

FURNITURE

A focus

by Joelyn Brickner



Smile! American Bathtub Refinishers won't soak you

Stress management is a smart step towards reducing risk of heart disease. Simply taking a bath can have a positive effect on a person's emotional state and reduce stress levels. Hot baths can also help with arthritic discomfort and conditions where muscles are in painful spasm, such as fibromyalgia. (<http://www.wholehealth-md.com>)

Taking ten minutes to de-stress in the bath after a long day can also help you become more productive the next day. According to the National Sleep Foundation, soaking in a hot bath before bed can ease the transition into deeper sleep, but do it early enough so that you are no longer sweating or over-heated when you climb between the sheets.

But, you think, "my ugly, old tub's not very inviting, and I can't remember the last time I used it to take an actual bath." There are inexpensive solutions to fixing this problem, should you desire to take a relaxing soak again.

Solution No. 1: Call the American Bathtub Refinishers. The American Bathtub Refinishers will restore your worn out bathroom or bathtub at a fraction of the cost. If you've researched the cost of remodeling a bathroom, you know it can cost thousands.

Save time and money and refinish! Bathtub refinishing is a recognized trade that requires training and practice as well as attention to craftsmanship, and American Bath-

tub Refinishers has

offered this kind of

work since 1963.

American Bathtub Refinishers can repair or restore all of your bathroom fixtures by resurfacing any or all types of tubs or tile in your bathroom. They are experts at tile and bathroom reglazing or resurfacing tubs, sinks, or counter tops.



You don't have to remove the ugly, old tub – repair and refinish it for hundreds less!

If you have any chipping, stains or just want to restore the finish, American Bathtub Refinishers is your answer.

Solution No. 2: Sister (or brother if you prefer) company to American Bathtub Refinishers is Re-Bath of Southern California. Re-Bath has provided quick and affordable, complete bathroom remodels including floors, vanities, cabinets, plumbing, showers, commodes or walk-in bathtubs for the past 20 years.

Using a state-of-the-art, patented Durabath SSP material (short for "solid surface polymer"), in a variety of styles and colors, Re-Bath's factory trained installers can transform that outdated bathtub or shower into a durable low maintenance and attractive sanctuary – after all

"bathrooms are meant to be enjoyed."

For more information, log on to www.american-bathtubs.com or www.rebathofsoutherncalifornia.com. Visit the American Bathtub Refinishers showroom at 3085 54th Street in San Diego or call 1-800-BATHTUB

(1-800-228-4882) to find the location nearest you.

The Closet Works will change the way you live

Ideally one's closet should feature a lot of shelves. Many people have at least one, but find after living in their homes for more than a month, most find that one is just not enough. Okay, you could always fold the better sweaters, put them in shirt boxes, and stack the boxes on the one existing shelf. A stack of boxes is much tidier than a stack of sweaters. Or, you could do it for your shoes – at least the expensive ones you fell in love with, wore once, and found they made walking further than half a city block a painful or precarious experience.

But for those who want to go an extra step to get organized (at least on the surface), finding a company that can design a system to help you "change into something more comfortable" is easy.

For 35 years, Tom Clark has owned The Closet Works, building his business on quality, unconditional customer satisfaction and feeling good about the way his business can

"change every-

thing." Clark and

the design con-

sultants at The

Closet Works

will work with

you to create the

closet of your

dreams, building

a custom storage

and organiza-

tion solution that

will help make

your life easier and your home more attractive. (Imagine showing off your closet instead of tightly shutting it or at least trying to shut it when guests visit).

Unlike many contractors that organize space, The Closet Works has a state of the-art finishing booth at the facility, so the staining, painting, and glazing of your cabinets happens before they are delivered to you. This eliminates a great deal of the smell and noise associated with custom cabinetry, and saves time and money, since the only thing occurring at your home is the installation of the finished product.

The Closet Works also offers storage solutions for pantries, linen closets, entry closets, playrooms and garages. Located at 3486 Kurtz Street in San Diego, call (619) 230-1400 for more information or to schedule an appointment.



Organize your life! Call The Closet Works today, and with any order get free installation.

Every Saturday in the Union-Tribune, look for "Furniture Focus" where you'll learn about San Diego's thriving home furnishings market - the latest trends, the stores, the events and the people. For advertising information, call (619) 293-1544 or visit utads.com.