

# Fort Bend

## Lifestyles & Homes

AUGUST 2015

Fort Bend's  
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Magazine  
25 YEARS

**A SPANISH  
MODERN MANSION**  
Luxury and kid-friendly  
amenities coexist beautifully

**DREAM  
BATHS!**

**Chic Beach House**  
shared by Fort Bend Families  
**DRIVING in Fort Bend**

KRISTEN BROOKE PHOTOGRAPHY

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## Spa Space at Home

*The ultimate upgrades for the master bath*



KOHLER

Kohler's Cube Underscore BubbleMassage Air Bath Hydrotherapy transforms your bathroom to a modern spa experience. BubbleMassage hydrotherapy delivers thousands of bubbles that thoroughly support and massage your body for an invigorating, blissful experience.

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By Elizabeth Anthony

Your home's bathroom is likely a sanctuary in your home — far more than just a toilet, sink, shower and/or tub. You may soak away your worries in the tub, perhaps by candlelight or with soft music playing in the background. Maybe you steam away your stress in the shower where the water temperature is pre-programmed to perfectly suit you. When you step out, your feet touch a naturally warm surface. Your vanity sink dispenses water without splashing while beautifully crafted cabinets contain your appliances, which are already conveniently plugged in. You've thought of everything you need to create your very own spa-like experience at home — or have you?

So what's happening above and beyond the norm in bathrooms of the future? Zen-like, opulent designs are fusing with a contemporary aesthetic and high technology. Homeowners want modern, luxurious designs with uninterrupted sight lines, but they don't want their bathroom to feel cold or calculated. Master baths are becoming spa-like retreats with upgrades that help homeowners look and feel their best.

David Kohler, president and COO of Kohler Company says, "The bathroom of the future will be enabled by advanced electronics, but not just for the sake of technology. It's about creating new experiences and having intuitive control and convenience while conserving water. In many ways, the technology is already here."

So how does your master spa measure up? Need some fresh ideas? Start by selecting the features you really want.



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## Spa Technology

Electronics like remote-controlled TV, stereo or windows that work at the touch of a button make bath time more fun.

- MTI brings music to a bather's ears with its Stereo H2O — a built-in stereo system. Controlled from a remote amplifier that can be placed inside a cabinet and connected to CD or MP3 players, the sound is broadcast through the tub walls, with no visual speakers.
- Also available from MTI are radiant heating pads that can also be built-in; so what looks like a simple tub is actually a spa-like escape.
- Robern's TViD mirrored bath cabinet has an 8-inch LCD television incorporated in the door.
- Faucets at home are becoming increasingly user-friendly and efficient. Sensor-operated faucets have been around awhile in the hospitality industry, and

nowadays they're making their way into homes as well.

- Toilets, such as the Numi (Kohler's most advanced), combine design, technology and engineering to offer the latest in personal comfort and cleansing. From strik-

Homeowners want modern, luxurious designs with uninterrupted sight lines, but they don't want their bathroom to feel cold or calculated.

ing contemporary form and features to water efficiency, toilets bring a new standard of excellence to the bathroom. The Numi features such lavishness as a motion-activated cover and seat, advanced bidet functionality, integrated

air dryer, deodorizer, heated seat, foot warmer, chromotherapy and even music.

- Aromatherapy — Essential oils are diffused in the air for a relaxing or energizing effect. Kohler clients enjoy a unique, instantaneous diffuser system, which spread essential oils into the air by nebulization.

To be completely on-trend with bath spa technology, two must-haves are hydrotherapy and chromotherapy.

Hydrotherapy tubs include three key components: heat, buoyancy, and massage. Heat speeds up the removal of lactic acid from sore muscles. Muscles heated in warm bath water are less fatigued and recover faster. Buoyancy is an upward force exerted by a liquid, gas or other fluid that opposes the weight of an immersed object. Buoyancy in your tub relieves pressure on the body, tissues and muscles. Massage is the manipulation of superficial and deeper layers of muscle and connective tissue to enhance function, aid in the healing process and promote overall relaxation and well-being.

According to Jacuzzi, a long-time industry leader, hydrotherapy can be used to treat stress in the mind and body, specifically treating ailments like arthritis, restless leg syndrome and insomnia, not to mention daily stress. Several options offering hydrotherapy are available to consumers. Jacuzzi options include the legendary Whirlpool, delivering a therapeutic, invigorating massage. Also available is the Pure Air Bath with gentle, embracing massage of warm air bubbles. Or consider Salon Spa, which utilizes both powerful jets and soothing air bubbles, providing the ultimate experience of both the Whirlpool and Pure Air bath.

Chromotherapy (colorology or color therapy) in the bath or shower uses multi-color light systems which can influence the condition of our emotions, balance our bodies' energies and restore overall health. Wherever the body is lacking energy balance, be it physically, emotionally, spiritually, or mentally, chromotherapy offers a healing color treatment.



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