

Press Release

Skanadario by Goodman Supply

Release: July 15, 2009

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Skanadario Helps Homeowners Plan Custom Showers

(Frisco, TX – July 15, 2009) With all of the innovations and advanced features now available in the bathroom, planning a custom shower may seem daunting. Skanadario by Goodman Supply, the Frisco-based plumbing, hardware, and appliance showroom, has developed a customer-friendly, easy to use, custom shower planning guide to help homeowners and professionals through the process.

Since new home construction has slowed, many people are staying in their current homes and deciding to remodel. One of the main rooms that homeowners decide to update is the master bathroom. Savvy homeowners know they will get the best return on their investment from updating the bathroom. Plus, they get the benefit of using an updated, stylish, and more functional bathroom.

One of the primary jobs of a bathroom remodel is a shower upgrade. The primary reasons for shower upgrades are style and function. While some skip major enhancements to the master tub due to lack of perceived time or interest, everyone spends time (almost) daily in the shower, so any upgrades installed will get more use. Other reasons for shower upgrades include removal of the tub, enlarging the shower area, and accessibility. "Many now think of the master shower as a 'vertical spa' or 'power shower' because users can get a few minutes of relaxation every day instead of waiting for their next dip in the whirlpool bath," according to Skanadario Vice President Jeffrey Goodman. "With stylish options, popular decorative finishes, and great functionality, these showers provide terrific benefits to consumers," he adds. Customers love being able to use these features everyday, from the comfort of their own home.

A custom shower does not have to be complicated. Skanadario has developed an informative, easy-to-use guideline to follow in planning a custom shower with a few basic categories:

- Style
- Water Functions
- Technicals: water flow, controls, hot water, and drainage
- Extras: layout, electrical (steam units, lighting, chromatherapy), accessories, other design considerations (tile, glass)

Style

One of the primary decisions to consider is the style and finish of the decorative plumbing. Homeowners want the faucets to be the jewelry for the bathroom. It must fit in with the overall décor of the room, whether it is traditional, transitional, or contemporary. Popular finishes continue to be satin brushed nickel and oil rubbed bronze. Chrome remains a consistent favorite too. New or reemerging finishes include polished nickel, antique nickel pewter, and antique brass.

Water Functions

The next decision in the planning process involves determining which functions are needed or desired in the shower. This could include anything from a basic showerhead, to a multi-function handshower, to a drenching rain head.



Rain Heads

Rain heads are large showerheads that have a water flow that looks and feels like rain. Rain heads have several options. First, rain heads can have a contemporary or traditional style. The contemporary tend to have a thin profile. The traditional ones tend to look more like a "rain can." Either style usually comes in a variety of finishes. The thin contemporary heads usually channel the water into individual outlets (up to 300) for greater pressure. The traditionally styled heads can be channeled into individual outlets or work more like a watering can with a flat metal plate with holes punched in it, resulting in a softer flow. The rain heads that are channeled tend to have little rubber nipples at the outlets. This feature makes it easier to remove any hard water deposits that might build up. Third, rain heads can range from 4 inches diameter up to 20 inches, so the size must be selected. The most popular size rain head is in the 8"-9" range. The shape must also be selected. Obvious choices include round, oval, square, and rectangle. More unique options include star patterns and "S" curves. Finally, users must choose the mounting option they want. Rain heads can be mounted from the wall with a long shower arm or be installed from the ceiling with a drop arm. A few rain heads can be flush mounted to the ceiling. Wall arms must have a long reach to provide enough room to stand under the showerhead comfortably. They must also be strong enough to hold the weight of the showerhead. Ceiling arms must be adjusted based on ceiling height and desired outlet height. If the outlet height is too high, then the water can cool off before reaching the user. (To see an operating rain head, visit the Skanadario fan page on Facebook, keyword "Skanadario").



