

PRESS RELEASE

Zen inspiration

Bathroom Bizarre shows you how to add a Zen-inspired Asian theme to your bathroom for maximum luxury, comfort and good looks.

27 March 2013, Johannesburg: To cope with the fast pace of modern lives, more and more homeowners are looking to transform their homes into sanctuary-like spaces in which they can relax, unwind and recharge. And, nowhere is this trend more prevalent than in the bathroom. “The bathroom is becoming a central focus in home remodels – today’s bathroom doesn’t have to be functional, but it must also look good and feel good too,” explains Jasmin Kraneveldt from Bathroom Bizarre.

She says that Asian-inspired bathroom designs are bang-on-trend: “Homeowners are increasingly choosing bathroom designs that evoke a mood of timelessness, serenity, calm and wellbeing – and nothing says this quite as well as an Asian-inspired Zen bathroom. Reminiscent of high-end spas, these designs are an amalgamation of minimalism, clean lines, organic influences and natural hues. A Zen bathroom is the quintessential space in which you can go and forget your worries, relish the peace, and savour some real luxury.”

Zen is a uniquely Buddhist approach to life – part of its teachings focus on experiencing life in the present, the bringing together of mind and body, and how to discover a natural balance and harmony with our environment. When you consider this, it is no surprise that it can affect every aspect of everyday life, including the way a bathroom is designed and decorated. In fact, it is these aspects that make the Zen approach to design so effective at creating truly serene and inviting spaces – perfect influences for a bathroom retreat.

Minimalist matters

In a Zen bathroom – less truly is more, Jasmin explains: “In a bathroom design that boasts Zen-like sensibilities, the design encourages a calm and almost meditative state. The best way to encourage this is to create a space that is free from over-stimulating ornamentation and clutter. Instead, the overall composition should be formed around elements that inspire quiet self-reflection and internal dialogue.”

As a result, Jasmin notes that storage is an incredibly important aspect of any Zen design: “In a room as functional as the bathroom, including enough storage so that none of your essential bathroom products clutter up the space can be problematic. My recommendation is to include a large bathroom vanity with ample drawer and cupboard space, which can hold a host of bathroom products.”

She says a modern vanity with typically Asian influences is ideal: “The Peru 1200 bathroom vanity from Bathroom Bizarre for example, is ideal for any Zen bathroom. Constructed from dark wood, it boasts modern Pagoda-style legs that

are reminiscent of the traditional upturned roof pagoda towers so popular in Asian architectures, as well as frosted glass panelling on the two doors, which is evocative of Japanese rice paper shutters. The cupboards are able to neatly store heaps of bathroom essentials, while the three cubbyhole-type shelves on either side are great for storing rolled-up towels or other decorative accessories that would complement the ambience of the room.”

Organic elements

Any successful Zen bathroom will feature a lot of organic elements in its design – including the likes of organic woven rugs, rocks and pebbles, and of course the inclusion of a lot of wood and natural light. Jasmin elaborates: “Bringing nature into the design really intensifies the Zen-like quality of the bathroom design. This can be successfully achieved by incorporating plants with an Asian flavour into the design, such as orchids or bamboo for example, as well as hanging artwork of elements found in nature, such as prints of fish, flowers or plants for example.”

Jasmin notes that lighting is another important consideration: “To create harmony with the outdoors, it is essential to ensure that the bathroom is infused with as much natural light as possible. Electric lighting is also just as important – include an array of spots, as well as a central feature light that will complement the overall design, but also stand apart as a feature in its own right. It is very effective to include lighting that resonates with nature – available from The Lighting Warehouse, the round Klinton pendant featured in this bathroom for example, reminds us of the soft glow of the moon, while recessed spots are reminiscent of the starry night sky.”

