

Are We Most Productive In The Shower?

Submitted by: mkLINK Ltd

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Research and the known positive health benefits of taking a shower indicate that the time we spend in the shower in the morning could be our most productive time of the day.

The average time taken to have a shower is 8 minutes according to a Unilever study which recorded data about 2600 showers taken by 10 families over 10 days. In this relatively short space of time a relatively large number of beneficial changes can take place in our minds and bodies.

The effect of the hot water and steam on the body removes potentially harmful germs and bacteria, and can create a sweating detox effect. Our pores open, our blood vessels dilate allowing more circulation to our extremities, the steam and warm air can help our breathing and there is even evidence to suggest that the release of beneficial growth / repair hormones is encouraged.

The effects of the warm water flow can have a relaxing effect on the muscles which can relax us generally, and there can be beneficial effects on our mood, concentration and clarity of thought due to the single well rehearsed task at hand, privacy and lack of interruptions from the stressful outside world.

These 8 minutes can therefore be an extremely powerful period of productive quality time that is hard to replicate later in the day and in other places.

Luxury bathroom company (<http://www.oceanbathrooms.com>) owner Robert Muhl comments “maximising and magnifying these benefits is possible by creating a bathroom environment that is warm, inviting, comfortable and closely matches your personal tastes and likes. It’s also important to remember that badly functioning showers and cold, uncomfortable and poorly furnished bathrooms could have negative effects on your wellbeing and be a very poor quality start to the day.”

Robert’s experience at Dorset based Ocean Bathrooms (<http://www.oceanbathrooms.com>) has given him a unique insight into the level importance of a good bathroom experience.

“People are prepared to spend time asking us questions, choosing very carefully, and investing in really great bathroom facilities for just these kinds of reasons. Our customers tell us that a really beautiful and relaxing bathroom environment with a great bath and shower is actually really important to them in terms of general wellbeing and quality of life.”

Ocean Bathrooms supply the latest in luxury bathrooms and accessories (<http://www.oceanbathrooms.com>) and provide ideas and inspiration to help you create your ideal bathroom.

Visit <http://www.oceanbathrooms.com/>, call 020 7096 4255 or contact Ocean Bathrooms online. You can also visit the Ocean Bathrooms showroom at St. Michaels Lane, Bridport in Dorset Mon – Fri 9am – 5.30pm or Sat – 9am – 4.30pm.