

Blissful bathing for the taller lady

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A bath is not a bath unless you can submerge all of your body into its warm and soothing waters. Warmth can really help aches and pains, and after a long day at work, stepping into a watery tub of iridescent bubbles can be the best medicine for almost any ailment. Pour in your favourite bubble bath, light some candles, have a glass of rosA© at the ready along with a good book, and you have created a bathing experience to die for. But not if your bath is a tad on the small side, leaving you hunched, cramped and grumbling. Suddenly the ultimate bathing experience doesn't seem so relaxing. You either have to keep your knees bent, or stretch out and have your legs pressed up against the tap or the overflow. Not only is this bad for your back, as it puts undue pressure on your neck and shoulders, but it's downright uncomfortable for your legs, too. Why compromise your bath time experience with a bathtub that doesn't meet you and your body's needs?

Believe it or not, the humble bathtub comes in an impressive assortment of shapes, sizes and depths. You can choose from rectangular, oval, hexagonal, corner baths, octagonal, so-called 'comfort' baths, free-standing baths, 'sunken' baths and if you are feeling really plush – baths with their very own Jacuzzi! With such a wide choice, there is simply no need to settle for second best. Those squashed and cramped bathing days are over. For the taller lady, corner baths are probably not the best option unless you like to sit and/or huddle instead of lying flat and staring dreamily up at the ceiling. Comfort baths, too, despite their name, tend to be smaller and more compact, although bathroom specialists, BETTE provide a good range of comfort baths, some of which have been designed specifically for taller people. They also do extra-large tubs for the taller person in mind, such as their hexagonal products, the 'BETTEPUR HEXAGANOL' or the 'BETTEMETRIC', which is both practical (allows for complete submergence) and comfortable. And, because the taps are on the side of the bath rather than at the end, there is no chance of hitting your toes on the cold steel. BETTE also offer a family range which include tubs built for two people, like their extra-deep BETTEFAMILY OCTA and their rectangular BETTEFAMILY, which also has a raised platform at one end to provide seating for your little ones. Alternatively, Vitra, whose mission it is to 'turn bathrooms into beautiful experiences', offer a good but slightly less diverse range of baths for the taller person. Armitage Shanks also provide a good selection, including an indication of price which ranges from around £200-£400. So, what's it to be? A deluxe extra-long bath with inbuilt Jacuzzi? A duo octagonal bath built for two, complete with a contoured headrest? Or an ergonomically-shaped oval bath with sitting and lying area? The choice, as they say, is yours. Let your next bath be as relaxing as you deserve. Share your thoughts in the comments And don't forget to check



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