

PRESS RELEASE

Bath versus shower showdown

With so much focus on the water shortages South Africa has been recently plagued with, along with a general desire to make environmentally-responsible and cost-efficient choices in the home, Blanche Burger from leading sanitaryware and tile retailer, Bathroom Bizarre, offers us an overview on which is a better option – taking a shower or having a bath?

24 February 2016, Johannesburg: Having a bath versus taking a shower – which is better? This is an age-old debate that not only depends on personal preferences, but there are also facts and figures that can be compared to see which one comes out tops. Blanche Burger from leading sanitaryware and tile retailer, Bathroom Bizarre offers the lowdown on the pros and cons of each:

Which is more water-efficient?

The answer to this question largely depends on three variables – namely how long you shower for, how big your bath is, and the flow rate of your existing showerhead? Blanche says that when it comes to water efficiency, the shower wins hands down every time: “The average time a person spends in the shower is around 8 minutes, and the standard flow of water through modern showerheads is around 9,5 litres per minute – as such, it can be deducted that the average person uses around 76 litres of water every time they shower.”

Having said this however, Blanche notes that there are low flow shower heads that will seriously reduce this figure: “The In-wall 3-jet showerhead from Bathroom Bizarre for example boasts a flow rate of as little as 4,8 litres per minute (at a water pressure of 1 Kpa), which would mean that for an average 8-minute shower, you would only use a mere 38,4 litres.” She notes that there are also showerheads that use a lot of water: “Rain showerheads require a lot of water to create a rain-type showering environment – often using more than you would taking a bath. The Overhead ring showerhead from Bathroom Bizarre for example, can use as much as 19,2 litres per minute (at a water pressure of 1 Kpa), which mean that it would consume around 153,6 litres for an average 8-minute shower!”

The average bath on the other hand, holds in the region of 190 litres of water. If you were to enjoy soaking in a full bath, you would probably only fill it up to around 160 or 170 litres to prevent it from spilling over the sides. Says Blanche: “Even if you choose to only fill half of your bath, you will still use 95 litres of water – so either way, baths use considerably more water than a shower would.”

Which is more hygienic?

Lots of people are of the opinion that taking a shower is a more hygienic option when compared to having a bath, as it allows you to wash all the dirt and grime off your body, instead of sitting in it in the bath water. Blanche says that it does

not really make that much of a difference – as long as you are washing regularly, taking a shower is equally as hygienic as having a bath.

Which is easier to clean?

As a general rule of thumb, Blanche believes that washing a bath is easier than washing a shower: “This is largely due to the fact that with regards to a bath, there is much more space to manoeuvre and it is just the tub and the faucet that need to be wiped clean. With regards to the shower, you need to do the cleaning in a confined space, and there are a number of different things that need to be cleaned, including the shower doors or curtain, the showerhead, faucets and drain, the tiles and the tile grout, and the shower floor.”

Which costs less to use?

The cost of bathing and showering is generally defined by water usage – in other words, the cost of the water itself, and the cost of heating the water. As a shower uses less water, and as a result, less hot water, Blanche notes that showering tends to cost less than bathing: “If you say that you choose to shower instead of bathing (in a half-filled bath), then over a year, you would save in the region of 6 935 litres of water, plus the costs of heating that water.”

Which is quicker?

Blanche answers: “As a general rule, it is estimated that the average shower lasts for around 8 minutes. However, if you are in a particular rush, then you should be able to shower in 5 minutes, as long as you are not washing long hair. To fill up half a bath on the other hand, you need around 95 litres. Let’s say the average bath faucet runs at around 20 litres per minute, so the bath will be half full after around 4 to 5 minutes. So, as you can see – it is much quicker to shower, as you don’t have to wait for the bath to fill up.”

Which is safer?

There is no definite answer to this question, but Blanche says that it is largely dependant on the age of the user: “Baths in general are a much better bet for younger users – there is less risk of slipping, it is easier to clean little ones in the bath, they can sit and play in the water, and the bath water is less intimidating than water sprays inherent in a shower. On the other hand however, baths present a much bigger risk of little ones drowning. Baths are not a very safe option for the elderly – getting in and out of the bathtub can prove to be difficult for those who are motion impaired, and the risk of slipping is great. As such, showers tend to be a safer bet for the elderly, purely because they are easy to get in and out of.”

Which is more luxurious?

This is really a matter of preference, explains Blanche: “Taking a long hot soak in the bath is a great way to unwind and wash away the stresses of everyday life.

However, showering has also made serious inroads when it comes to upping the scales of luxury – today, you can buy showerheads that can be adjusted for various massaging effects, shower jet that are built into the wall for an all-over-body massage, rain showerheads for a relaxing natural shower effect, steam showers, showerheads with LED lights for added chromotherapy, and the list goes on. It all really comes down to what you prefer.”

So, to surmise – the shower is more water-efficient, costs less to use, it is quicker, and a safer option for the elderly, while the bath is easier to clean and a better bet for young users. The shower and the bath draw when it comes to issues pertaining to hygiene and luxury. Ideally, it is best to have both in a home, but if you’re in a position where you have to choose between a shower and a bath, and you are looking for a more eco-friendly, water-wise and cost efficient choice – it turns out that the shower would be the optimum choice.

ENDS

Released on behalf of Bathroom Bizarre (www.bathroom.co.za) by The Line (www.theline.co.za, ant@theline.co.za)