Nature-inspired tones

All Zen bathrooms must feature a colour palette that stems from nature, says Jasmin: “Mother Nature offers the best inspiration for colour combinations – if you are ever at a loss of which colours to use together, let nature be your muse.” In this bathroom, rich grey has been accented with an array of bright turquoise hues for added interest – a colour combination often found by the seaside, where the turquoise ocean hits the grey rocks.

Jasmin notes that decorating with grey is one of the hottest trends to hit the décor market, and the bathroom is no different: “Grey is the new beige – it is neutral, but contemporary, and it works well with so many other colours. It also has an edginess to it that makes it even more attractive. Grey is able to give rooms extra depth and sophistication, and it is a welcome change from the somewhat dreary cream and beige colour schemes so popular in the recent past.”

Grey can be successfully used in very small or very large bathrooms – as a rule of thumb, the larger the room, the darker the grey should be. However, rich grey can also be used to great effect in small spaces – especially if it offers loads of texture. Says Jasmin: “Varying shades of grey can create depth and contrast within a room. In the bathroom featured here for example, grey faux slate Sahara Gris glazed porcelain tiles were used on the walls. A feature wall was created

behind the vanity and mirror using matching Décor Sahara Gris glazed porcelain tiles that give the appearance of stacked natural slate stone.”

She says that the Sahara Gris tiles, available from Bathroom Bizarre, are ideal for bathroom applications: “Glazed porcelain tiles are far superior for bathroom applications when compared to natural stone. Although these tiles look identical to natural slates stone, they boasts a number of qualities that are not inherent in natural stone – glazed porcelain tiles are not porous and don’t need to be sealed, they are easy to clean and maintain, they don’t scratch, they are easy to install and affordable, and they offer great slip-resistance in wet conditions.”

Spa-like luxury

The key to creating a Zen-inspired bathroom is creating a feeling of peace, serenity and luxury. Says Jasmin: “Any Zen bathroom worth its salt will feature a number of spa-like elements that invite you to linger in the bathroom that little bit longer, and to take time out to relax and unwind. A large free-standing bath, such as the large and deep IOS free-standing bath for example, available from Bathroom Bizarre, is a must-have amenity for long, luxurious soaks.”

In this bathroom, the bath is fed by Axor Massaud free-standing bath mixer – a truly luxurious mixer that boasts a waterfall spout to complete the sumptuous bathing experience. What’s more is that this bath mixer also serves as a minimalist shelf, which is ideal for storing bathing necessities and perhaps a candle or two to add to the spa-like ambience.

Products featured in Bathroom Bizarre’s grey and turquoise Zen-inspired bathroom:

- IOS free-standing bath (1500mm x 800mm) – retails at R21 500,00 from Bathroom Bizarre (www.bathroom.co.za).
- IOS free-standing basin (540mm) – retails at R3 595,00 from Bathroom Bizarre (www.bathroom.co.za).
- Axor Massaud free-standing bath mixer – retails for R36 490,00 from Bathroom Bizarre (www.bathroom.co.za).
- Axor Massaud tall basin mixer – retails for R18 995,00 from Bathroom Bizarre (www.bathroom.co.za).
- Peru 1200 vanity - retails at R5 495,00 from Bathroom Bizarre (www.bathroom.co.za).
- Jkk mirror – retails for R1 050,00 from Bathroom Bizarre (www.bathroom.co.za).
- Loft duo 12-bar heated rail – retails for R6 550,00 from Bathroom Bizarre (www.bathroom.co.za).
- Wall tiles: Sahara Gris (320mm x 625mm) glazed porcelain – retail for R245,00 per square metre from Bathroom Bizarre (www.bathroom.co.za).
- Feature wall tiles: Decor Sahara Gris (320mm x 625mm) glazed porcelain – retail for R295,00 per square metre from Bathroom Bizarre (www.bathroom.co.za).

- Light fitting: Klinton pendant (400mm x 400mm) – retails for R999,95 from The Lighting Warehouse (www.lightingwarehouse.co.za).

Note: All prices as at 25 March 2013. E & OE.

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