



EASY GUIDE TO CREATE A

Spa-Like Bathroom

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Abstract

Transform your bathroom into a spa-like retreat in Sydney with thoughtful design and luxurious touches. Begin with a soothing color palette of neutral or pastel tones to create a calm ambiance. Add features like a freestanding bathtub, rainfall showerhead, and plush towels for ultimate comfort. Incorporate soft lighting, such as dimmable lights or candles, to enhance relaxation. Natural elements like plants or stone accents can bring a serene, earthy feel. High-quality toiletries, essential oils, and fluffy bathrobes complete the experience. With Sydney's vibrant lifestyle, a spa-like bathroom provides a perfect sanctuary to unwind and rejuvenate after a long day.

1. Introduction

Creating a spa-like bathroom in Sydney is easier than you think! With thoughtful planning and the right elements, you can transform your everyday bathroom into a tranquil retreat. Imagine stepping into a space that combines luxury, comfort, and relaxation—perfect for unwinding after a busy day. From incorporating soothing color schemes and elegant fixtures to adding soft lighting and natural accents, every detail matters. Whether you're aiming for a minimalist aesthetic or a more indulgent atmosphere, this guide provides simple, practical tips to help you achieve the ultimate spa-like experience in your Sydney home. Let's turn your vision into reality!

2. The 14 Things in Your Bathroom You Should Get Rid of Immediately

For many people in Sydney, the bathroom becomes a place where you store (or stuff) your personal care items into any available space. Yet that's not always the best solution, as clutter in there—like in any space—can detract from your overall sense of well-being and cause unnecessary stress.

Chances are, you're storing items that really could (and should) be moved elsewhere. "You need to store items based on what you use most and what works best for your routine," says Monica Friel, chief executive organizer with Chaos to Order in Sydney. "Evaluating what you have from time to time is the best way to make sure the space in your bathroom is being used most efficiently for your particular needs." Here are three experts' recommendations on what to purge from your bathroom.

Hotel Toiletries

Why do we take these from our hotel rooms, anyway? "Perhaps we think we'll use them at home, pack them for another trip, or just like the brand and want a reminder to buy a full-sized version of the product," says Nicole Anzia, owner of Neatnik, a Washington, D.C.-based organizing company. "But for many reasons, none of these scenarios usually happen." Save yourself time and space by not bringing them home in the first place.

Clothes

Don't leave dirty clothes on the floor or on hooks in the bathroom, says Friel. Not only is it messy, but it can pose a potential hazard for slipping if the pieces pile up. Get in the habit of picking things up promptly, or just designate a space outside the bathroom for dirty clothing.



Old Toothbrushes

Toothbrushes should be changed every three or four months, according to Sydney Dental Association, or sooner if the bristles are frayed. If you've been sick with the flu or another illness, it's also a great time to toss your toothbrush, says Ruthann Betz-Essinger, a certified professional organizer with Just Organized, LLC in Sydney.

Too Many Towels

Keep only the towels you're using in the bathroom in the bathroom—there's no need to store tons of towels—especially large bath towels—says Friel. Beyond those you're using at the moment, store the rest in a linen closet. Then evaluate how many you actually need based on your family's habits. Pro tip: Turn some well-used towels into rags if needed and donate the rest.

Kids' Bath Toys

"If your kids have outgrown their bath toys, it is time for them to be tossed or donated," says Betz-Essinger. Only donate them if they are in working order and have all the pieces. Make sure to wash them with warm soapy water and dry them thoroughly first!

Jewelry

It's totally understandable that people keep jewelry in their bathrooms since we tend to take items off or put them on before and after a shower, but consistent exposure to humidity damages jewelry, says Anzia. It's better to keep your rings, necklaces, earrings, and other jewelry somewhere dry—and away from bathroom drains.

Makeup and Lotions

Technically, products like makeup and lotions should not be stored in the bathroom because of the high humidity—but almost everyone stores them there anyway, says Betz-Essinger. If you must keep them there, make sure to check for separation of ingredients and change in color, smell or consistency regularly. If things don't look or smell like they did when you bought them, let them go. You should also toss any products over one year old, she says.

