

Seven Simple Steps to a Sensational and Safe Shower

North Olmsted, Ohio... You do it everyday... and sometimes more than once a day... but, how often do you *actually* think about your shower routine? And, is it living up to its potential? Follow these seven simple steps and soon your daily shower escape can become sensational *and safe* – all with only a minimal investment.

Step 1: Undress Without Mess

Before stepping into the shower, are you going to commit one of the biggest pet peeves* of dropping your clothes on the floor... or will you hang them up? To ensure that your bath looks neat (and doesn't annoy those with whom you share a bathroom), don't drop your clothes on the floor – instead, install a robe hook (or two) just outside the shower to easily hang-up clothes.

Step 2: Start the Shower

When turning on the shower, are you greeted with a sensational stream... or a wimpy wash? To create a sensational shower be sure you start with a quality showerhead.

“The shower has become a therapeutic retreat in homes,” said Rebecca Kolls, consumer insights specialist for Iconoculture, a global consumer research and advisory firm. “An effective showerhead brings an experience that’s as good as it gets – the golden ticket for relaxation.”

And upgrading your showerhead is simple. Just unscrew your current showerhead; wrap some plumber's tape around the arm; and screw on the new showerhead. A rainshower is an excellent choice to provide quality coverage – and there are many options at affordable prices.

Step 3: Pamper with Products

Did you know that men cite “having too many items cluttering up the space” as their number one pet peeve in the shower? And while we don't want to part with our favorite body wash, shampoo or conditioner, it's easy to add a bit of organization with a shower shelf. But don't limit your upgrades to serve simply as storage. New Designer Grab Bars with Shelves from Moen Home Care® offer a stylish shelf storage solution, available in both corner and straight varieties – while also adding the safety of a grab bar. Plus, they're available in the most popular finishes for less than \$40 (Lowe's and Menards).

Step 4: Stretch Your Space

During a recent Moen survey, 45 percent of homeowners wished their bathrooms were larger, with 37 specifically wishing to enhance their shower space. So if you're feeling a bit claustrophobic in the shower, it may be time for an update. But don't think adding additional shower space means adding a lot of cost. You can easily add additional elbow room by simply swapping your straight shower curtain rod with a curved shower rod. And, with the new Moen Tension Curved Shower Rod (Lowe's, \$39.98), installation is a breeze.

Step 5: Take a Seat

Ahh... clutter conquered... a great showerhead... more elbow room... but wouldn't you be more relaxed (and feel more secure while shaving your legs or washing your feet) if you had a nice place to sit? If your current shower doesn't have built-in seating, there is a wide range of seating options, from freestanding chairs or seats to more upscale [fold-down shower seats](#)

featuring teak and stainless finishes. But no matter which you choose, you'll soon see that serenity in the shower feels safer in a seated position.

Step 6: Slip and Slide

It's inevitable in the bath – water is going to create slick surfaces. That is likely why the Consumer Product Safety Commission reports, on average, 370 people of all ages suffer bathtub or shower-related injuries each day in the United States.

So, before you step in and shower, be sure that you won't become a statistic. For less than the cost of a cup of coffee, you can install [treads](#) to the bottom of your shower for more sure footing and added traction.

Step 7: Grab a Towel

Finally, once you're squeaky clean and relaxed, you'll want to reach out for a fluffy, warm towel and climb out of the shower. How can you ensure your towels are close at hand? Install a towel bar just outside the shower area. But don't choose just any towel bar – add extra safety with a towel bar that incorporates a grab bar.

“Our research shows that the most challenging and potentially dangerous bathroom activity is getting in and out of the bathtub or shower safely,” said Jack Suvak, senior director of Market Research and Insights, Moen. “And, many bathers rely on items, such as towel bars or shower door handles, which are not built to hold a person's weight. This is why our new Designer Grab Bar with Towel Bar is the ideal solution.”

With a few simple and inexpensive updates, you can easily achieve a sensational and safe shower in no time at all. For more information about Moen bathroom products, visit www.moen.com.

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**Survey conducted by Moen Market Research and Insights group*

About Moen

As the #1 faucet brand in North America, Moen offers a diverse selection of thoughtfully designed kitchen and bath faucets, showerheads, accessories, bath safety products and kitchen sinks for residential applications – each delivering the best possible combination of meaningful innovation, useful features, on-trend styling and lasting value. In addition, Moen® Commercial offers superior performing products that deliver lower lifetime costs for today's facilities.

Moen has worked diligently to support, promote and advance sustainability within the organization and the plumbing industry. The company has been recognized with the 2011 EPA WaterSense® Excellence Award, as well as the 2010 EPA WaterSense Manufacturer Partner of the Year Award, for its work to protect the future of our nation's water supply through the introduction and ongoing support of water-efficient products, programs and practices, while keeping consumers' needs top-of-mind.

Moen is part of Fortune Brands Home & Security, Inc. (NYSE: FBHS), which creates products and services that help fulfill the dreams of homeowners and help people feel more secure. The company is a leader in the home and security industries and features well-known and trusted

brands like Moen® faucets, Master Lock® padlocks and security products, MasterBrand Cabinets®, Therma-Tru® entryway systems and Simonton Windows®. For more information, please visit www.fbhs.com.

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Contact: Jennifer Allanson or Kristi Stolarski
Falls Communications
(216) 696-0229
jallanson@fallscommunications.com
kstolarski@fallscommunications.com