Massage/Multifunction

Multifunction showerheads typically have 3-5 functions or spray patterns. The spray patterns usually include a standard flow, a massage flow, and a champagne/bubble flow. Some have combinations of those patterns. Some manufacturers, such as Jaclo, have added a nebulizing mist as one of the functions. The nebulizing mist works somewhat like a steam unit, creating a tranquil mist. Besides being a good tension remover, the nebulizing mist is also excellent for people with asthma or other breathing difficulties. When selecting a multifunction showerhead, make sure it includes your desired functions. (To see an operating multifunction showerhead, visit the Skanadario fan page on Facebook, keyword "Skanadario").



Full Rain



Massage



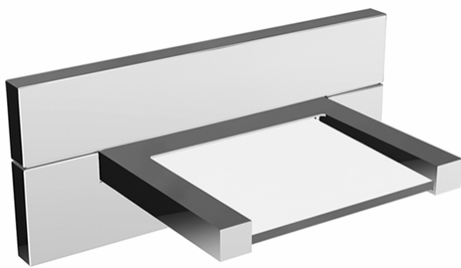
Nebulizing Mist



Full Rain/Massage

Waterfall Showerheads

Waterfall showerheads provide two main functions. First, the sheet flows from the showerheads are aesthetically and acoustically pleasing. Second, the drenching flow is both soothing and rejuvenating. The heavy downpour provides a therapeutic massage. For many, the heavy sheet of water is reminiscent of standing under a real waterfall and can be extremely exhilarating. One interesting option is the Hansa Murano. Created by the director of design at Mercedes-Benz, the Murano releases water that glides off a glass disc, creating a beautiful waterfall effect. (To see an operating waterfall showerhead, visit the Skanadario fan page on Facebook, keyword "Skanadario").



Handshowers

Handshowers have many uses. Many customers like them to be able to rinse or massage anywhere on their body. Many women like them to rinse their legs when shaving. Some homeowners like the convenience and flexibility to meet accessibility needs. Finally, many claim they use handshowers to wash their kids, dogs, and the shower itself. Handshowers come in single function and multifunction options just like showerheads.



Users have several options to mount their handshowers. First, the handshower can be mounted on a bar. The hose then usually connects to a wall outlet. A bar allows the height position of the handshower to be adjusted so that it can be mounted at showerhead height, back massage height, or at a convenient height to reach. The bar can be a standard bar or it can be a grab bar, which gives provides added safety in the shower. Many users like this grab bar option because it doesn't look like a separate grab bar. Second, the handshower can be mounted on a hook. The hose then connects to a separate wall outlet or to an outlet that has an integral hook. In aftermarket situations where a separate wall outlet is not available, handshowers can be mounted onto a shower arm. Or, a diverter can be mounted onto a shower arm and the handshower can be mounted on a bar or hook.

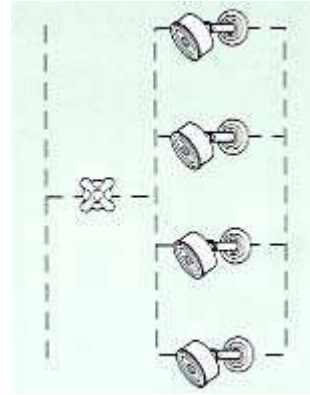


Body Sprays / Rain Bars

Body sprays and rain bars are used for more concentrated focus on the back, usually for massage purposes. Rain bars typically have about 20 individual spray outlets in a straight line. Some bars pivot to adjust the direction of the spray. The more popular body sprays are typically configured in one group of 3 or 2 groups of 2. However, additional sprays can be installed in any quantity wherever they are desired. The only limitation is the flow rate and amount of hot water available (see Sizing the Shower section below). The most important planning consideration to remember is that each group of sprays that is controlled by a single volume control needs to be piped in a loop (see diagram below). This looping allows the water pressure to be balanced among the sprays in the grouping. If the sprays are piped sequentially, then most of the water would come out of the first spray, and very little water would come out of the last spray in the chain. The location of the sprays is based on personal preference. Many users typically aim for the upper back, mid back, and lower back. If the sprays will be used by two different users, position the sprays in between the desired measurements. Most sprays tilt so that they have a greater coverage area. Finally, like showerheads and handshowers, some body sprays can have multiple functions.



