

Forest Glade Massage Therapy

Sustainability Plan



Forest Glade
Massage For All

Introduction

Forest Glade Massage Therapy aims to be a sustainable business. Sustainability means meeting our own needs without compromising the ability of future generations to meet their own needs. This report will assess the current carbon footprint of the business and what steps can be taken to improve it.

This plan will cover the following areas:

- Waste Management
- Energy and Water Use
- Travel
- Products

For each area, the current impact on sustainability will be assessed, and goals for improvement will be set out, within a monitoring framework.

1. Waste Management

The following items comprise the majority of waste products:

- Cotton wool pads and tissues from facial cleansing
- Empty product containers
- Disposable couch roll
- Disposable cleaning wipes for disinfection of surfaces

The bin in the massage room is emptied daily and sorted into recyclables and non-recyclables. They are then placed into the appropriate household bin.

The main recyclable materials used are cardboard boxes for products and tissues, and plastic and glass product containers.

The main non-recyclable materials are cotton wool pads and disposable cleaning wipes.

Cotton wool pads are kept to a minimum as towelling mitts and flannels are used for the majority of facial cleansers.

The disposable wipes have been chosen due to their high performance against infection causing bacteria and viruses. Given the current Covid-19 pandemic, they are considered overall the best choice to give client's peace of mind over the cleanliness of the salon. However it would be dangerous for these to somehow enter the waterways and pollute them. Therefore they are never flushed down the toilet but are bagged up and disposed of in the general waste bin.

Where possible, the product containers are glass rather than plastic. While both have difficulties in terms of recycling and sustainability, glass has a higher recycling rate (30% as opposed to 9%) and uses less energy to recycle. It also is not downgraded during the recycling process, unlike plastic, and so can keep on being recycled. They are also no by products from the process.

(<https://www.goingzerowaste.com/blog/which-is-better-for-the-environment-glass-or-plastic/>)

A Cora ball is used in the washing machine to catch any micro plastics and prevent them from entering the waterways.

Goals for Improvement:

Reduce the amount of plastic and other non-recyclables.

How?

Investigate purchasing products in glass bottles or with refillable options.

By: The end of May 2021.

2. Energy and Water Use

The main uses of energy are:

- Electricity for the washing of linen, lighting of the room and use of the hot stones heater and towel heater.
- Gas for the radiators heating the room.

Water is used for cleaning, for the hot stones heater, washing linen and in facial cleansers.

The house's electricity supply is powered by solar panels on the roof and so is 100% renewable.

The gas is supplied by So Energy. This is not green gas, but this is something that we will look into later, or thermal heating. The house is well insulated with a new combi boiler installed in 2020 which is very efficient. The massage room is quite small with just one outside facing wall and so is relatively quick to heat up to a warm temperature. The attic above the room is to be insulated in the coming weeks including under the floor.

The water is on a metred supply.

Goals for Improvement:

Reduce the amount of lost heat.

How?

By insulating the attic above the massage room.

By: The end of March 2021.

3. Travel

The business is both based at home and mobile. I travel to client's houses for treatments if they have extra needs. This means travel by car as I need to take heavy equipment with me.

The car I use is a Peugeot 108. It records emissions of 95.2g/km with average fuel consumption figures of 68.7mpg (<https://car-emissions.com/cars/model/PEUGEOT/108>). This is relatively economical. I will travel within a 15 mile radius. I will maintain records of distances travelled to better understand the carbon footprint of travel in the business.

Goals for Improvement:

I will monitor how much travel by car I am doing over time.

How?

By keeping records

By: The end of September 2021.

4. Products

I try to use products that come from sustainable suppliers. These are the main suppliers I use:

- **Purple Flame Aromatherapy**

<https://www.purpleflame.co.uk/>

I use purple flame for the majority of the massage oils. They are produced from unadulterated essential oils, many of which are organic.

Purple Flame Products are:

100% Recyclable Packaging with biodegradable chips.

Suitable for Vegetarians
Not Tested on Animals
Responsible sourced

- **Made for Life Organics**

<https://www.madeforlifeorganics.com/>

All their products are made by hand from natural, organic, quality materials. They use glass jars and bottles which are recycled as receptacles and biodegradable packing. It does not test on animals.

- **Tropic Skincare**

<https://tropicskincare.com/>

Tropic is a certified Carbon Neutral company. It double offsets its emissions. It sent zero waste to landfill in 2019 and 2020. All products are freshly made. The company works with United World Schools, to grant access to education for children all over the world. It sustainably sources its' natural ingredients. Its packaging is recyclable and refillable. It is cruelty free and vegan.

- **Paragon Bamboo**

<https://paragonbamboo.com/>

I use Paragon Bamboo for the linen supply of towels and face cloths. All of their products are 100% bamboo and can be composted at the end of their useful life. Bamboo is an increasingly popular alternative to cotton. It is naturally anti-bacterial, eco-friendly, soft and long-lasting.

“All of the bamboo we use in our fabrics is organically grown without the need for additional water and without the use of pesticides and fertilisers.”

- **Kaeso**

<https://www.kaeso.co.uk/>

Kaeso is a natural beauty brand. Their products are vegan. I use their facial cleansing range.

“The Kaeso ethos is to combine naturally derived ingredients with essential treatment formulas to deliver quality professional products. All products are free from Parabens, Sulphates, Propylene Glycol and Mineral Oil and avoids any harsh chemicals.”

Goals for Improvement:

Check all new supplier's environmental ethos. Continually search for the best companies for all purchases, even small ones.

How?

By doing internet research before making new purchases.

By: Ongoing.