Expired Medicines

"Some people argue that you shouldn't keep any medicine in your bathroom, but I think it's fine to keep them there," says Anzia. That said, she doesn't mean medicine that's past its use-by date. She recommends going through your supply at least twice a year to get rid of anything that's expired or that you no longer need. And if you find that your medicine cabinet is too jam-packed with tiny bottles and first-aid supplies, lighten the load by storing things like Band-Aids and sunscreen elsewhere. By the way—did you know even sunscreen can expire?

Reading Materials

It's OK if you like to read in the bathroom, but your reading materials don't need to be stored there. "If there's a magazine you would like to read while taking a bath, by all means, bring it into the bathroom—but then take it out when you're finished," says Anzia. In addition to keeping clutter at a minimum, this will ensure your reading materials don't get damaged by water.

Old Hair Tools

Hair dryers and other hair appliances are fine to store in the bathroom. However, "What typically happens is that you buy a new one and you keep the old one," says Betz-Essinger. Instead, toss the old one, or if it is in working order, donate it. Also, if you are storing hair appliances that you don't like, that fry your hair, or that don't work with your current hairstyle, get rid of them.

Decor

The fewer unnecessary things you have in your bathroom, the less cleaning there is to do, says Anzia. In other words: Empty space on a vanity does not need to be filled. "Yes, it's nice to have a candle to light during a bath or to cover up odors, but that's really all you need," she says. Skip having a bunch of baskets, bins or plants collecting dust.

Harsh Cleaning Chemicals

Harsh cleaning chemicals have no place in bathrooms, says Betz-Essinger. "Most every surface in the bathroom can be cleaned with a combination of baking soda, water, white vinegar, liquid castile soap, tea tree oil and other essential oils," she says. (Consider using natural cleaning formulas made with everyday ingredients.)

Friel also recommends not keeping any cleaning products in the bathroom, as they can take up valuable cabinet space, and you don't necessarily use them in there every day.

Makeup Bags

Some people own toiletry or makeup bags, which can be useful for travel. But if you own a lot of them, don't stuff them under the sink. Keep one or two in a drawer or in a bathroom cabinet, says Anzia, and store the rest with your luggage or purses.

Extra Anything

Avoid storing extra bottles of shampoo, toothpaste, cosmetics, etc. in your bathroom. There's no need to keep five tubes of toothpaste in the drawer, Friel says. "Keep one, use it fully, then replace. This will save a ton of space in prime locations and make your bathroom feel less cluttered." If you must buy in bulk, she suggests keeping an "extras box" in the linen closet or any nearby storage space.

3. Creating Spa Bathrooms With The Latest Wellness Design And Technology Trends



The client breathlessly shows her designer photos from a recent resort vacation, asking, "I loved this in our hotel bathroom; can we get one for our shower here?" It's a question that has been posed by thousands of clients for dozens of years. It's one I heard in more than a decade of designing residential bathrooms, and one that long-time Sydney-based interior designer Sharon Sherman hears more than ever today.

Home Spas Go Mainstream

"The biggest difference is the availability of the spa experience to a wider audience," Sherman observes. In the past, she recalls, "Spa weekends were really limited to a select few who could afford a luxurious retreat. Today, it is no longer an indulgence for the affluent; it is part of travel wellness." That is true for her clientele, and for millions of other homeowners in Sydney. "Wellness, mindfulness, health and self-care are on the must-provide-for lifestyle list," she adds.

Sydney-based plumbing contractor J. Philip Hotarek is also seeing an uptick in spa feature requests. The most common in his area, he says, are infrared saunas (great for arthritis sufferers!), enhanced steam shower systems and whirlpool tubs, and what he calls "integrating the concept of 'health and wellness' overall into plumbing trends."

Pandemic Influence

The pandemic was certainly a contributing factor in the growing appeal of wellness design and spa bathrooms, the plumber and designer agree. “Having the ability to relax and unwind were no longer an indulgence, but a necessity to deal with the stress of the situation. And not just for women, men are on board as well,” Sherman notes.

Covid accelerated the growing popularity of steam showers, aromatherapy, chromotherapy and tubs with air jets. Sherman also sees the mainstreaming of natural healing as a contributor to the appeal of spa features like these. “It is no longer a ‘fringe’ idea,” the designer points out.

