

BE KIND TO YOURSELF

When times get tough, a nice warm bath can help to soothe your body and mind

During the dark winter months, we naturally look for the things that bring us comfort. A hot cup of tea, a good book, or spending time with loved ones.

With so many freedoms taken away from us this winter, it's particularly important that we're kind to ourselves. Evidence shows that kindness and compassion, to ourselves and to others, actually improve our mental health.

Many people find a warm bath helps to melt away their worries. And in fact, baths also help to relieve muscle pain and tension, lower blood sugar and improve heart health.

Being in a warm bath can diminish feelings of depression and pessimism, giving you a sense of comfort that allows your mind and body to relax. It can also help you to sleep better at night.

Do you miss bathing?

Bathing can become difficult for all sorts of reasons, but the issue we hear most commonly is people struggling to get out of the bath.

This is easy to solve with a walk-in bath. They usually have a low step and door to get



in and out easily. Some walk-in baths have a powered seat that lifts, lowers and even reclines you into the water. You can have anti-scald taps, slip-resistant floors and shower attachments.

Some baths can be fitted in just one day, although many customers decide to make other changes in their bathroom at the same time such as adding new flooring, tiles or grab rails.

Create your own sanctuary

Walk-in baths are just one of the many ways we help people every day at AHM Installations. We can provide showers and shower trays, wet rooms, raised toilets, sinks and bidet seats, all complemented with beautiful flooring and wall panelling.

Our family-run team know that small changes make a big difference for those needing a safe, comfortable place to bathe. In the last 20 years we've gained a very clear picture of the difficulties people face.

We're always happy to answer your questions. Please call our family-run team. We also offer discounts for military veterans and for those with dementia.

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