Rain Bars



Body Spray Loop Plumbing



Toe Tester

One last novel water outlet idea is the toe tester. This small outlet can be used to test the water for correct temperature before turning on the rest of the shower outlets. Some manufacturers also call these outlets "foot massagers." Any standard tub spout could also be used for this purpose.



Green Options

Besides some of the rain heads and waterfall showerheads, regular showerheads are flow restricted to 2.5 gallons per minute (gpm). Body sprays typically run 1.5 – 2.5 gpm. Today, many companies now offer reduced flow showerheads, handshowers, and body sprays that run in the 1.5 – 2.0 gpm range. These water-saving products are designed to work with the full force and function as their full flow counterparts. Taking advantage of these options can save a substantial amount of water without diminishing shower performance.

One-Piece Units

One-piece units offer another approach to creating a custom shower. Instead of selecting individual components for the shower and placing them wherever desired, homeowners can select a one-piece unit that typically incorporates two or more functions. For example, the York Column from Jaclo, features a showerhead, handshower, and waterfall. The Gosh Concerto from Jaclo, features a showerhead and body sprays. The



advantage of using one of these units is installation convenience. These units typically don't require additional plumbing work behind the walls. They are connected where the hot and cold water lines run into the shower, making installation simple. The disadvantage is that there is no ability to place outlets anywhere in the shower. All of the outlets are part of the one-piece column unit.



Controls & Sizing the Shower

Operation of all the showerheads and body sprays selected for the shower requires a mixing valve, volume controls, and possibly diverters.

The mixing valve mixes the hot and cold water to the desired output temperature. There are two main types of mixing valves: pressure balance valves and thermostatic valves. A pressure balance valve adjusts for drops in water pressure (e.g. flushing nearby toilet) so that users don't get scalded. A pressure balance valve is typically accurate +/- 3 degrees, and it can produce about 5-7 gallons per minute (gpm). Pressure balance valves are typically used for standard shower only or tub/shower sets that only have one operating outlet at a time.

When designing a custom shower, users usually need a thermostatic valve. A thermostatic valve adjusts for drops in pressure and temperature. They are accurate +/- 1 degree, providing a greater degree of safety. Thermostatic valves usually have a dial that allows a precise temperature setting that can be set and left, which allows users to find their favorite temperature and leave it set for future use.

More importantly, thermostatic valves can produce more mixed water per minute than a pressure balance valve. A 1/2" thermostatic valve with 1/2" hot and cold lines can mix 12-15 gpm. A 3/4" thermostatic valve with 3/4" hot and cold lines can mix 15-20 gpm. Thermostatic valves are required for custom showers because they can deliver the greater volumes of mixed water needed for all of the selected showerheads.

One of the most important steps in planning a custom shower is to make sure that it is sized properly. This means that in order to obtain the desired water output, an appropriate sized valve must be used. To determine



the flow rate of the shower, add all of the flow rates of the selected showerheads, handshowers, and body sprays (as indicated on their spec sheets). Based on that total flow rate, select a 1/2" or 3/4" thermostatic valve as needed.

These diagrams provide additional information on how pressure balance and thermostatic shower valves work.