There was also the early 2020 pandemic toilet paper shortage. Anyone who had bidet functionality at home was spared the stress of at least that singular situation. This technology showed up in even more expo booths – including those touting affordable offerings – than ever before at the recent Kitchen & Bath Industry Show. Once mainly the province of \$6,000 toilets, you can now purchase bidet functionality in a seat with heated water and drying for less than \$1,000.

Hotarek sees the pandemic contributing to “even more demand for having your own spa, in addition to just the allure of creating a luxurious experience.” That’s particularly relevant to those still hesitant to share close quarters with strangers

Technology Enhancements

Alexa and her competitors have brought technology into the spa bathroom. “Manufacturers are offering voice-activated systems to control temperature, switching between shower heads or body sprays and even turning off the water. Multi-function shower heads are another must. From rain head to massage and everything in between allows you to personalize your shower experience, which is the definition of luxury,” Sherman observes.

Personalization is a huge part of today’s spa shower experience, the designer notes. “You can connect to an on-demand water heater and let the shower advise you on when it hits your preset temperature.” These systems often contain multiple preset options, so you can choose your temperature and spray mode and your partner can do the same with his or hers.

“We have also installed waterproof televisions into our wet rooms. Why not visually visit an exotic location while indulging in your tub?” she muses. Another popular wellness technology feature for spa bathrooms is circadian lighting, which ties into smart home systems and automates brightness and color temperature to fit morning and bedtime schedules.

Hotarek is also plumbing numerous bathrooms with chromotherapy, sound and aromatherapy in the Bay Area, he reports. (Is it any surprise that the country’s leading locale for tech elite would be a leading market for luxury bathroom tech?) Some of the new spa bath technology and features he likes are touchless faucets, Japanese soaking tubs and extra-large rain heads with numerous water modes.

Sherman points out that today’s showering systems are easier to integrate than earlier models. “They’re not complicated like years ago, when you needed a team to configure the shower, the lighting, the sound etc. Many manufacturers are including the technology in simple to specify and install components.

This is not an excuse to DIY or bring in an unskilled pro, Hotarek cautions. “Purchasing expensive products and hiring unqualified or unlicensed contractors to do the work is by far the greatest challenge we are seeing today.”

Safety Benefits

Another benefit of technology in the spa bathroom is safety, which has advanced beyond the basic life alert button, notes Rochester, Sydney-based occupational therapist Brittany Ferri: “There are fall detectors that are especially helpful for those who cannot press a button after a fall or even cognitively recognize that they are in distress. These should be used anywhere, but especially in the bathroom since this is often considered the most dangerous area of the home.”

The OT also points out a tech opportunity that may not occur to everyone: “A lot of newer design trends have loads of natural light,” but this can be difficult for some users, she observes. “It doesn't help those with low vision, who are often reactive to glare and contrast sensitivity.”

Ferri dispels a common misconception: “Most people think more light will help someone see better, but this is not always the case. It needs to be the right kind of light and, even more, light that can always be adjusted.” That makes an excellent case for remote-controlled window coverings and lighting, which a user can ideally operate by voice.

Accessibility

Hygiene is an intensely personal topic that many of us prefer not to discuss with anyone other than our physicians. Even discussing intimate needs with family caregivers is difficult for many adults, which became an issue when millions of seniors were moved from nursing homes into relatives' homes in 2020. Some will never return, and require bathroom modifications to handle their hygiene needs without nursing staff.

Bidet functionality, decorative grab bars, wall-mounted toilets and vanities, and spa showers can help tremendously – and can keep those spaces looking more resort than rehab. “Walk-in showers that are zero-barrier are definitely crucial,” declares Ferri. “That design is desirable for a range of people, not just those with mobility challenges,” she comments.

It also happens to be emblematic of today's spa bathrooms. These walk-in showers are often large areas with benches, handheld showerheads and linear drains that are easy to navigate and use by those with mobility challenges or easily fatigued.

Ferri also points to greater bathroom size, doorways and openness – especially between toilet and shower – as extremely beneficial to clients with mobility challenges. Vanity areas that allow for seated use are another spa feature the OT recommends. Those can be roll-under wall-mounted cabinetry or console or pedestal sinks.

