



FIT FOR LIFE

Get a good soaking

Carol Westmorland discusses the benefits of a hot bath - it's not just good for the soul

I want you to get hot under the collar. Steaming hot. This news I am eager to share. First, before we kick off proceedings, I must enlighten you to a recent change. I am at odds. I choose to live in a world that is vibrant in colour but the observant among you will soon see me encased in 'Melting Silver'. My new Mini Clubman. We are sedate. I can almost hear the words "please turn it down" when I crank the music up. All too tempting, when I am rewarded with an internal light display. Whiz-bang. Hydraulic back doors anyone?!

Other news. My claret bathroom. With sprigs of rose buds adorning the tiled floor, the basin and centrepiece, a Bette, enormous with decadent gold taps. The bath, double-ended to accommodate two, is painted Farrow & Ball Radicchio and, prepare to be astonished, wood panelling in sunset orange complemented by F&B Hague Blue painted walls. All bathed in a beautiful amber glow of ingenious Kartell lamps, battery (rechargeable, of course) powered. I tell you all this to set the scene.

I now take two baths daily and have even taken one with a visitor, for research purposes only. My visitor hopped out promptly. I like my bath hot. Always have. I never shower and not just because we do not have one. I luxuriate in a very deep (chin-deep) bath. I save the planet in many other ways.

A lukewarm bath will make me weep with



'A VERY HOT BATH CAN CUT THE RISK OF HEART ATTACK AND STROKE'

frustration. Unsurprisingly, I am onto something and this is when I need you to take note. A very hot bath can cut the risk of heart attack and stroke, researchers at Loughborough University say. A steaming 40C bath may, like exercise, produce the 'heat shock' proteins thought to remove sugar from the blood stream and transport it to the muscle cells where it is burned as fuel. This published in the journal, Temperature. Yes, there is such a journal.



Carol's bathroom

Carol Westmorland lives in the Eden Valley. She is a Cycling Time Trials national champion, clocking up 445 miles in 24 hours. She also teaches pilates. www.pilates-cumbria.uk