Pressure Balance Valve



Thermostatic Valve

How it Works

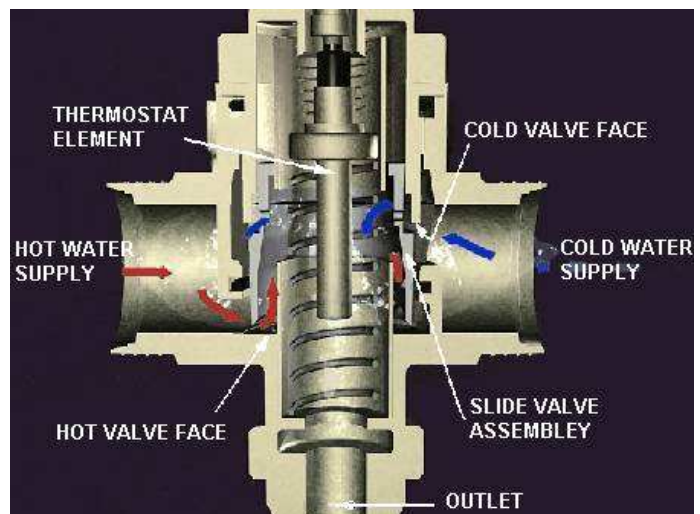
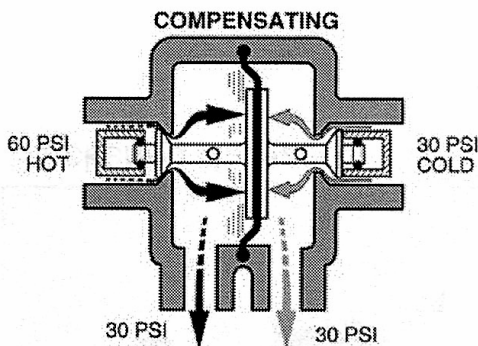
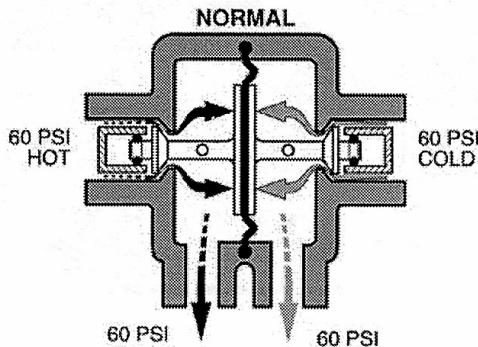
Pressure Balance

- Normal: Diaphragm is balanced due to even hot and cold water pressure. Water is mixed to create user set mixed water temperature
- Compensating: With a drop in cold water pressure, the diaphragm moves to the right, which tightens the hot inlet and loosens the cold inlet so water can still come out in proportion to create user set mixed water temperature

Thermostatic

- Normal: Wax thermostatic element is positioned to balance hot and cold inlets to maintain user set mixed water temperature
- Compensating: Change in water temperature expands wax element which simultaneously causes hot supply to close and cold supply to open (or vice versa) to maintain user set mixed water temperature

DIAPHRAGM TYPE PRESSURE BALANCING VALVE





The next step is selecting how the water will come on. The thermostatic valve only mixes the water, but does not turn the flow on or off. A volume control turns the water on and off and controls the flow of water that passes through. It is like the throttle. To independently control each outlet, use a volume control for each outlet (or set of body sprays). When only one outlet at a time will be used, use one volume control to turn the water on and use a diverter to direct the water to the desired outlet. When using one volume control and one diverter, the volume control can be integral to the thermostatic valve (the valve trim would have 2 handles, one for temperature and one for volume) or the volume control can be separate.