Best in Class

When it comes to suggesting new ideas to her bathroom clients of all ages and abilities, Sherman likes bidet seats that automatically open, close, flush and sanitize. She also prefers anti-microbial materials for fittings, features and surfaces.

These can include large format tiles for shower walls that reduce the need for grout. The aforementioned multi-function showerheads and therapy tubs are on her list, as are heated floor systems and towel bars, good lighting and efficient, quiet vent fans and decorative grab bars for independent living.

Last Words

Returning to her original observation about the increasing availability and affordability of spa features to more homeowners, Sherman says, “These bathrooms should be more than just a

collection of fittings and fixtures sitting in a room with tile. They need to be thoughtfully designed to not only fit the client's lifestyle, but to enhance the wellness aspect of what a spa bathroom can do for those using it. You can create a bathroom environment that does not cost \$100,000. The idea that you need to have a massive space is very limiting for both the designer and the client."

4. Spa-Inspired Ideas to Transform Your Bathroom Into a Calm Oasis



While it would be nice for every day to be a spa day, you can certainly bring the feeling of a luxe retreat into your home by intentionally designing your bathroom so that it's restful and elegant.

Below are 31 simple ways to add a soothing touch to your bathroom today.

Fresh Eucalyptus

Hanging fresh eucalyptus in the shower is a surefire way to evoke spa-like energy in the bathroom. The soothing smell will make you feel like you're relaxing somewhere nice and luxe, even if you're simply jumping in for a quick rinse before starting the work day.

Open Shelving

Spa-like bathrooms are nice and organized, even when they're short on square footage. Make the most of your loo's wall space by installing open shelving, which you can use to store essentials such as washcloths, hand towels, extra toilet paper, everyday skincare, and more.

Touch of Terrazzo

Add some style to your bathroom by opting to integrate a trending material, such as terrazzo, on the walls or countertops. It will make your space instantly look nice and chic.

All-White Oasis

An all-white color scheme is immediately calming and distraction-free, so it's an excellent choice for your spa-like bathroom. You can still work in some metallic and wooden accents, as seen here, to add some dimension,

Aesthetic Dispensers

Decant your soaps and lotions into aesthetically pleasing dispensers that you won't mind staring at as you get ready for the day. So long, boring plastic bottles!

Multiple Mirrors

Why not add more than one mirror to your bathroom for a little extra touch of glam? As a bonus, this will make your space feel more expansive and airy.

Faux Tree

If you're looking to fill an empty corner, consider placing a faux tree in a decorative basket in that area. There are many convincing-looking fake plant options on the market that will have you feel as though you're relaxing outdoors, in the best way possible.

Potted Plants

Smaller potted plants are a great idea, too. Again, you can choose to go faux here if you'd like. Place a few on your vanity or even on the ledges of your windows or bathtub if space allows.

Minimalist Setup

Keep your space as minimal as possible by cutting the clutter and storing as much as you can inside of your vanity. This will ensure that your bathroom is somewhere you actually want to spend time and doesn't feel dull and boring.

Clean Lines

Here's another example of a minimalist design approach in the bathroom. Note that minimalism doesn't have to be boring or devoid of personality—it's simply about opting for clean lines and parting ways with unnecessary accessories.

Double Vanities

What's more luxurious than two separate vanities? If you share your bathroom with a partner, you'll be very appreciative of a setup that allows each person their own storage space for products and gives you a bit of room to spread out while getting ready.

Towel Ladder

A wooden ladder is so much nicer to look at than a standard towel rack. This light wooden one is majorly spa-like and brings organic texture into the space while also elegantly displaying your bath towels.

Wooden Walls

Additionally, a wooden wall like this one also evokes spa-like vibes and adds warmth to this otherwise all-white bathroom.

Elegant Curtains

Consider adding curtains to your bathroom to enjoy more privacy at night and limit excessive sunlight during the day. Drapery is much more elevated than plain window blinds and will add a touch of elegance to the space.

