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TURN YOUR TUB INTO A SANCTUARY

Finding the time to take a bath is, one, a total luxury and, two, something we totally encourage you to do. Here, everything you need to calm your mind and pamper your skin.

By HEATHER MUIR MAFFEI
Photographs by MATTHEW WILLIAMS

BATH BOMB VIDEOS are trending, sales of bath salts are through the roof, and plumbing contractors have been installing more bathtubs than ever. So what's with all the bath buzz? Maybe we all need a break. While we traditionally arm you with tips to get out the door faster, we also empower you to press pause, put down your phone, and slip into your own little sanctuary. Bath offerings have come a long way since basic bubble (wait until you hear about a bath buff) and leave you with benefits beyond feeling Zen (though that's a nice mental boost). Team antibath? Don't worry: Most of these skin-softening treats work in the shower too.



TO BUY: Iron Works Historic freestanding bath, \$4,409, with ball-and-claw feet, \$500; us.kohler.com. Kelston floor-mount bath filler with handshower in oil-rubbed bronze, \$1,534; us.kohler.com. Jacquard-weave bath sheet, \$18; hm.com. Marble Occasional Table, \$278; michelevarian.com. Wallpaper: Schumacher Birds & Butterflies Multi on White, \$195 per roll; decoratorsbest.com.

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GARDEN PARTY

Rev up in the morning by sweeping a natural-bristle brush over dry skin (starting at your feet) and then taking an energizing soak.

SET THE SCENE

LISTEN TO: "Put Your Records On"
by Corinne Bailey Rae

READ: *The Honey Bus*
by Meredith May

SIP: Citrus-infused water

SMELL: Nest Fragrances Rose Noir & Oud Classic Candle (\$42; nestfragrances.com)

TO BUY: Crate & Barrel Bath Mat, \$39.95. crateandbarrel.com

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MODERN ZEN

Long day? Rough week?
Slip into a tension-easing
sake bath to melt
your stress away.

SET THE SCENE

LISTEN TO: "Your Hand in Mine"
by Explosions in the Sky

READ: *The Travelling Cat
Chronicles* by Hiro Arikawa

SIP: Green tea

SMELL: Voluspa 3 Wick
Candle in Mokara
(\$22; voluspa.com)

TO BUY: Composed floor-mount bath filler with hand-shower in polished chrome, \$1,503; us.kohler.com. Chambray Black and White bath towels, \$20 each; cb2.com. Minimalist Ladder, \$88; anthropologie.com.

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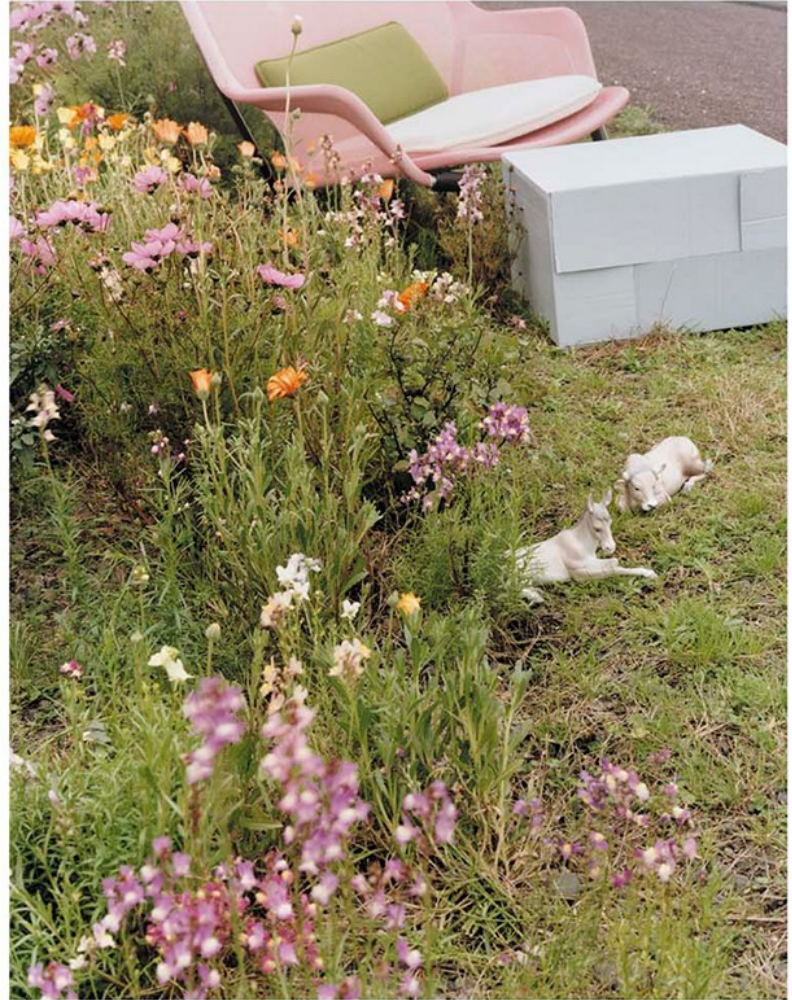
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