Volume Control Valve

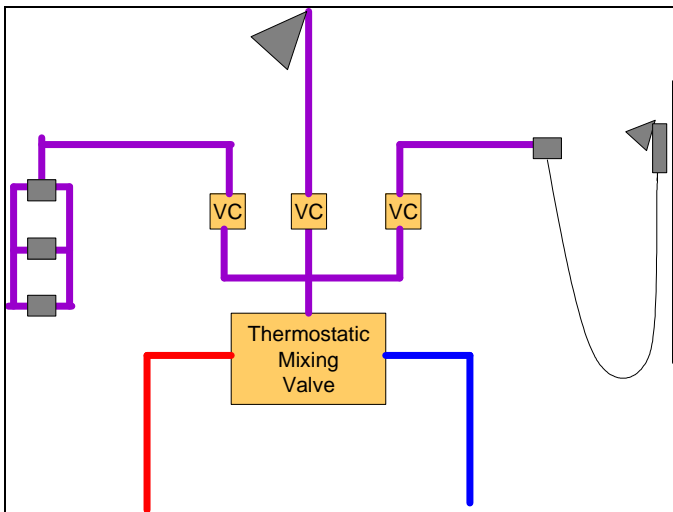


Thermostatic Valve w/ Vol Control

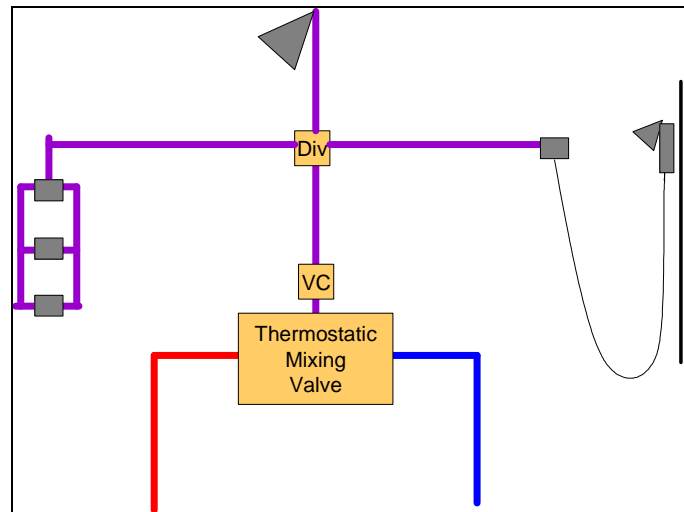


Diverter Valve

The following diagrams each show a custom shower with a showerhead, handshower, and 3 body sprays. The first shower has independent volume controls to turn on each outlet separately (one, two, or three outlets can be turned on simultaneously). The second shower has one volume control and a diverter to switch between the outlets (only one outlet can be on at a time).



Custom Shower w/ Independent Volume Controls



Custom Shower w/ Volume Control and Diverter

After determining which valves and controls will be used, the corresponding valve trims (cover plates and handles) must be selected. Valve trims must be from the same manufacturer as the valves used so that they will connect and function properly. Selecting valve trims involves selecting based on style and finish preferences as described above.



Thermo Valve Trim (Contemporary)



Thermo Valve Trim (Traditional)



Volume Control or Diverter Trim



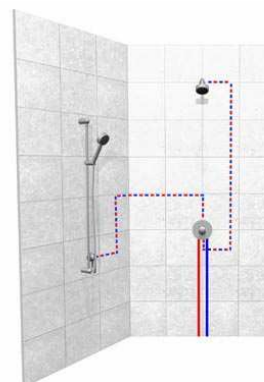
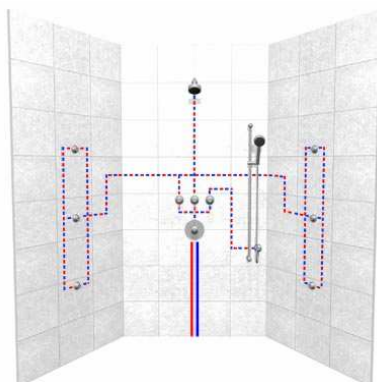
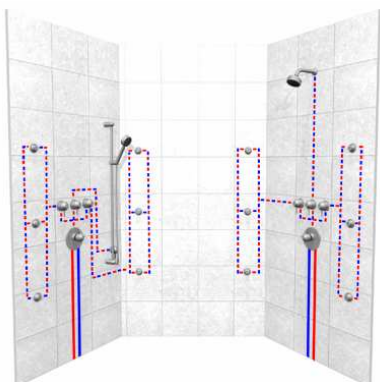
Thermo w/ Vol Control Trim

Hot Water

After determining how much water will be flowing through the shower, it's important to ensure that there will be enough hot water to keep the user comfortable. If a shower has 6 outlets all flowing at 2.5 gpm per minute, that would be a total flow rate of 15 gpm. Assuming that user is mixing 2/3 hot water and 1/3 cold water to get the desired outlet temperature, then the shower is using 10 gpm of hot water. With a 50 gallon water heater, the user would have about 5 minutes of hot water before running out. To manage this issue, either reduce the flow of hot water (fewer outlets, low-flow outlets, or lower temperature), get a larger tank-type water heater, or use a tankless water heater that can produce the hot water as fast as it is being used.