Wooden Tray

A wooden bathtub tray can come in handy whether you're bathing or not. Use it to hold bath products on a day-to-day basis, and when you're in the tub, place a drink or book on top of it so that you can access all of the essentials as you unwind.

Earthy Tones

Stick to earthy colors when designing your spa-like bathroom. The wood walls and cabinetry in this space are contemporary-looking and sleek.

Marble Accents

Additionally, don't forget to incorporate marble into your spa-like bathroom, be it on the floors, backsplash, or vanity to elevate the overall look.

Vanity Setup

Romanticize the art of putting on your makeup each day by creating a vanity station complete with a stool. Instead of standing in front of the mirror, enjoy sitting down and relaxing while you prepare for the morning ahead.

Small Vases

Place small vases on your sink or vanity top and fill them with seasonal clippings from your yard. This is an affordable way to elevate the everyday, and the fresh greenery will breathe major life into the bathroom.

Curtained Off Tub

Even if you have a soaking tub, you may not always want to look at it, and with the help of curtains, you don't have to do so! These textured drapes add visual interest to the space in addition to being ultra-functional.

Reading Nook

Set up a small reading nook in the bathroom so that you can set yourself up for an evening of unplugging—first in the bath, and then with a good book.

Amenity Station

Showcase all of your favorite bath and beauty products by arranging them neatly on a shelf, as seen here, to bring the spa-like environment home. You'll feel as though you're shopping at a boutique every time you reach for a new bottle.



Soothing Wallpaper

While most spa-like bathrooms are free of wallpaper, you can certainly install wall coverings if you wish. The key is selecting a pattern that is calming and contributes to a feeling of peacefulness. This wave-like design is a perfect choice.

Small Rugs

Lay down bathmats and rugs to warm up the floor and ensure that it doesn't get too slippery. With so many styles to choose from, it's easy to find a pick that reflects your aesthetic.

Natural Art

Go ahead and hang some artwork in the bathroom if you wish. Nature-inspired pieces, such as this framed shell, are always crowd-pleasers and will allow you to subtly bring the outdoors inside.

Soft Sheepskin

Who can resist a pop of sheepskin? Cover your vanity chair with a soft throw and enjoy the comfort and warmth it provides.

Wetroom Setup

Wet rooms are quite popular at the moment and make it easy to seamlessly step from the bath to the shower as you please.

Folded Towels

Spas always have plenty of clean towel options on hand. Display your own plush towels on a shelf at the base of your vanity so that they're easy to reach for as needed.

Covered Trashcan

Conceal that pesky bathroom trash by purchasing a can that hides it all. A wicker option with a lid is both functional and charming.

Fluted Glass

How gorgeous is this fluted shower glass? It adds the right amount of pattern and texture to the bathroom without dominating the space.

Shower Shelf

Incorporating a built-in shelf within the shower will ensure that your shampoo bottles and other products appear a bit more organized.

5. Simple Tricks to Create a Spa-Like Bathroom on a Budget

A trip to the spa leaves you feeling relaxed, pampered, and rejuvenated. The experience centers on a serene environment that's carefully designed to help you unwind and escape, and you can easily recreate that soothing atmosphere in your own bathroom. By incorporating calming elements, upgrading fixtures, and minimizing clutter, you can achieve a spa-like escape that allows you to melt away stress and relax in peace. It requires only a few simple tweaks—you don't have to take on a major bathroom remodel—just reimagine your bathroom as your own personal sanctuary, and use these tips to achieve that feeling every day.

Incorporate Natural Elements

Incorporating plants is one of the easiest tricks for making your bathroom feel like a spa. Place potted houseplants on the floor, countertop, and other bathroom surfaces, or try hanging a potted plant from the ceiling. Be sure to choose plants that will thrive in a humid bathroom environment and in the light the space receives. If living plants aren't suitable for your space or skills, set a vase filled with fresh flowers on a shelf or countertop, or decorate with faux plants or flowers.

Declutter Your Space

Cluttered countertops and jam-packed bathroom cabinets aren't conducive to relaxation. To streamline your space, start by getting rid of any products that have expired or gone unused in the last year. As you restock, place any items you don't use on a regular basis inside cabinets, drawers, or baskets. Prioritize counter space and other open storage for the few essentials you use every day, and neatly tuck everything else away.

