are varied and affect people in different ways, it's always important to try to create a comforting space in your home for you to unwind and alleviate some of those outside pressures.

Fortunately, [Sanctuary Bathrooms](#) has revealed how you can turn your bathroom into a place of pure tranquillity and zen. Even for those short on time, there are tips for that spa-break feel without the hefty price tag.

Tips to turn your bathroom into a sanctuary

1. Switch to uniformed bottles for a luxurious feel

Not only will switching to unlabelled, uniform bottles give your bathroom an expensive feel and elevated look, but it will also reduce clutter and maximise space; after all, nobody wants to be surrounded by mess while they relax.

Investing in refillable bottles and products where possible is also much better for the environment.

2. Use a bathroom caddy

Level up your bath time by using a bath caddy. Bath caddies allow you to enjoy your bath with all your essentials right in front of you, so you can simultaneously watch a film, paint your nails, or even relax with a glass of wine without any fuss.

3. Selecting the right scents

Rosemary, Jasmine, Sage, Ylang Ylang are all calming scents that will help you to unwind from a stressful day, so when choosing candles, bath oils or diffusers be sure to look out for these.

One tip is to gather real lavender, place it inside a little mesh bag, then, once placed, keep it in your towel storage for natural lavender-scented towels.

You can also try incorporating oils, petals, salts, herbs, lavender, and other aromatic plants to your bathwater, if you're feeling fancy.

4. Add some greenery

Plants are not only visually pleasing, but they purify the air and give your bathroom a calming rainforest feel.

Many plants, especially succulents and air plants, are quite happy sucking moisture from the air of steamy rooms, therefore they make great bathroom plants.

5. Invest in high-quality towels

Nothing quite finishes off a steamy shower or bath like wrapping yourself up in high-quality fabric towels.

Look for Egyptian or Japanese blends of high-quality cotton.

6. Have a face mask to hand

Take some time to take care of your skin and hair, some TLC can go a long way. There are plenty of face masks on the market, however, it is super easy to make some at home too. Here is a recipe for an oatmeal face mask for dry skin:

- 2 tablespoons oatmeal flakes
- 1 teaspoon lemon juice
- 1 tablespoon honey
- Mix together oats, lemon juice and honey.
- Apply to face. Rinse with warm water.

7. The right kind of pressure

If you haven't already, invest in a palm shower head that disperses the water across a wider surface area. Some even come with different functions which will affect the water flow, allowing for a high-pressure shower, a massage feature or a regular flow.

8. Eucalyptus shower

Skincare enthusiast and TikTokker [@sorayaskincare](#), shares her Eucalyptus shower hack, which could give you the most relaxing shower of your life...

Eucalyptus is great in the shower as its essential oils help you to relax and de-stress while creating a spa-like experience.

The steam of the shower will trigger a release in the essential oils from the plant, which in turn will make your shower smell lovely, and may just make you feel amazing, both psychologically and physically.

Soraya advises to “roll out the leaves to release the oils before hanging and replace once a month or if the leaves have dried out.”

Richard Roberts, Director at [Sanctuary Bathrooms](#) advises: *“When it comes to creating a tranquil bathroom space, one of the key things is to keep things clear and organised.*

“As well as having all the right essential oils, the next thing you can do to ensure a stress-free space is by having plenty of alternative storage in the room. Using easy practical items such as bathroom shelves, caddies, and even open-back mirror storage, such as the [Origins Living Dockside Mirror](#), can help to keep your space uncluttered so you can truly enjoy your spa experience.”

-ENDS-

NOTES TO EDITORS:

For more information or anything extra, please contact the Sanctuary Bathrooms press team at press@sanctuary-bathrooms.co.uk or by calling 01132 444400

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/>