Layout

Once all of the controls and functions are selected, homeowners can plan the layout of their shower. This includes placement of the mixing valves, volume controls, showerheads, handshowers, and body sprays. Everything should be selected based on personal preference and comfort. A diagram typically helps communicate the planned layout. These diagrams help users, contractors, and material suppliers to understand ahead of time what is desired and planned for the shower. In addition to the basic plumbing, additional shower components like steam units, drain locations, tile designs, lighting placement, and accessories (mounted shower baskets/shelves, folding seats, grab bars (or future grab bars), etc.) can be included providing a complete picture of the planned shower environment.



Electronics (Light, Steam, and More)

Many think that electricity and water don't mix. With careful planning, several electronic enhancements can be safely introduced to the shower.

Lighting

Shower-safe recessed lighting has been available for several years now. But now, Jaclo and other manufacturers have introduced decorative lighting for the shower that functions as both a light and showerhead.



Chromatherapy

Chromatherapy, or color therapy, is the practice of using colored light to impact physical, emotional, spiritual, or mental well-being. Mostly considered a form of alternative medicine, chromatherapy can provide some holistic benefits. The reported benefits are as follows:

- Red: Courageous and energizing. Stimulates the mind and invigorates the body.
- Orange: Soothing and pain-relieving. Stimulates the respiratory system and soothes muscular pain.
- Yellow: Hopeful and illuminating. Stimulates the mind and creative thinking.
- Green: Harmonious and balancing. Calms nerves, relieves stress and centers the soul.
- Blue: Self-assured and calming. Increases deep relaxation and helps healing processes.
- Violet/Magenta: Inspiring and creative. Decreases anxiety and stimulates creativity.
- Cyan: Serene and peaceful. Reduces stress and enriches the spirit.
- Aquamarine: Calming and clarifying. Soothes muscles while calming the nervous system.
- White: Pure and clarifying. Relaxes the senses and clears the mind.

Jaclo, Hansa, and other manufacturers have incorporated chromatherapy into the shower through showerheads that now include LED lights of different or alternating colors. Chromatherapy lights are also available with some steam unit packages (see below).



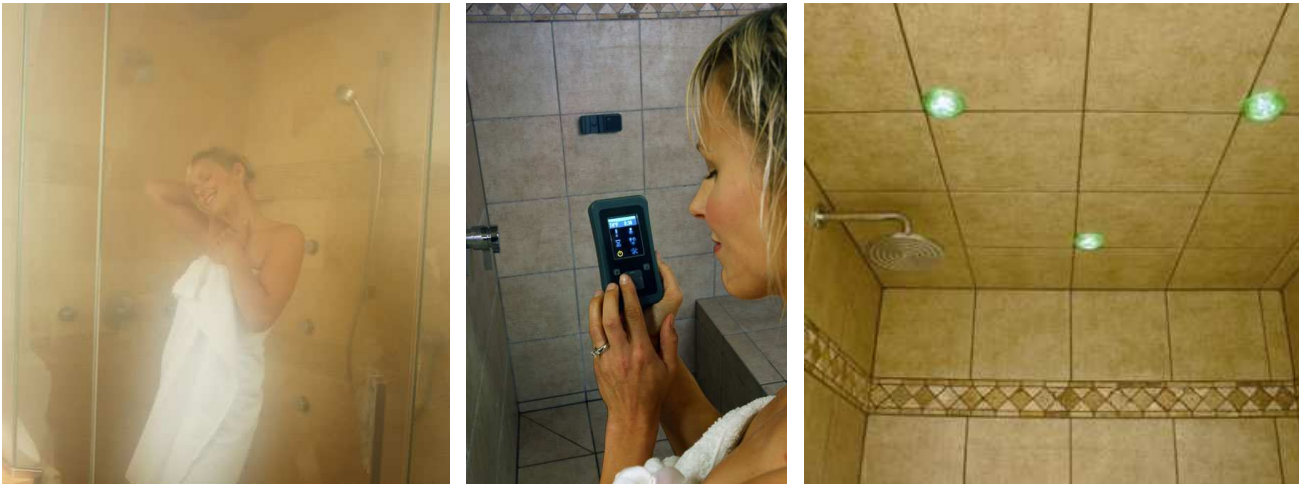
Electronic Controls

Hansa and other manufacturers have added electronic controls to their showers to set precise temperatures, control outlets, turn on chromatherapy lighting, and save preferences (by different users).