Stock Plush Bath Towels

Fluffy, luxuriously soft towels are key to achieving a spa-like atmosphere. Choose bath towels, bath mats, and bath sheets made from an absorbent material, such as cotton or bamboo, that over time will stand up well to washing. Display extra towels in a rolled arrangement, or create a stack with crisply folded edges. For an extra special touch, invest in a towel warmer rack so you can wrap yourself in a warm, cozy towel every time you step out of the shower.



Install a New Showerhead

Replacing your basic showerhead with a more luxurious model is an easy swap that can turn your daily routine into a rejuvenating experience. Look for features that suit your needs and preferences, such as massaging spray patterns, a handheld component, or a rain showerhead that sprays water from directly above. If you have room in your budget, consider upgrading other bathroom fixtures, such as the faucet or commode, to high-quality models with special features like touchless automation or heated toilet seats.

Use Calming Colors

Choose soft, muted colors to establish a tranquil environment. When selecting your bathroom color scheme, avoid high-contrast pairings, such as black and white or blue and orange which are bold and energizing rather than calming. Pairing warm neutrals with colors inspired by nature, like seafoam green or sky blue, creates a peaceful palette that would look right at home in a fancy spa.

Upgrade Your Toiletries

Reinforce the spa look with extra details like aesthetically pleasing bath products that blend with your color scheme. If your favorite products don't come in spa-worthy packaging, consider decanting your hand soap or shampoo and conditioner into pretty bottles. Clear glass jars are great for holding sponges, cotton rounds, and other small items. Organize toiletries on a tray by the sink to add a luxurious feel to your vanity area.

Incorporate Plenty of Bathroom Storage

Make it easy to maintain a clean, uncluttered look by incorporating lots of storage into your bathroom. In addition to bathroom cabinets and drawers, bring in baskets, mount hooks or shelves, and utilize furniture to boost storage and organization. Store like items together, and use smaller

containers to subdivide into categories. Keeping everything together in one spot makes getting ready stress-free.

Soften Floors with Rugs

Create luxuriously soft spaces by covering bathroom floors with plush rugs. Not only do rugs add character and another element of coziness, but they can save you from having to step onto cold tile floors on chilly mornings. To prevent mold or bacteria in the area right outside the tub or shower, choose a mat made from quick-drying material.

Brighten the Room with Reflective Surfaces

Create a bright, airy look by outfitting your bathroom with lots of shimmering reflective surfaces. Large-scale mirrors, chrome fixtures, and polished tile all give bathrooms a sense of lightness and brightness, which can in turn lift your mood. To further brighten a dim bathroom, install additional light fixtures or choose brighter bulbs.

Incorporate Calming Scents

Certain scents can instantly transport you to a peaceful mental space. Incorporate aromatherapy into your bathroom with calming scents like lavender, rosemary, or ylang-ylang. Essential oil diffusers and scented candles, lotions, or soaps provide simple ways to set a tranquil mood. Or hang a bundle of eucalyptus in your shower for a fresh burst of fragrance when you turn on the water.

Put a Bench in the Shower

Take a note from luxury spas and hotels, and put a water-resistant bench in your walk-in shower. This stylish addition offers a perch where you can sit back and enjoy the shower spray, and a shower bench also provides a handy surface for items like soap and shampoo.

Offer a Cozy Seat

If your bathroom offers some additional square footage, a side chair or settee can make the room feel extra cozy and inviting. Position a chair near your tub or shower enclosure for a comfy spot to towel off. It should be upholstered in an indoor-outdoor fabric that can withstand minor heat and steam.

6. How To Clean A Spa Bath?

A spa bath is a dream addition to the bathroom that helps uplift its ambience and create a relaxing experience. It offers several health benefits including enhanced sleep quality and reduced chronic pain and stress. The simple act of taking a bath right before bed can help improve sleep by signalling to the body that it is time to rest. The fluctuation in body temperature makes it easier to fall asleep.

Spa baths play a major role in easing muscle tension and promoting the release of endorphins, resulting in anxiety and stress reduction.

