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Spas for Your Home

Cristina Paredes

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Cristina Paredes : Spas for Your Home before purchasing it in order to gage whether or not it would be worth my time, and all praised Spas for Your Home:

6 of 6 people found the following review helpful. Don't get "soaked" :)By hungryI thought this book would be about how to design a room in your home for meditation, yoga, or aromatherapy. I didn't realize it was about "spas" in the sense of high-end bath tubs, soaking tubs, and hot tubs. These are not your Home Depot-type plumbing fixtures; they appear to be custom made and are also integrated with the rest of the space by being flush with the floor, or being mounted a step above or below the floor and given an appropriate transition. If that's what you're after, the book is packed with full-page photos. You can pick one you like and show it to your architect and say "That's what I want." (As a book for coffee-table browsing of dream baths, it gets a little tiresome after about the 50th bathtub.)

Spas for Your Home features 40 spaces in the house devoted to the owner's wellness, relaxation, health care, and hygiene. While luxury therapeutic baths and showers were once the sole preserve of the health spa, the experience can now be recreated at home thanks to a new generation of spa products and appliances such as wet room showers and whirlpool baths that are available to the general consumer market. Spas for Your Home also introduces new concepts like chromotherapy and hydrosonic technology, which use light and sound in baths and showers to enhance relaxation. An exhaustive resource section contains all the necessary information on products and materials used in each featured home spa so it can be easily duplicated, along with the names and web addresses of specialized manufacturers.

About the AuthorCristina Paredes has a degree in Fine Arts by the University of Barcelona and a wide experience in the editorial world, collaborating with several magazines specialized in interior design. She has also collaborated with various photographers as an agent. She currently lives and works in Barcelona.