Steam Units

Another way to add spa features to the shower is to install a steam shower. Amerc steam units offer a healthy escape from a busy day. Steam can relieve stress, flush toxins from the body, relieve chest congestion, and moisturize skin. Not only can a steam shower do all these things, but it is a green luxury too. A steam shower uses only 2.5 gallons of water every 1/2 hour versus a whirlpool tub or big shower with multiple body sprays that can use a lot more water. Adding essential oils like eucalyptus or jasmine to the steam creates an aromatherapy experience with therapeutic benefits. Additional accessories like speakers and chromatherapy lighting further enhance the custom shower / spa experience. With Amerc's new Freedom Control, users can control everything from a single remote control and save their preferences. When planning a steam unit, remember to include proper bathroom ventilation to remove excess moisture from the shower enclosure.



Drainage

The final consideration when planning a custom shower is to think about drainage. Drainage has previously not been a factor with conventional showers. Plumbers use a standard size round drain and tile setters use small format tiles that are cut to fit around the drain. The biggest option available was changing the drain cover grate to a finish that matched the shower trim. Now, there are two new options that help with decorative and functional aspects of the shower drain. Since custom showers put out more water per minute, some showers require greater drainage capacity than a standard drain. Before, only commercial-rated drains were available to meet this greater drainage need. Consult a licensed plumber or qualified engineer to calculate drainage needs.

California Faucets has introduced a decorative shower drain based on a commercial-rated drain. Even if the greater drainage is not needed, the StyleDrain still has additional benefits. It has decorative grates that match traditional or contemporary styles. These drain covers can be done in numerous finishes to match the shower trims. Its square design allows easier tile installation that can butt up to it without difficult tile cuts.

Unidrain has developed a drain that can be installed along a wall or corner of the shower. Available in multiple grate patterns and finishes, these new drains create new design options for the shower. For example, large format tiles can be used because it is easier to develop the drain slope to a single wall of the shower enclosure.



Implement

After meticulous planning, select quality materials from knowledgeable suppliers, choose reputable contractors, and build a custom dream shower.

For more information on planning a custom shower, please contact Skanadario at 972-668-4663 or online at www.skanadario.com. To see operating showerheads featured in this guide, visit the Skanadario showroom or go to the Skanadario fan page on Facebook, keyword "Skanadario."



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About Skanadario

Skanadario, Iroquois for “beautiful water,” is the showroom division of Goodman Supply. The showroom features decorative plumbing, elegant hardware, and luxury appliances. The plumbing part of the showroom, one of the only American Standard gallery showrooms in the country, displays a wide range of kitchen and bath products, including American Standard’s Jado and Porcher luxury brands. Additionally, the showroom carries international designer lines and local products from Texas-based artisans and companies.

The appliance showroom features luxury appliances from Viking, Miele, Thermador, and Bosch. Additional specialty lines include Vent-A-Hood, U-Line, Asko, Gaggenau, Hoshizaki, and Independent. Working displays include Miele’s Master Chef Oven as well as its Steam Oven, Speed Cook Oven, and built-in coffee maker.

Skanadario is located at 9750 John W. Elliott Drive in Frisco. The showroom is open Monday from Friday, 8 a.m. to 6 p.m. and Saturdays from 8 a.m. to 1 p.m. For more information on Goodman Supply and Skanadario, contact the showroom at 972-668-4663 or visit www.Skanadario.com.

Photos courtesy of Amerec, American Standard, Danze, California Faucets, Hansa, Huntington Brass, Jaclo, Jado, KWC, Rohl, and Unidrain.