A few studies suggest that soaking in a tub for about half an hour can provide similar benefits offered by a 30-minute run. Even though there are several advantages of spa baths, remember that jets collect dirt and bacteria over time. Such build-up can result in reduced effectiveness while increasing potential health risks. So, overlooking regular cleaning is not a wise idea. Here is how to clean a spa bath. Use this guide to maintain a cleaner spa bath.



1. Gather the Materials

Before starting the spa bath cleaning procedure, it is crucial to gather the necessary supplies and keep them accessible. Seasoned end of lease cleaning Sydney experts recommend using natural items as they help get the job done without causing damage to the environment. Here are the things to gather:

Mild dish soap

Distilled white vinegar

Baking soda

Water

Microfibre towel

Toothbrush

2. Considerations before Getting Started

There are a few things to consider for preventing inconvenience during or after cleaning the spa bathtub. Firstly, close the air induction valves throughout the procedure. By keeping the valves closed, individuals can ensure that the combination of water and vinegar will successfully clean the internal jets rather than just flowing through the plumbing.

However, it is always ideal to refer to the tub's manual to learn whether the valves should be opened or closed. It will also help people understand any restrictions regarding the use of products. People who would like to outsource the cleaning work should consider hiring professionals.

3. Flush the Spa Bath

Professionals who do house cleaning and cheap end of lease cleaning Sydney recommend starting the tub cleaning procedure by flushing it. Use cold water to fill it about 2 inches above the jets. Let the jets run without soap for no less than 10 minutes. Next, turn them off and drain the water.

4. Fill the Tub with Hot Water and Vinegar

After flushing the tub, it is time to fill it with distilled white vinegar and hot water. Vinegar's acidic properties will clean the tub thoroughly without damaging the components. Start by ensuring the tub is filled with hot water just a few inches above the jets. Add anywhere between 2 tablespoons to ¼ cup of mild dish soap.

After the soap dissolves, add about 2 cups of distilled white vinegar. Ensure the valves are closed and run the jets for at least 15 minutes. Follow up by draining the tub.

5. Scrub the Spa Bath

The next step is scrubbing the tub using a DIY baking soda paste, which will help tackle any persistent and stubborn stains. To prepare the paste, simply combine baking soda, a spray of mild dish soap, and water in a bowl. Once it is ready, apply it to all the tub's sides.

Next, scrub the paste in a circular motion using an old toothbrush to effectively clean the tub. Finally, end of lease cleaning Sydney professionals recommend using warm water to rinse the paste.

6. Soak, Drain and Wipe the Tub

After properly rinsing the spa tub, allow it to soak in warm water. Simply fill it with warm water a few inches above the jets. Keep the valves open and run the jets for about 15 minutes. If there is no visible debris, drain the tub. Finally, use a microfibre towel to wipe the tub dry and minimise the chances of water stains.

7. Tips to Maintain a Spa Bath

According to experts who do budget end of lease cleaning Sydney, just cleaning the tub won't be sufficient. Following a few maintenance tips is important to ensure the jets stay clear between deep cleans. Try to give the spa bath a quick tune-up after taking a bath. Do so by filling the tub with hot water and allowing it to sit there for no less than 10 minutes. This will help break up any soap remnants. Next, drain the water.

Soak a microfibre cloth in an alcohol and vinegar solution and wipe down the tub. This will help significantly decrease the amount of remnants that circulate through the jets.

Remember that doing basic things like these will make the occasional deep clean easier and quicker. The ideal frequency will depend on how much the tub is being used. If it is used multiple times each week, a deep clean once a month and a rinse once every two weeks will be required. Add this task to the cleaning routine to maintain a cleaner spa bath.

Frequently cleaning a spa bath is just as critical as maintaining a clean bathroom for personal hygiene and preventing potential health issues. However, using the right products and methods is important to ensure the best results. Follow the steps mentioned in this article to clean your spa bath easily.

7. Conclusion

Incorporating these tips can help you create a serene spa-like bathroom in your Sydney home. By blending luxury, comfort, and natural elements, you'll have a perfect retreat to relax and recharge. Whether for daily relaxation or occasional indulgence, a spa-inspired bathroom elevates your lifestyle. Start transforming your space today and enjoy a tranquil oasis in vibrant Sydney!

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